

Welcome back,

Discovery Multi Academy Trust are keen to continue to share this monthly wellbeing page with our families. It will include— online support, suggested activities, ideas to promote wellbeing amongst other things. If you would like to add anything to the monthly page please contact l.cooper-smith@discoverymat.co.uk.

With children returning back to school this week some families may be feeling worried. Therefore this month's page has a focus on anxiety.



WHAT NOT TO SAY TO SOMEONE WITH ANXIETY:



TRY ONE OF THESE INSTEAD:



9 things to say to your anxious child

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it. 
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it. 
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones). 
9. What's something we could do to help you feel better?

Please be aware that there is now a **dedicated phone line** for parents seeking advice, support and effective behavioural strategies. PIAS (Plymouth Information, Advice and Support for SEND) have a team of dedicated facilitators skilled in a wide range of parenting programmes and behavioural strategies from birth to the teenage years. They are on hand to provide help, advice, support and a friendly ear from 9am to 5pm, Mon to Fri. Call PIAS on 01752 258933 and select option 2.

**PLYMOUTH
INFORMATION ADVICE
AND SUPPORT FOR SEND**

