

Steam Mills wellbeing newsletter

We hope that you are all keeping well, safe and settling into a new way of learning at home. The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly vital in these challenging circumstances.

We would love to hear all about the activities you have done on e-school.

If you have any ideas that you would like to be included please let me know

If you have any concerns about your child's mental health/wellbeing, you can contact me via e-schools between 9am and 3.30pm Tuesday to Thursday.

Warm wishes, Miss Fran Barber

Five Ways to Wellbeing... the Steam Mills whoosh!

The 'Five Ways to Wellbeing' approach is all about how actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact... or the 'whoosh factor!' There are some ideas for each of them. We would love to hear how you are getting on via eschools and any ideas are welcome.

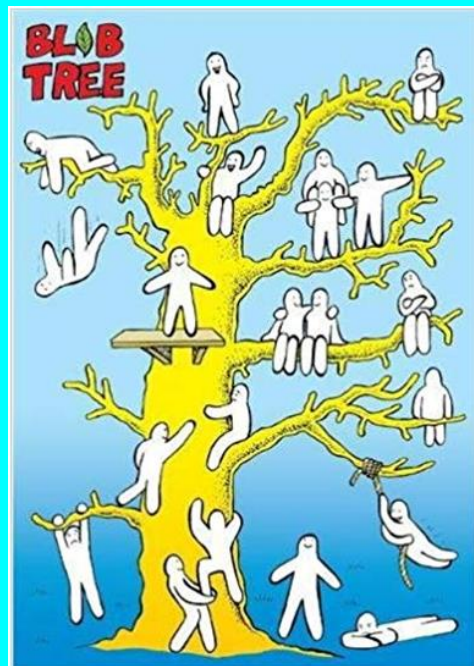
<i>Connect</i>	<i>Activity</i>	<i>Take Notice</i>	<i>Keep Learning</i>	<i>Give</i>
<p>Let someone special know you are thinking of them by surprising them with card you've made. Make a picture on the front of your card and then add words to personalise it, 'Thank-you for...'; 'You're great!'; 'Just to let you know...'</p> <p><i>Let others know how much they mean to you.</i></p>	<p>What would it be like to set yourself an activity challenge yourself? For example how many star jumps can you do in a minute, or 3 or even 5? Can you create a circuit in your garden or living room? Have you tried an online workout like Joe Wicks PE sessions?</p> <p><i>Be as active as you are able to, it's just as important to rest. Listen to what your body needs.</i></p>	<p>Have you noticed the seasons change? What have you seen, smelt or heard that welcomes in Summer? When you're out on a walk or in your garden create a journey of interesting things you find along the way. You could collect objects in certain colours, shapes or sizes.</p> <p><i>Staying present in the moment may help develop gratitude. Be kind to yourself.</i></p>	<p>Sometimes doing something new can be a bit difficult however it can also be lots of fun. What new things would you like to try? Here a few ideas... create a new outfit from recycling old clothes and accessories, learn a new game, listen to and learn a song by a musician you've not heard before.</p> <p><i>Learning something new helps build persistence and resilience skills. Remember it's not a competition about how much you do!</i></p>	<p>Think about music and songs that make you feel good. Write a song or create a 'make you feel good' playlist. Share it with someone who is special to you.</p> <p><i>Sharing is caring.</i></p>

Emotions

Have you ever had a 'gut feeling' or a thought you cannot name? You may be experiencing lots of feelings in lockdown. Feelings occur in all parts of your body....heart, head or stomach and there is no right or wrong...they simply exist.

What are you feeling?

Sometimes it's difficult to name what your emotions. Here are a few pictures that might help you. Show and share how you feel with someone you trust.



<https://www.gottman.com/blog/printable-feeling-wheel/>

<https://www.blobtree.com/>



Activities and ideas

<https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/>

This is a link to a glitter jar activity.

After you have made it you could use these words to help you manage your emotions.

*When feelings become too big or overwhelming a glitter jar can help my mind to settle.
Each sprinkle of glitter is a feeling...as it swirls I take notice of my breath.
I breathe in through my nose and out through my nose naturally.
In and out, in and out.
I remind myself these emotions are normal and natural.
As I watch the glitter slowly falls to the bottom, I gently accept the feelings and know they will pass.*

