



Kessingland Church of England Primary Academy
Wellbeing Newsletter Summer Term 1 2022



This week is Mental Health Week and we are launching our half-termly wellbeing newsletter. They will be full of ideas, tips and links to support positive wellbeing and mental health for our pupils and families. Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.



Appreciation and validation

Saying thank you to someone for what they do is a great way to make them feel validated, to boost their self-esteem and make them feel appreciated. Try and say thank you, or write a thank you note/card, and see if you can make someone smile.



Book Recommendation – The Colour Monster

The Colour Monster by Anna Llenas is a great book for explaining big emotions in a simple way for young children. It is one of our favourite books to read in school. In the story, an adorable monster has mixed-up feelings and the author helps to sort them out. Happiness is like the sun, anger is a burning fire, and calm is like the leaves swaying in the wind. What colour are you feeling today?



<https://www.justonenorfolk.nhs.uk/>

This website has lots of useful information for parents. Click on Emotional Health.

Mindfulness

Here are some mindfulness activities you can try to get your child to focus on their thoughts. They work really well as calming activities too.



Try some of these ideas:

- **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- **Belly Breathing:** Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- **Meditation:** Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- **Blowing Bubbles:** Notice their shapes, textures and colours.
- **Colouring:** Colour something. Focus on the colours and designs.
- **Listening to Music:** Focus on the whole song, or listen specifically to the voice or an instrument.

If you would like to talk to one of the pastoral team or someone at school, please speak to someone on the gate, call the school office or email safs@kessingland.dneat.org
<https://www.justonenorfolk.nhs.uk/>