

Buckminster Primary School Wellbeing Newsletter No. 4

Welcome to Wellbeing newsletter no. 4 where you will find some suggestions, website links and advice for supporting your child's mental health and wellbeing.

I'd love to hear what you've been up to and if you've tried any of the activities let me know how you get on. You can send me photographs too.

If you have any concerns about your child's mental health/wellbeing, you can contact me via email between 9am and 5pm Monday to Friday on rebeccalongley@buckminster.leics.sch.uk

Mrs Bagshaw

Five Ways to Wellbeing

At school we are going to be promoting the 'Five Ways to Wellbeing' approach which is all about how positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact. Here is an explanation of each one. More ideas/activities will be added in the next newsletter. I'd love to hear how you're getting your 'Five a day.' Email me on the address above to let me know what you've been doing.

Connect	Be active	Take Notice	Keep Learning	Give
<p>Talk to someone instead of sending a text message or an email.</p> <p>Speak to someone new.</p> <p>Ask how someone's weekend was and really listen when they tell you.</p>	<p>Create an obstacle course in your garden. Can you find things to climb over and under? How quick can you complete the course? Challenge other family members- who can do it the quickest.</p> <p>Go on a bike ride, get some fresh air with your family.</p>	<p>Go on an autumn walk- why not gather some signs of autumn along the way. Collect leaves that represent the autumnal colours.</p>  <p>Make some faces with the things you collect.</p>  <p>Observe the trees and listen to the wind blowing all around you.</p>	<p>Try something new.</p> <p>Try a new hobby, or learn something just because it interests you.</p> <p>Learn some new words- try and use them in a sentence.</p> <p>Have a go at a crossword or a Sudoku.</p>	<p>Paint a picture or write a letter or a note to someone you haven't seen or spoken to in a while.</p> <p>Make sure you remember to say thank you to your family, friends and people around you.</p>

Settle your Glitter



Using a glitter jar to explain how our minds become so busy it is very difficult to concentrate or think straight. If we stop and let the glitter settle then our minds become clear and we can make better decisions, not become so angry or upset and also learn well. Create your own glitter jar.

Mindful Breathing Strategies

Mindful breathing is an important building block in developing a healthy mindfulness practice. Children and young people often benefit from focusing on their breathing when they are confronted with emotions that are difficult to manage. Three useful techniques are below:

1. *Noticing the breath:* this involves simply paying attention to what breathing feels like.
2. *Five-finger starfish meditation:* hold up one hand in a starfish position (fingers spread wide) while they gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.
3. *Counting the breath:* ask them to pause and count their breaths.



"You are the sky.
Everything else is just
the weather."

Pema Chödrön



Conversation Starter

Some questions to discuss with your families:

- If you could be an animal, what animal would you be?
- If you could go anywhere right now where would you go?
- What's your favourite game to play?