

Five ways to wellbeing ...



Copthorne CE Junior School

CONNECT

Talk and listen, be there, feel connected

It is always good to talk about your feelings
And worries....

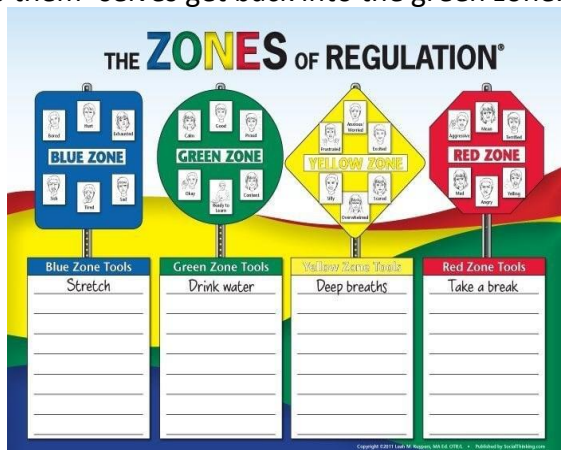
With such a big change, many children are feeling confused and are having to deal with a mixture of feelings. There are some good story books online which could be a good starter such as the one below.



https://protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf

We have introduced the Zones of Regulation programme with children at Copthorne. This helps them identify the feelings they might have and the colour that matches them.

Print out the attached sheet and ask your child what Zone they are in. Think of activities they can do to help them- selves get back into the green zone.

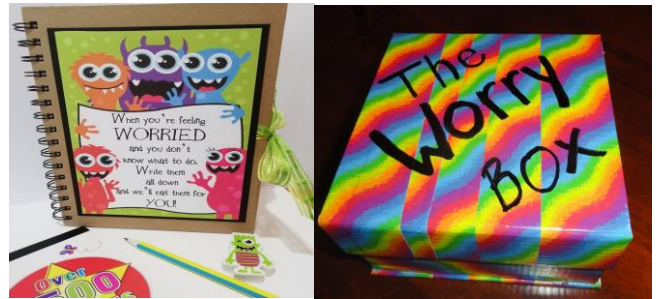


Talking with family and friends ...

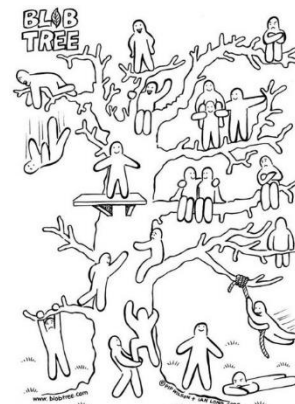
Lots of us are missing our friends and family and it is important for children to have the chance to express this. Although it is understandable to worry about screen time when we are spending so much time at home, the NSPCC state that the benefits of alleviating anxiety by staying connected to friends and family cannot be under- estimated.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Encourage your child to make a worry book or worry box to draw or write their worries down. This is a good way to start conversations.



The Blob Tree (attached) and ask your child which Blob they are feeling like today, and why. Which one are you feeling like?



Strengthening Minds has suggestions for things to do as a family in their guide to "Staying At Home - In Style!"

<https://f416d0a2-db80-48ab-8828-48a3480497ad.filesusr.com/>

BE ACTIVE

Being active makes us feel good - exercise releases “feel good” hormones

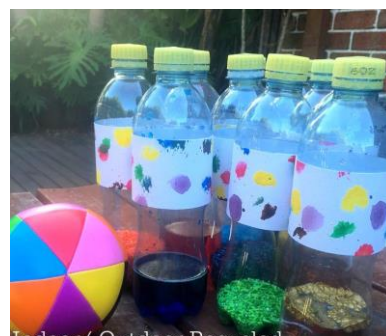
Remember - all forms of exercise is good, dancing and singing to your favourite song can be great fun and beneficial too. Don't forget your favourite songs from school like: 'My Lighthouse' and 'Something just like this' by Coldplay



Try to vary the exercise you do every day to keep children interested - walk, scoot, ride, play catch or football in the garden - whatever works ...



I know that lots of you are enjoying the 'Joe Wicks' PE sessions and the Active for Life Personal Challenges like the 'washing hands squats' and the 'skittles bottle' challenge.



KEEP LEARNING

Learning something new increases self-esteem

Whether it's learning how to bake muffins, the names of the countries in Europe, or how to make a cup of tea, learning something new gives everyone a sense of achievement, which is even more important now when the activities available to us are more limited. Suggest your child sets themselves a (realistic!) goal that interests them - we'd love to hear what they've chosen and how they get on!



GIVE

Giving to others makes us feel happy

We have been exploring our school value of 'Compassion', where the children have been recognised for empathising with others and showing kindness. Why not choose a 'random act of kindness' to do from the list.

Some children at Copthorne have been making cards for elderly residents at a local residential home. Why not make a card for some-one who might be feeling lonely.



RANDOM acts of kindness

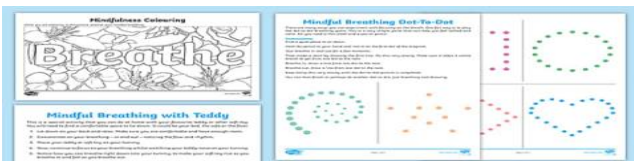
Give a compliment	Make someone laugh	Clear up a mess you didn't make	Hug someone	Tell someone you love them
Smile at everyone you see today	Hold the door open for someone	Read to someone else	Include someone new in your games	Let someone in front in the queue
Leave a friendly note for someone	Introduce yourself to someone new	Give some loose change to charity	Sort out some old clothes to donate	Get someone else a drink
Pick up some litter that isn't yours	Tell someone reasons why you like them	Share something with someone	Say thank you to someone	Offer help to someone
Tidy up without being asked	Encourage Someone	Thank an adult for something they do for you	Make someone a card	Help cook dinner



BE MINDFUL

Remember the simple things

When our thoughts have become too busy and we are feeling anxious it can be helpful to concentrate on breathing exercises.



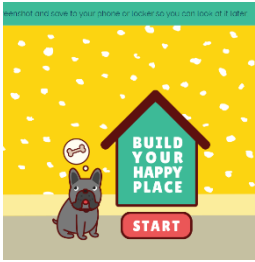
<https://www.twinkl.co.uk/resource/mindfulness-breathing-activity-pack-t-p-819>

CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.



Childline's "Calm Zone" provides many breathing exercises, activities, games and videos to help children let go of their stress. Some examples are:



Create your ideal room by drawing or making it out of lego. Fill it with things that help you feel happy, calm and safe.



Connection

Write 1 or 2 words about how you are feeling. Draw a heart or star and write 3 kind words or messages to yourself.

Remind yourself that you are not alone, and that someone else in your street or town is likely to be feeling just the same as you.



Write your worries on the wall and then watch them crumble away.

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.headspace.com/meditation/kids>

Headspace provide guided meditation for children as well as adults , and you are able to try them for free. There are currently 5 different themes for children



CAMHS have lots of advice and resource to help reduce anxiety of the Coronavirus. Here is link to the activities.

There is a child- friendly book explaining the Coronavirus and also a really useful parent pack.

<https://www.camhs-resources.co.uk/coronavirus>

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