

Hove Junior School Pupil Wellbeing Newsletter









This newsletter isn't designed to tell you how your child should be feeling or what you should be doing. We all manage situations differently and need different things at different times. This newsletter aims to give you a few simple ideas to support your child's wellbeing and some information about the importance of play.

Managing Difficult Feelings

With schools and nurseries closed for most, children and young people across the world are directly experiencing social distancing and high levels of isolation. For those still attending school, this also brings a new routine to adapt to, including new classrooms and new teachers. Your child's world has temporarily changed which can bring uncertainty, anxiety and worry. Anxiety can present differently for different children. It may be displayed as intense anger, lethargy, sadness, or an inability to regulate their emotions. If your child is struggling to regulate their emotions, you may find **co-regulation** is helpful.

Co-regulation In Children

 Label Teach the use of words to express emotions.	 Model Show and demonstrate self-calming strategies.	 Redirect Divert your child's attention to help them to regulate behavior.
 Connect Provide a warm, nurturing, playful relationship.	 Positive Use positive reinforcements as often as possible.	 Clear Set and maintain clear expectations and limits.

Supporting Your Child's Anxiety



Activities To Support Wellbeing

Self-care: A selection of strategies to try at home

Gratefulness: Create your own A-Z



Create structure by planning your day

Fold over to mark an activity as 'done'



Create an end of isolation bucket list

Try some rainbow breathing together



Rainbow Breathing



1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top, begin to exhale through your mouth and continue tracing.
4. Repeat with each color or until you feel calm and grounded.

Connection

Research shows that social connection improves physical and mental health. Below are some ideas for how you can continue to connect with others during lockdown which should help to support your wellbeing.

•Connect with your friends



- Arrange a virtual playdate with your child's friends
- Draw around your child's hand, let your child decorate it, photograph and send to a friend as a 'virtual wave'
- Make a card for a friend to let them know you are thinking of them.

Connect with your family



- Spend meaningful, technology free time with the people you live with
- Make time for play
- Create an end of isolation 'bucket list' as a family
- Write letters and postcards to elderly relatives

Connect with your community



- Help your child to organise a fundraiser e.g. sponsored silence, to raise money for the NHS or a charity of their choice.
- Create a care package for hospital staff, paramedics, firefighters etc.

Connection & Play

Imaginative play can be a great way to understand your child and what might be going on for them right now. Play is one of the most important needs your child has.

Play is a child's natural way of making sense of what is happening in their world and processing their feelings around this. You might notice a theme being repeated over and over again in their play until they are ready to move on from this. This repetition is an important psychological process and completely natural.



As your child plays, reflect back their actions, thoughts and feelings. Notice what they are doing and what they may be experiencing. Give them insight by wondering aloud. E.g. "I'm wondering if you are missing seeing your friends?"

"Play is the most natural method of self-healing that childhood affords"

Erik Erikson

Accept your child's decisions and choices in their play. Your child has autonomy. Obviously, implement limits for safety but otherwise let them lead.

Inquire about their world and the world they are creating. Ask them about what they are creating. Ask them about what they are doing. Explore with them.

Reflect back your child's actions, thoughts and feelings. Notice what your child is doing and what they may be experiencing. Give this back to them by wondering aloud.

Believe that your child has the ability to work through their problems and figure things out for themselves. This is called actualization.

Play Ideas

If you would like to spend some time connecting with your child through play, here are a few play ideas that you can try at home.



Taste Safe Mud Digger Play

To make the mud, I mixed some plain flour a tablespoon of cocoa powder and then poured in cold water until it made a brown gloop. As this dries it began to set and provides a new play experience.



Rainbow Spaghetti

Cook spaghetti in water with food colouring and then give to your children to explore. Use scissors, tongs and spoons. It will stay fresh for a few days in the fridge.



Taste Safe Chickpea Foam

Drain a can of chickpeas and whisk up the water until it resembles stiff egg whites. Add in a few drops of food colouring and some toys for your child to play with.



Rainbow Pipettes

Make some coloured water using food colouring and give your child a pipette to make rainbow patterns on kitchen roll. They can also use the pipettes to fill containers e.g. ice trays.



Matching Tasks

Draw around any objects (I used stones from the beach) and get your child to match the objects to the outlines.



Rainbow Bubbles

Add a few drops of washing up liquid and food colour to water in a bowl. Give your child a straw and let them blow bubbles.