**Wellbeing Newsletter No. 4**

**Welcome to Wellbeing newsletter no. 4 where you will find suggestions, website links and advice for supporting your child’s mental health and wellbeing whilst we are away from school.**

**We’d love to hear what you’ve been up to and if you’ve tried any of the activities let us know how you get on, you can send photos via Class Dojo.**

The basic breathing technique was shown in Newsletter 1.

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| **Negative Judgment and Acceptance**  The aim of this is to remain curious and open about the thoughts and feelings that children may be experiencing in the moment. Rather than trying to change them, acknowledge them and accept them for what they are in the moment. They are neither ‘good’ nor ‘bad’. They are just there. It’s like you’re an observer of your body and mind, on the outside looking in. This can help in seeing things for what they are – a thought or an emotion and they can be changed. | |
| Sit in a a comfortable position, keeping your back straight but your body relaxed.  1. Close your eyes if you feel comfortable or soften your gaze and look at the floor.  2. Scan your body and notice how it feels.  3. Notice the sensations of each breath as it happens – don’t try and control the breath, just notice it.   * Focus on the breath going into your nostrils and out through your mouth. * Pay attention to the rise and fall of your chest. | * Notice the rise and fall of your belly as you breathe.   4. Remain curious and open about your thoughts and feelings. There is no such thing as good or bad feelings. Pretend that you are an observer of your body and mind, on the outside looking in.  5. After five minutes take one more breath and feel your feet firmly on the ground. Notice the noises around you and come back to the here and now. When you’re ready, gently open your eyes. |

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| **Mindfulness** |

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| **Tall like a tree**   * **Stand tall as if you were a tree.** * **Breathe in and imagine what it would feel like to be strong like a tree.** * **Notice any sensations within your body as you keep breathing.** * File:Bright green tree - Waikato.jpg - Wikipedia**Continue this for a few minutes before bringing your awareness back to the room.**   **Conversation Corner**  Some questions to discuss in your families:   * **Would you like to go for a trip in a spaceship and which three people would you take with you?** * **What have you learned this week that you didn’t know last week?** * **How can you make another person’s life happier?** * **We share our world with birds, animals, fish and insects. How can you help care for them?** | **Notice that sound**   * **Sit comfortably with your back straight and you can close your eyes if you wish.** * **Be silent and notice at least five sounds around you whilst you continue to breathe in and out.** * **This is not a competition, but just a fun way to see what you can notice. Just relax and notice the sounds.** * WOMEN TAKING A STAND: Listen to Meeee!**After a few minutes, come back into this moment.** |

**‘Kindness is spreading sunshine into other people’s lives regardless of the weather.’**