

MENTAL HEALTH MATTERS...

PARENTS of Victoria Dock Primary School

HELPFUL REMINDERS FOR HOMESCHOOLING...

Getting Started

1. Have a daily plan – include your child's interests and motivators
2. Flexibility – be prepared to change the plan
3. Chunk activities with a practical, movement break between.
4. Developing life skills is also learning.
5. Incorporate a range of tools to engage learning e.g. books, apps, garden, household objects.
6. Remember every young child can learn, just not on the same day or in the same way.



Supporting Social and Emotional Well being

There is much that each one of us can do to support the well being of those in our lives, including our children and young people.



REMEMBER TO RELAX...

Ask your child (or children) to lie down on a rug or carpet with plenty of room around them and ask them to close their eyes. Slowly read these instructions to them in a calm, quiet voice.

1. Breathe in through your nose. Hold your breath for a few seconds, then breathe out. Take another deep breath in through your nose. Imagine your tummy is a balloon filling with air. Breathe out slowly and let the air escape quietly like a leaky balloon.
2. Stretch out your legs in front of you, and point your toes. Stretch out your arms either side of you, stretching all the way to your fingertips. Concentrate on feeling the ends of your fingertips.
3. Now you are going to tense all the muscles in your body. Begin with your toes. Curl them over so they are clenched. Then think about tensing the muscles all the way up your legs. Then the muscles in your tummy. Make it as hard as a wall.
4. Now tense your arms as well, so your arms are by your sides and even your fists are clenched. Bring your shoulders up around your ears.
5. Now scrunch up your face. Push your lips together and frown down into your face so your forehead is all crinkled.
6. Make your body go limp again. Think about each part of your body in turn going limp and relaxed: your face, your shoulders, your arms, your tummy, your legs and your toes. Imagine yourself as a floppy rag doll.
7. Take a deep breath in through your nose and breathe out again, Notice how relaxed and calm you feel. When you are ready open your eyes.

It might take children a few times to take it seriously if they are not used to doing this, but you will be surprised because many teachers use these kind of exercises in class. To help your child get used to the order of the instructions swap places with them and allow them to read the instructions. Let them be teacher. You might find it helps you too! One important point is not to wait until you see your child being anxious and stressed to try this exercise. It might be a little late. Build it in your day as a regular event, perhaps to prepare them for a few minutes of quality learning.



FREEBIES!

Visit

<https://mindfulmonsters.co.uk/>

for some lovely FREE resources to help promote mindfulness.

Thank you for your help with the emotional health and wellbeing during Covid surveys. The children and young people survey and the parents survey both had good responses. Headstart are collating the findings and a report will follow shortly.

If you have a child aged or young person aged 10-25 we have been asked by Headstart to circulate a survey for this age bracket to ensure that we understand how the current Corona Virus is impacting on their emotional health and wellbeing and ensure Headstart have services in place who can provide the right support at the right time.

<https://www.surveymonkey.co.uk/r/TNJVGZS>

MY FEELINGS MATTER...

PUPILS of Victoria Dock Primary School

Get Crafty...

Lots of fun crafts to make with paper. Try making a gift bag or a butterfly!

<https://youtu.be/IMMiOSgs670>



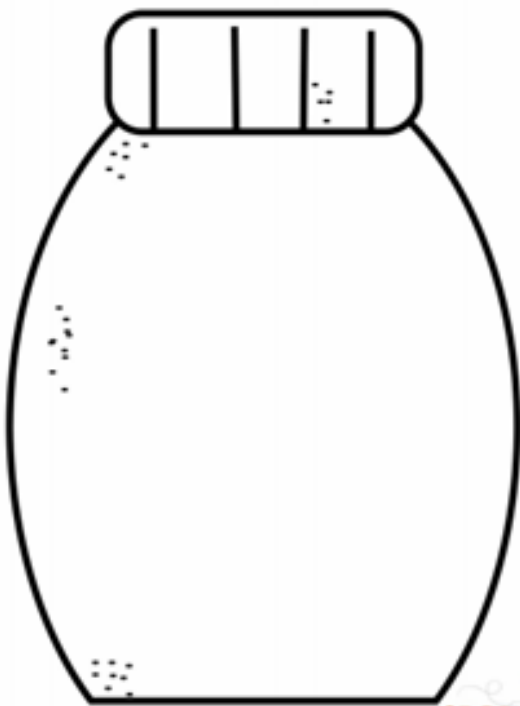
Move It...

https://youtu.be/K6X0ySx_k8 Here is a fun story exercise!

Reflect...

JAR OF HAPPINESS

Fill the jar with things that make you happy



Music Time...

Justin Timberlake...

Can't Stop the Feeling!

Online Resources...

EYFS - A lovely story and sing a long.

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/everybunny-dance/>

KS1 - A Julia Donaldson Favourite! The Smartest Giant in Town - <https://youtu.be/cfiPrA8E3qE>

KS2 - A Simple Classic...

<https://www.bbc.co.uk/teach/school-radio/english-ks2-the-wind-in-the-willows-index/znnqf4j>