

MENTAL HEALTH MATTERS...

PARENTS of Victoria Dock Primary School

Questions to ask your child in self-isolation **YOUNGMINDS**

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?



MENTAL HEALTH AWARENESS WEEK

This week is Mental Health Awareness week... the theme is 'Kindness'.

Kindness strengthens our relationships with the wider world around us as well as our ties with our family and friends. It is a cornerstone of our individual and collective mental health. Kindness is something that we all need to help us navigate through our day-to-day lives. Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. Research suggests that kindness and our mental health are deeply connected. It can help to reduce stress, create a sense of belonging and can help boost our self-esteem. Kindness can even improve feelings of confidence and optimism. It is important that we ensure our children know the benefits of 'kindness' and practise this in their everyday lives. Can you reflect on what makes something a kind act with your family? Can you think of any random acts of kindness you could carry out during this Mental Health Awareness Week? Send us your ideas on Seesaw/Dojo or tag us on Twitter [#mentalhealthawarenessweek](#) [#kindnessmatters](#)

www.annafreud.org/ is another amazing resource helping families through this uncertain time. If you are worried or what some further advice or guidance about how to talk to your child during this epidemic please take a look at the resources available - www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/



Reassuring children and young people who are worried about coronavirus: advice for parents and carers



Many parents and carers are concerned about how their children, whatever their age, are feeling at present. It is understandable that children and young people may be feeling anxious and upset.

The support provided by our families, and those networks around us, is something we all value. Taking time to listen to each other's concerns – which may be similar or different to our own – is particularly key in relation to children and young people, who may feel overwhelmed by a complex and changing situation which isn't being clearly explained for their perspective. Be curious about what's on their mind, so they feel able to speak to you in their own time and in their own way.

If you are the parent or carer of a baby or toddler, you may think they won't be affected by current concern about the coronavirus - or indeed other events of national importance. A younger child may find it hard to tell you what is going through their mind, but you may notice that they repeatedly play or draw about the event to let you know they're thinking about it.

We know that babies and toddlers pick up on how we are feeling, and that the anxiety which a parent is feeling could have an impact on them. Try to be aware of this in how you behave around them. A baby or toddler may well sense a change in your mood, or if you are distracted and therefore less attentive towards them. Reassure them in your actions and through the affection you show towards them. Younger children feel safer when their world is predictable and familiar, so keeping things as normal as possible and maintaining their usual routines can be extremely helpful.

If you are the parent or carer of a child, they will also pick up on how you are feeling - both in the way you talk openly (or don't) about worrying issues and in the way you behave. If they see you visibly worried or alarmed, this may prompt them to feel the same. Where possible, try to reassure your child, while also being open so they trust you to be honest with them. Though it may not always be easy, when parents and carers deal with a situation calmly they can provide the best support for children.

There are practical things you can do. Pay close attention to your child's individual worries, whenever they choose to express them. These might seem trivial, but the change to routine itself (e.g. plans for the weekend being cancelled) may be what unsettles them. Concerns for the health of an elderly grandparent are understandable, and reassurance around what practical steps are being taken to keep people healthy can help. Of course, hand washing is something which children need to see their parents and carers doing, and this can be done as a shared activity.

Watching trusted news sources will play a part in helping children to feel informed and aware of the situation (for instance www.bbc.co.uk/newsround, including their advice on coronavirus). But if this starts to dominate, particularly via social media, it may well be unhelpful to a child who is trying to understand a complex situation. The same applies to children seeing the adults around them constantly watching the news, with normal family life being put 'on hold'. This can in itself create alarm.

MY FEELINGS MATTER...

PUPILS of Victoria Dock Primary School

THIS WEEK'S

quote...

'If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.

-Roald Dahl-

Music Time...

Get back up again - Anna Kendrick
Trolls Movie Soundtrack

Move It...

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

Get Crafty...

Can you make your own playdough (baby oil is lovely to use)!



Stretchy

1 cup conditioner
2 cups cornflour



Glittery

2 Cups Flour
1/2 Cup Glitter
1/2 Cup Water
2 Tbsp Oil
Food Colouring



Rock Salt

2 Cups Flour
1 Cup Coarse Salt
1/2 Cup Water
4 Tbsp Oil
Food Colouring



Original

2 Cups Flour
1 Cup Water
1/2 Cup Salt
2 Tbsp Oil
Food Colouring



Scented

2 Cups Flour
1 Cup Water
1/2 Cup Salt
2 Tbsp Oil
Scented Shower Gel/
Scented Shower Gel
Food Colouring

Online Resources...

EYFS - Elmer the Elephant -

<https://youtu.be/ZFrD18XLmIM>

KS1 -

<https://youtu.be/R2RwwAHUAdc>

KS2 - <http://www.finn-caspian.com/>

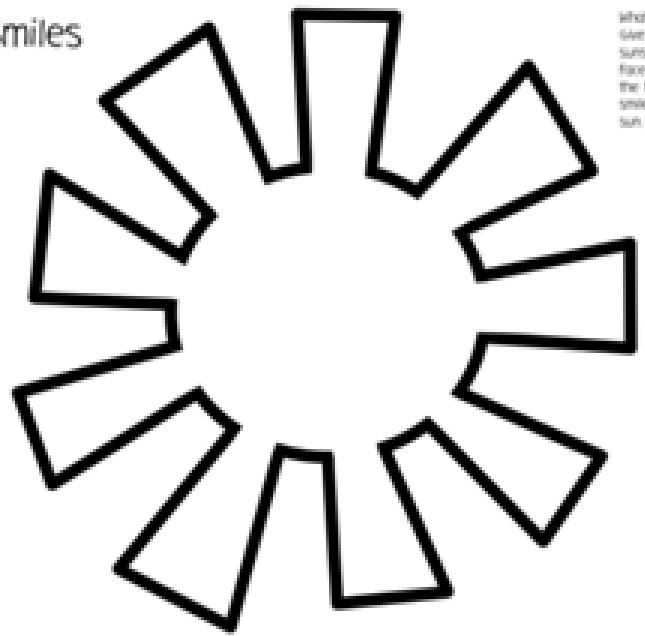
Reflect...

What three good things happened to you this week?

Get Busy...

Build your own den! (inspired by Hollie in Year 4/5 who built her own amazing den in the kitchen!)

Sunny Smiles



What makes you smile? Use the centre of the sun as a big smiley face and then write all the things that make you smile in each ray of the sun.



1. THE CLASSIC



Created from two sturdy chairs with sheets or blankets draped over them, the classic blanket fort is the old school way to kick back in style.

2. THE WASHING LINE



Perfect for creating a cosy sanctum from the world, made from washing line and blankets secured with handy clothes pins. Try it indoors suspended from picture hooks, or kick back in the garden by hanging it between two trees.

3. THE TEEPEE



Bundle up a couple of bedsheets with a rope and suspend them from the ceiling for a quick and easy mini-retreat with enough room for the whole family.

