



## February's Mindfulness and Wellbeing Newsletter

Welcome to February'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.



From 1-7 February 2021 schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is **Express Yourself**.

**Expressing yourself** is not about always being the best but it's about finding ways to share your thoughts, ideas and feelings with others. Online lessons during this week will focus around how we can best express ourselves, be that through poetry, art, drama, music or dance.

We will also have a 'Screen Break' day on Wednesday 3rd February 2021. Activities will be set on Google classroom on Tuesday 2<sup>nd</sup> February that do not require a device. This allows your child to take a break from the computer screen on Wednesday but not from learning! There will be lots of creative activities that will take place without a screen. You child can then upload images of what your child got up to on Thursday 4<sup>th</sup> February on Google classroom. This will show what great learning we can achieve without the use of a computer, laptop, tablet or phone.



### How can I support my child during lockdown?

As we go into another month of lockdown you may find yourself asking how do I continue to support my child? Below is some information from Young Minds.org.uk to help you

- **Talk with them about what's going on, keeping communication as open as you can.** Let them know that it's okay to feel however they feel - whether that's scared, worried, angry, sad or something else. You can find our tips on starting a conversation with your child [here](#).
- **Try to answer your child's questions and reassure them in an age appropriate manner.** While you don't need to know all the answers, talking things through can help them feel calmer.
- **Encourage your child to do the things that help them when they're finding things difficult.** This will be different for everyone - it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.
- **Reassure them this will pass, you're there for them, and you will get through this together.** Having returned to some of their normal activities over the summer, going back

into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.

- **Spend time doing a positive activity together.** This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. You can have a look at our [activity ideas](#) for younger children, and for [teenagers](#), to help you.
- **Keep as many regular routines going as possible to help your child feel safe and secure.** This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies.

### **Mindfulness activities to try this month**



1. Quiet time-adding a little quiet time to your child's day can help them to de-stress and think about the present.
2. Warm Fuzzy Wishes- when your child is in bed. Take five deep breaths to calm their bodies. Explain to your child how kindness can send good vibrations into the world and it is important to send well wishes to those we love. Have your child pick any two people they want. (Don't forget your family pet.) Examples of Warm Fuzzy Wishes: I send love to my nana and grandad. I hope that Joe has a good day. I will take Pippa for a walk tomorrow.
3. Ten Counting Breaths-when your child is feeling overwhelmed or upset ask them to take 10 deep breaths. Count together out loud. Say 1, deep breath in, 2 deep breath out. 3 deep breath in, 4 deep breath out. Up to 10.

### **Useful website and links**

**YOUNGmINDS**

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/>

**childline**

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/>

Please remember that although school is closed for the majority of the children there will always be Mrs Phipps -Pupil Support Manager, Mrs Elliott- Family Support Manager or Mrs Wilson- Learning Mentor in school to help and support you in any way we can. Take care and please stay safe.