



SEMH Team Newsletter



Newsletter No 6.



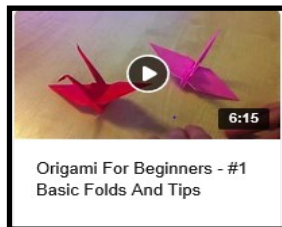
Welcome to our sixth SEMH Team Newsletter!

Hello again! The theme of our newsletter this week is Challenge. During difficult, uncertain times, it is easy to become unmotivated, and this can have a negative effect on our emotional wellbeing. If we take time each day to learn or practise a skill, this can help us to feel more positive, boost our self-esteem and enable us to achieve more. Having a sense of purpose and focus can reduce stress, whilst helping us to connect with other people. So, are you and your family ready for a challenge? Below, we've described and suggested some ideas which you can try. Have a look at our 'take 7 days' challenge on page 3, accomplishing a small task can lead to finishing those bigger, trickier challenges.

Try these challenges

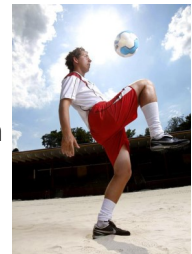
Learn Origami!

There are lots of videos available on You Tube for this– all you need is a square of any paper to start with and some patience! You could soon be producing flapping birds, frogs, hearts and flowers and all sorts of other things - what will you make?



The 2.6 challenge!

This was suggested as an alternative to the London marathon, but could still be fun to do. You have to try and do something around the numbers 2 and 6. So you could go for a 2.6 mile walk/run/bike ride, do 26 'keepy uppies' in the garden, or maybe 26 different bounces on the trampoline? Try to catch a ball 26 times, or skip for 2.6 minutes? You get the idea!



Try some juggling!

Try out this tutorial on YouTube. Now we have stopped panic-buying toilet roll, there should be plenty to go around!

Top tip: Use the ones where the last sheet is still stuck down!



Lockdown Entertainment |
Tricks with Toilet Rolls

Try learning some sign language using the websites below.

www.sense.org.uk

www.twinkl.co.uk/resources/age-specific-resources-parents/languages-main-subjects-parents/british-sign-language-languages-main-subjects-parents

 british-sign.co.uk



Sense Sign School

Learn British Sign Language with Mr Tyrese.

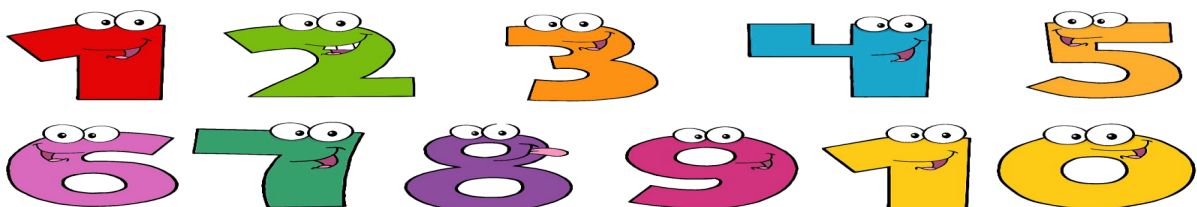
Sign up today



Learn to count to 10 in five different languages!

You never know when this skill will come in useful!

Number	German	Spanish	Italian	Latin	Mandarin
1	Eins (eyns)	uno (ooh-no)	Uno (OO -noh)	Unus (oo-nus)	Yi (ee)
2	Zwei (tsveye)	dos (dohs)	due (DOO-eh)	Duo (du-oh)	Er (are)
3	Drei (dry)	tres (trays)	tre (TREH)	Tres (trays)	San (san)
4	Vier (feer)	cuatro (kwah-troh)	quattro (KWAHT-troh)	Quattuor (kwuht-tu-ohr)	Si (suh)
5	Fünf (fuhnf)	cinco (seen-koh)	cinque (CHEEN-kweh)	Quinque (kween- kweh)	Wu (woo)
6	Sechs (zex)	seis (says)	sei (SEH-ee)	Sex (sehks)	Liu (lee-yoo)
7	Sieben (ZEE-bin)	siete (syay-tay)	sette (SET-the)	septem (sehp-tehm)	Qi (chee)
8	Acht (akt)	ocho (oh-choh)	otto (OHT-toh)	octo (ohk-to)	Ba (bah)
9	Neun (noin)	nueve (nway-vay)	nove (NOH-veh)	novem (noh-wehm)	Jiu (jee-yoh)
10	Zehn (tsayn)	diez (dyays)	dieci (dee-EH-chee)	decem (deh-kehm)	Shi (shure)



What is Mastery?

Mastery is the action of practising an activity and as a result, getting steadily better at something. It isn't about being perfect, the best or being an expert. It's about the actual process of doing the task and step by step learning how to persevere with it, rather than concentrating on the outcome. When children master everyday life skills e.g.. getting dressed , making a meal and when they master a sport or hobby, they also experience an increase in **self esteem, self reliance, and motivation.**

Think about when you have shown mastery , maybe you nailed that recipe, or finally managed to get to the end of Joe Wick's PE lesson. What are your children mastering? Times tables, phonics, their X-Box game, or riding a bike. Why not try some of the ideas and suggestions in this newsletter?

TOP TIPS FOR MASTERY- start small..... work your way up..... give plenty of positive feedback about specifics ('I like the way you have.....').... praise effort, rather than the end goal.



Learn a Card Trick.

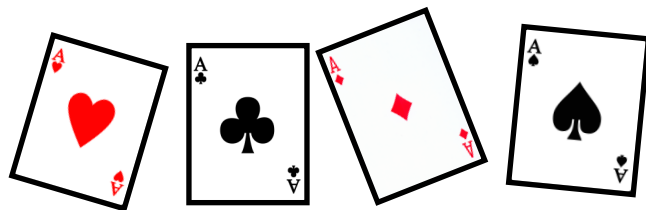
Pick a Card, Any Card...



Here is a classic of card magic. The magician offers the cards to a spectator and asks for a selection to be made. After noting their card, the spectator is invited to return the card to the deck. The magician then goes through the pack and is able to 'magically' identify the chosen card.

Explanation: Before the trick begins, separate the cards into red and black halves. When the spectator selects his card, note whether or not his selection comes from the red or black portion of the deck. If they've selected a red card, when the spectator places their card back in the deck, make sure they return their card to the black half. The opposite applies if the selection is a black card. It's now easy to figure out what the selection is; simply go through the pack and find the card in the wrong group.

Want to learn more card tricks? There are hundreds of YouTube videos to choose from. Our favourite is .. '3 easy card tricks in 5 minutes'




Take 7 days!

W. McRaven's famous address to army cadets.... *'If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another. And by the end of the day, that one task completed, will have turned into many tasks completed'*

This is a powerful though simple message. It isn't only about the satisfaction of doing this task but also of doing a task that is uncomfortable, which we don't want to do, or we just can't be bothered to do. Completing the task means that we have a sense that we can overcome challenges and have self discipline. It can give us confidence to stick with other trickier tasks. You'll be amazed at the effects throughout the day and week that this commitment can have. Why not try this yourself – blast the shower on cold for ten seconds every morning for a week (you may have to work up to ten!)

7 day Challenges (you don't have to stop on day 7)

- * Take a walk
- * Make your parent/carer a drink everyday
- * Break a task you have been finding difficult into 7 small steps and complete one of the steps. Do another step the next day and so on.
- * Say something nice to a brother or sister
- * Leave a nice message for somebody every day.
- * Make your bed
- * Meditate
- * Load the dishwasher
- * Help somebody
- * Practice your times tables



Remember these are just our ideas, you can choose your own activity.

Think about Captain Tom and his amazing achievement which began from a small daily challenge!



Any questions? Please contact the SEMH team via Jane Shaw
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