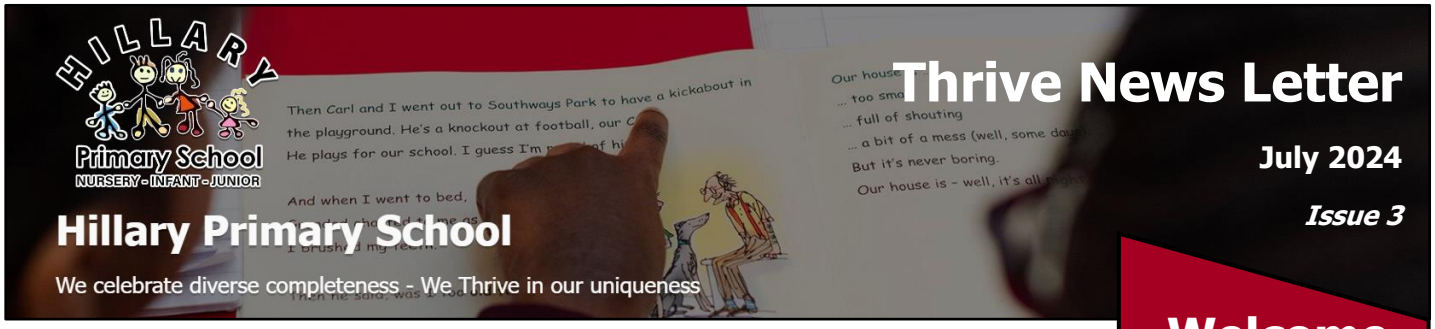


Thrive News Letter

July 2024

Issue 3

Hillary Primary School

We celebrate diverse completeness - We Thrive in our uniqueness

Summer Holidays

Our 4 Core emotions:

It is really important for children to understand their four core emotions so that they can: articulate exactly how they are feeling, recognise the physiological responses of their body, begin to build a self-regulation system and have coping strategies for next time they feel that way. We describe this as being emotionally intelligent and resilient.

Joy	Sadness	Anger	Fear
Associated feelings			
Elated Excited Hopeful Loved Confident Energetic	Disappointed Upset Bored Embarrassed Lonely Down	Furious Frustrated Annoyed Hostile Bitter Jealous	Scared Worried Anxious Nervous Terrified Frightened
Bodily sensations			
Warm Energetic Content Butterflies	Cold Lacking energy Slow Tearful	Hot Explosive Tense Irritable	Flight Freeze Sweaty Heart Racing
Ways we can regulate			
Breathing exercises, Mindfulness, Do something that involves exerting energy, Share your joy	Talk to someone you trust or that can help, Do something creative, Laughter – watch a funny video	Pop bubble wrap, Scream into a pillow, Rip up paper, Do something that involves exerting energy	Seek comfort from trusted others, Got to a safe space, Distract your mind, Breathing techniques, Rationalise

In school, children are regularly encouraged to use and learn about the core emotions as they play such an important role in our daily lives. We would love and appreciate your help at home to continue the work and support around emotions. On the next page, there are lots of useful resources that you can use with your child throughout the holidays.

Welcome Back!

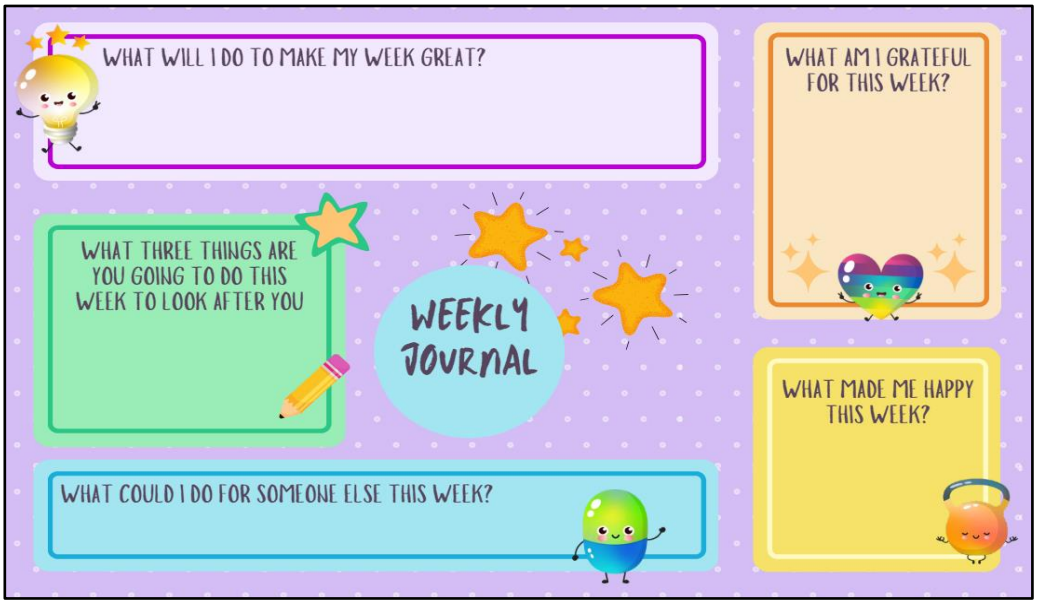
This is the Third issue of our **Thrive** Newsletter.
In this issue, we will be telling you all about our **4 core emotions** and understanding them. We will be introducing you to our new wellbeing app **YouHQ**.
There are also some great **activity ideas** for you to do with your children throughout the summer holidays.

Don't forget to check out the **Thrive** page and the **Hillary Health Hubs** on the school website. They offer plenty of great ways you can improve social, emotional and physical health for you as parents and for supporting your children.

YouHQ

YouHQ is our new well being app for all of our children and staff. It is a great way for children to log how they are feeling using the simple survey, and also to learn different techniques to help them with regulating their emotions. There are plenty of resources to help children with a range of emotional needs.

Children simply log on using their personalised QR Code on any device with a camera. Please feel free to ask your children to show you the app, and encourage them to use it during the school summer holidays for continued support.

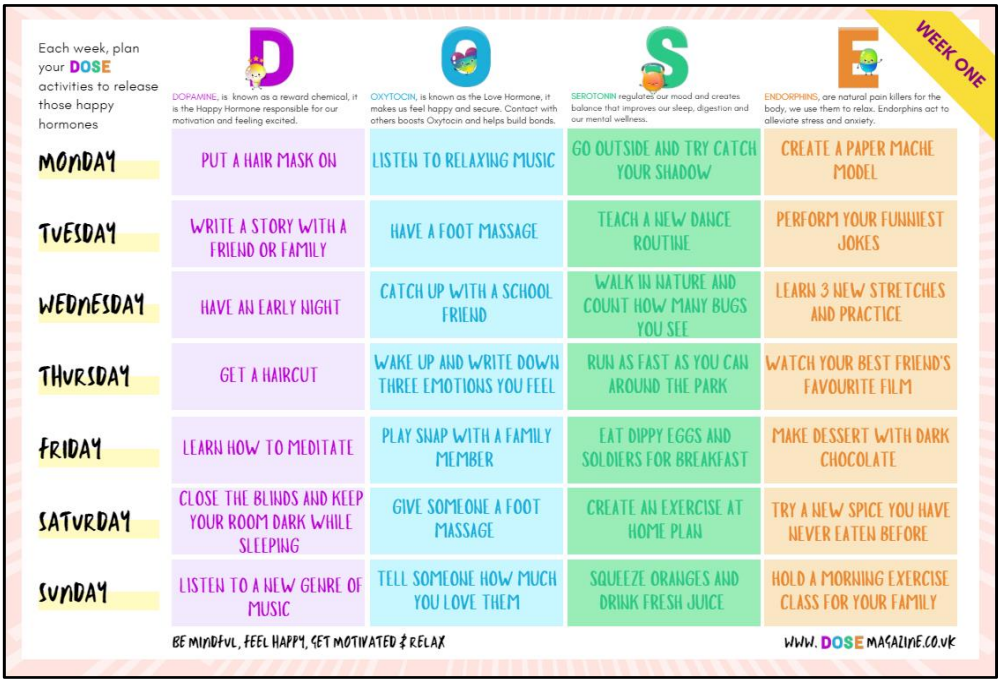


Journal

You could try using a weekly happiness journal to ensure that you are getting doing something each week to make yourself feel happy.
On the left is a template to help you get started, you can use this for inspiration or create your own!

Get your D.O.S.E

It is a great idea to plan out your holiday weeks to make sure there is something you can look forward to and make yourself happy each day. This can be things you can do alone, or with members of your family and friends. Start with your big plans and fill out the gaps with some ideas similar to those on the example here.



In our last issue of the Thrive Newsletter, we explored D.O.S.E. these are the Hormones in our body that are responsible for making us feel happy. Please look back to remind yourselves all about what they are, how to get them and their importance in our Daily Lives. Feel Free to google D.O.S.E for more ideas.

We hope that you all enjoy your summer, stay safe, and we cannot wait to see you all back at school in September!

