

Steam Mills wellbeing newsletter

Hello! We hope that you are all keeping well and safe as some of you return to school and others stay at home.

The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly vital in these changing times. We would love to hear all about the activities you have done on e-school.

If you have any ideas that you would like to be included please let me know

If you have any concerns about your child's mental health/wellbeing, you can contact me via e-schools between 9am and 3.30pm Tuesday to Thursday.

Warm wishes, Miss Fran Barber

Five Ways to Wellbeing... the Steam Mills whoosh!

The 'Five Ways to Wellbeing' approach is all about how actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact... or the 'whoosh factor!' There are some ideas for each of them. We would love to hear how you are getting on via eschools and any ideas are welcome.

<i>Connect</i>	<i>Activity</i>	<i>Take Notice</i>	<i>Keep Learning</i>	<i>Give</i>
<p>If I were a ... Using metaphors can be a great way to discover different characteristics of friend, family and yourself. Here's some ideas for 'If I were ...' An animal A type of weather A country A mythical creature A traditional story character</p> <p>If this is a little tricky to imagine use toys and familiar story books. For example 'Mummy is most like Mulan because she is kind and brave.'</p> <p><i>Identifying parts of yourself helps you understand your strengths.</i></p>	<p>Using the metaphor idea in the 'connect' section have a go at acting out the different characteristics!</p> <p>If you were a lioness did you stand brave on a rocky ledge or prowl the wild?!</p> <p><i>Being physically active can help the body regulate emotions you feel.</i></p>	<p>Have you noticed all the wonderful creatures in nature at the moment?</p> <p>Maybe you have a pet or a favourite animal that you see in its natural environment.</p> <p>Take notice of how the creatures look after themselves.</p> <p><i>Reflect upon the beauty of the animals around us.</i></p>	<p>Create a journal or picture of your pet or favourite animal. Collect pictures, objects or photographs of the new things you have noticed. Be curious about what you learn from them and how they look after themselves.</p> <p><i>Learning about the wider environment helps to build curiosity.</i></p>	<p>How many different and new things did you find about the animals? Share your thoughts, feelings and the images you made with another person. Consider how you could, safely, help the animals? Perhaps you could brush their fur or feed them healthy food.</p> <p><i>Caring for the animals helps us understand how to care for other living creatures.</i></p>

Emotions

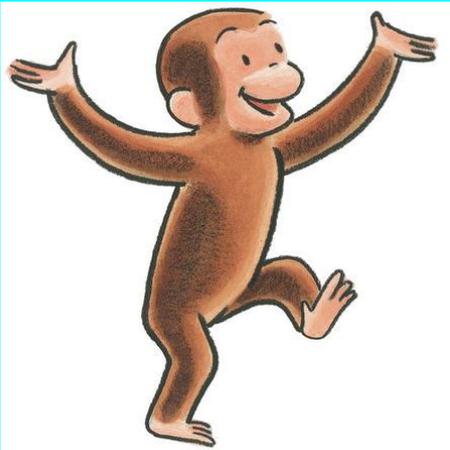
Remember feelings occur in all parts of your body...heart, head or stomach and there is no right or wrong...they simply exist.

Hey, what's going on for you?

Managing emotions can be difficult.

Being curious about them can help others understand how you feel. At Steam Mills we call it the Curious George approach!

Here are a few sentence starters.



- I am wondering if ... (you are feeling sad, happy, worried)*
- It looks like ... (you have a frown, smile)*
- It sounds like... (you are angry, upset, happy)*
- I can see that (you have been crying, laughing)*
- How come.. (you managed to laugh, be brave, calm down)*
- Would it help if I ... (gave you a hug, sat with you quietly)*

Keep in mind PACE: Playful, Acceptance, Curiosity and Empathy.

If you are interested PACE parenting check out Dan Hughes.

<https://3gjb993i3yk5b587o4gvsboz-wpengine.netdna-ssl.com/wp-content/uploads/dan-hughes-PACE-model.pdf>

Summer term

Summer term is here.

This is usually a time to celebrate achievements throughout the year and reflect on endings. However we have all faced many changes to our normal routines.

Here are two websites that may help you and your family.

<https://www.actionforhappiness.org/>

<https://rockpool.life/course/space-supporting-parents-and-children-emotionally/>



