

# Hayes Meadow Primary School Well-being Newsletter

## Supporting the Emotional Well-being and Mental Health of Our School Community

Autumn 2 2023

This term's newsletter focusses on how we can support children with their well-being and mental health through different activities. If you have any worries or concerns about your child's emotional behaviour or well-being, then please contact Mrs Morgan

[n.morgan@hayesmeadow.staffs.sch.uk](mailto:n.morgan@hayesmeadow.staffs.sch.uk).

There will be things we can do to help further and support you.

### Positive Thinking

Did you know that science suggests that positive thinking is a learnable skill?

Three Good Things Exercise Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness.

Even better, this exercise is simple to do.

Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!

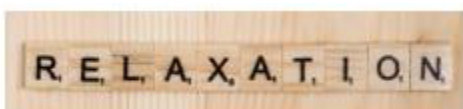
### Relaxation Activity: Stress Balls

This exercise releases muscle tension and massages your hands.

Make your own stress ball(s) by filling balloons with dry lentils or rice.



Take the ball(s) in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure and timing of your squeezes to whatever way you like.



### Relaxation Activity: The Shoulder Shrug

Ask your child to sit or stand in a comfortable position. Ask them to breathe in and lift their shoulders towards their ears. Hold this position. Then they are going to breathe out with a big sigh and release their shoulders. Repeat three times.

### Encourage Resilience in Your Child

The key way to survive and thrive is not striving to be happy all the time - which is unrealistic. It is about learning to cope with pain and misery, to bounce back from difficulties and to accept yourself for who you are.

### What Are Your Best Qualities?

Each one of us is different. Each of us is a very special and unique person with many positive qualities. It is important to recognise and celebrate these positive qualities. Create your own picture of celebration and, if you find it hard to recognise your positive qualities, ask someone to help you.

Places to go for help and support

[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

[www.youngminds.org.uk/](http://www.youngminds.org.uk/)

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)



Books to support talking about mental health with your child.

