



December's Mindfulness and Wellbeing Newsletter

Welcome to December's edition of Springfield's Mindfulness and Wellbeing newsletter. Below are some ideas and useful web sites to help support your child's mental health and wellbeing while they are at home.

December is a time when we think about presents and cards, we can send to our love ones, but this December why not give the gift of kindness. Below is a calendar of kindness. How many can your child complete.



Mindfulness activities to try this month

1. Explore touch by choosing several objects, then comparing the difference in how they feel dry vs. wet, smooth vs. rough, warm vs. cold etc
2. Slow down by having a snack in 'slow motion' and taking notice of the taste throughout
3. When your child is starting to feel anxious, angry or distressed why not try the Triangle Breathing Technique

Start at the bottom left of the triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.



The 12 Days of Fitness

Being Active is a great way to support both physical and mental health. Action for Healthy Kids have come up with the 12 Days of Fitness which children and of course adults can do.



Day 1: Hold tree pose for 30 seconds (5X).

- See kid-friendly yoga poses.

Day 2: Dance to holiday music for 3 minutes (3X). Ask students for song suggestions.

Day 3: Complete 20 squats (3X).

Day 4: Hold warrior pose for 30 seconds (5X).

Day 5: Present peekers (10X).

- Push-ups: Strengthens arms, shoulders, and chest.
1. Start on your hands and knees - hands under shoulder and knees under hips.
 2. Slowly bend your arms lowering your body, face and chest towards the floor to peek under the tree.
 3. Slowly straighten arms keeping stomach muscles tight to protect back.

Day 6: Checking the chimney (30 seconds).

- Climb an imaginary ladder: Improves cardiovascular fitness and strengthens coordination and balance.
1. Stand with feet shoulder width apart.
 2. Move arms and legs as if you were climbing a ladder - keep stomach muscles tight and upper body tall.

Day 7: Complete 20 jumping jacks (3X).

Day 8: Snowman walk (20 seconds 2X).

1. Start with narrow wide marches.
2. Walk with feet shoulder width apart, moving arms back and forth (elbows bent). Continue for 10 seconds.
3. Move feet wider apart, knees slightly bent and continue to walk for 10 seconds.

Day 9: Reach for the ornaments (triangle pose, 5X).

Day 10: Candy cane twist (10X).

- Do the twist. This strengthens legs and core muscles and improves circulation.
1. Stand with feet shoulder width apart, knees slightly bent and arms out to the side (parallel to the floor).
 2. Twist upper body to the left, lower body to the right, and reverse in a continuous motion - Keep stomach muscles tight and upper body tall.
 3. Slowly twist down to the floor by slowly bending your knees while twisting upper and lower body.
 4. Slowly rise up by straightening your knees while continuing to twist upper and lower body.

Day 11: Chair pose for 30 seconds (5X).

Day 12: Popcorn garland (30 seconds).

1. Crouch down into a little popcorn kernel, head tucked in towards the chest and arms folded across the front of the body.
2. Start jumping on the spot.
3. Continue jumping as the kernel gets bigger and bigger (standing up).

Useful website and links



Anna Freud

Provides information for parents on supporting your child and has a directory mental health services that you can search by your local area.

<https://www.annafreud.org/parents/>



Young Minds

020 7336 8445

Provides information and advice for anyone with concerns about the mental health of a child or young person.

<https://youngminds.org.uk/>



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Child line

0800 1111

Tips and advice to support children's mental health

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/>



Samaritans

116 123

A registered charity aimed at providing emotional support to anyone in emotional distress or struggling to cope

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

If you have any concerns regarding your child's mental health or wellbeing or need some additional support, please do not hesitate to contact Mrs Phipps -Pupil Support Manager, Mrs Elliott- Family Support Manager or Mrs Wilson- Learning Mentor

