

# Wellbeing Workshop

6<sup>th</sup> February 2023



# Session1

- Support and input from Sarah, Child and Family Wellbeing
- Worries
- Time to Explore Resources
- Question Time



# Worries

## Behaviours you may see if your child is worrying:

- Quiet
- Less engaged in things they enjoy
- Disturbed sleep
- Change in behaviour – grumpy, sad, mad
- Finding learning harder/struggling to concentrate

## Top Tips

- Find time to talk about the day and unpack any worries.
- Share worries – talking, diary, worries dolls/stones/toys

# How to Talk About Feeling

It's important that children know that all emotions are ok and that we can feel more than one emotion at once.

- 'Big Feelings'
- Regulate (Regular Fries)
- Inside Out
- Link emotions to physical feelings and events to help children understand.
- Create a mantra
- Enable children to have calm times within the day so that they can regulate feelings.
- Identify triggers and times that children find tricky.
- Find opportunities to talk about feelings and reflect when children are engaged in play.

Wellbeing

# Strategies Used in School



- Mindfulness and Yoga

<https://www.youtube.com/watch?v=YYRLI3t7q0Y>

- Breathing techniques

[https://www.youtube.com/watch?v=qTN\\_MtV5TFw](https://www.youtube.com/watch?v=qTN_MtV5TFw)

- Fidget tools

- Social stories and books focused on feeling