



SEMH Team Newsletter



Newsletter No 3.



Welcome to our third SEMH Team Newsletter!

We hope you all managed to have a break even though it was a very different holiday to normal, and that you were able to enjoy the sunny weather in an appropriate way.

We are still here to support you and your families during these strange and challenging times and in this newsletter we have put together some ideas for Mindfulness activities. Practising Mindfulness can help us to live more happily in the moment and not to worry about the past or future. This can then help us to feel relaxed and to be more able to face challenges which come our way. There are certainly plenty of those at the moment!

Take a walk!



Mindful Walking.

Start by standing up straight, planting both feet on the ground to feel connected with the earth. Look ahead to where you will walk, taking in what's ahead of you.

Very slowly, looking ahead, lift up your right leg, notice your foot peeling off the ground and your weight shifting over to your left leg. Notice your right leg as you move it slowly forward and place it one step ahead. Notice how your muscles and joints feel as you transfer weight from one foot to another and then peel your left leg off the ground.

You might find that as you walk slowly you begin to wobble a little. This is fine - after all, walking is just controlled falling! Get your balance and begin again. With practice this will become easier.

Imagine you are planting your feet on a sandy beach and each time you take a step, feel yourself becoming more relaxed and grounded.

If you have to turn round, do so slowly, settling yourself before you begin again.

Lifting

Shifting

Placing

Take a Breath— using simple breathing techniques can help us to feel calm.

Hot Air Balloon

Sit in a comfortable, cross-legged position, cup your hands round your mouth. Take a deep breath in, through your nose and out through your mouth, growing your hands outwards in time with your exhale as if you are blowing up an enormous hot air balloon. Once your balloon is as big as can be and you have finished your exhale, then breathe normally and admire the balloon you have created.



Noticing—this is a useful way to relax

1. Choose your location, either inside your house or garden, if you have one. Open the window if you stay inside.
2. Look around, notice what you can see, what is the biggest thing? What is the smallest?
3. Close your eyes, notice what you can hear? Are they human sounds or natural?
4. Notice any smells. Cooking? Fresh air? Anything else?
5. Notice what you can feel, is the air cool/warm?

Useful Apps for Mindfulness and Relaxation:

Cosmickids.com
(kids yoga video's
and much more)



Headspace.com



Stopbreathethink.com



Chill out!

'Relax Kids'

'Relax Kids' uses Mindful and Relaxation techniques alongside values and positive psychology (positivity, strength-building, gratitude, resilience and compassion) to help support children's emotional health and wellbeing.

The website, www.relaxkids.com, provides a wealth of information, including ideas about things to make and do. There are also guided meditations. and an excellent 'calm pack' for children which can be downloaded.

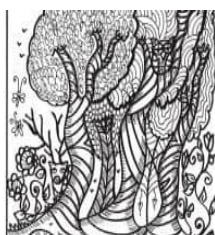


Colouring.

Colouring is a helpful Mindfulness activity. It can be more soothing than drawing, as the only decisions to be made are which colour to use next! Try limiting the colours to three to create extra challenge with patterns.

Online printable colouring sheets.

There are lots of printable mindfulness colouring sheets available online, many of which are free to use.



Take a line for a walk!

Get a piece of blank paper. Choose a place to start. Put the pencil on the page and move it around making loops and crossing the lines you have already drawn. Continue doing this until the pattern is as complex as you like. Colour the shapes you have created.

Mindful Eating.

First, choose a small piece of food like a raisin or a sweet...



Focus on the food - and look at it as if you have never seen this food before. Notice the size, texture, shape, colour and weight.



Hold it between your finger and thumb. Look at how the light falls on it.

Hold the food close to your nose, and notice, with each breath, how it smells.

Place it near your ear, squeeze it, rub it. Does it make a sound?

Now touch the food to your lips. How does it feel? Does it feel differently to when it's in your hand?

Sensitively and slowly, place the food in your mouth. Notice how you bring the food into your mouth. Notice your arm slowly altering its position to do this. Notice how the food is positioned in your mouth by your tongue and teeth. Try not to bite! Notice how the food feels in your mouth.

Then slowly and deliberately, intentionally bite, noticing the taste, texture, sound and sensations of your teeth, tongue, gums, wall of mouth, etc. Notice how the consistency and taste of the food changes as you chew it.

Try not to swallow just yet. Firstly,, notice how the food is positioned in your mouth, ready to do so. When you are ready to swallow the food, notice what this feels like and try to trace it as it goes towards your stomach. Notice any after-tastes.



Consider that your stomach is now one piece of food fuller.

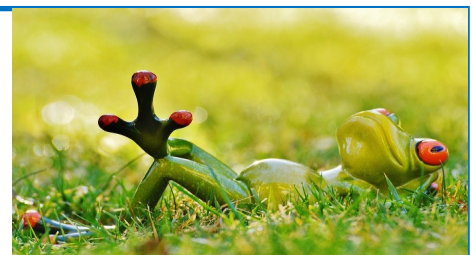
Bubble-Blowing.

Blowing bubbles is extremely relaxing for children and can be done mindfully! Hold the bottle of bubble mixture in your hand. Notice how it feels : is it smooth, does the top have wrinkles to help you to grip? Slowly undo the lid and look closely at the wand. Is there already some mix on the wand? If not, put the wand back in and try again.. Hold it up and notice if any drips fall : are they thick or runny? Can you see any colours reflected in the liquid? Slowly blow some bubbles. Choose one and watch it drift to the floor. Does it land on the floor before it bursts? What happens to the bubble just before it bursts? Does it change? How does your body feel when you have blown a bubble?



Notice negative thoughts and don't worry about them.

When you are relaxing, all sorts of thoughts may pop into your mind and some of them may make you anxious! Be mindful that they have popped in again, and tell yourself it's OK to have these thoughts. Try to replace them with alternative, positive or soothing thoughts.



If you have any questions, please contact the SEMH Team, via Jane Shaw, Team Coordinator.
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