



## Wellbeing day—1/4/21

Please can the children wear 'comfy' mufti to school on this day.

CaterEd will be offering picnic lunches for school dinners.

There are lots of activities that family members can join from home by following the Zoom links below.



Topic: Parent and Carer Workshop - Wellbeing Day

1 hour 30 mins

Time: Apr 1, 2021 10:30 AM

<https://zoom.us/j/94794874464?pwd=V0p4ekI4K3NMNjI3MGIJWm54dGFHdz09>

Meeting ID: 947 9487 4464



A link for a video about using our local area to support wellbeing will follow next week.



For children and families at home

30 minute

Topic: Plymouth Parkour exercise class

Time: Apr 1, 2021 02:00 PM London

<https://us02web.zoom.us/j/89510711230?pwd=TXZSR0RqQTJseUNJb0tuamt0dkloZz09>

Meeting ID: 895 1071 1230

Passcode: 6wGgLG

For children and parents from year 5 and 6

40 minutes

Topic: Food is fun - an introduction to healthy eating (Year 5 & 6)

Time: Apr 1, 2021 09:30 AM London

<https://us02web.zoom.us/j/84618798089?pwd=M2ZjRU9RdmFmR1BtTjkwd1FyRkRDdz09>

Meeting ID: 846 1879 8089

Passcode: YbLE31



## EIGHT THINGS TO SAY TO AN ANXIOUS CHILD



STOP being MAD at yourself for being EXHAUSTED, for crying, losing patience or not having the time or ENERGY to do absolutely everything. Stop being so hard on yourself, all of this is INCREDIBLY hard. YOU ARE DOING OKAY.

-Emily Osherson

### BE QUIET

LET YOUR PRESENCE BE KNOWN BUT DON'T IMPOSE THAT PRESENCE THROUGH MINIMIZING OR TRYING TO CALM US.

### LET IT HAPPEN

IT DOES LITTLE GOOD TO TRY TO STOP IT BECAUSE IT'S INVOLUNTARY AND NOT IN OUR CONTROL.

### WAYS TO SUPPORT SOMEONE DURING A MELTDOWN

PHYSICAL REASSURANCE, LIKE HUGS OR TOUCHING, CAN BE DISTURBING WHEN OUR SENSORY SYSTEM IS OVERLOADED.

REMEMBER, REACTIONS THAT YOU MAY NOT UNDERSTAND ARE HELPFUL TO US. THEY REGULATE AND RESTORE OUR SENSORY SYSTEM.

### GIVE US SPACE

### NO JUDGEMENT

\* Deep Breath IN \*  
\* Deep Breath OUT; \*  
\* remember You're \*  
\* ONLY HUMAN & THAT \*  
\* IT'S okay IF life feels \*  
\* Heavy right now. \*  
\* \* @LAWFAMILLUSTATIONS \* \*



**Parent wellbeing tip:** "I just wanted to share with you what me and Lewis have been doing to help with our well-being and having so much fun while doing it. So each month me and Lewis pick a challenge on the virtual runner. We set our self a target to achieve that month and then at the end, you submit your results online and they send your medal. Last month me and Lewis walked 21 miles through out the month and has received his medal. We are half way through our second challenge. During our walks we talk about our feelings, things that made us happy or sad that day and work towards better outcomes in situations, as well as looking at all the nature."

NICE ONE LEWIS!



# SELF CARE CHECKLIST FOR STUDENTS



@BelievePHQ



Achieved between 7-9 hours sleep each night



Found time to exercise throughout the week



Stayed hydrated throughout the day



Practised some relaxation techniques



Spoke to a friend, family member or teacher about how I am feeling



Made sure I have eaten 3 healthy meals each day



Spent time connecting and socialising with friends or family



Challenged unhelpful beliefs



Identified how I can use my strengths each day



Identified 3 good things I have achieved from the day



Taken time to pause, slow down and breathe

