

# Hayes Meadow Primary School Well-being Newsletter

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

Spring 1

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### Happy New year to you all.

Again we are focussing 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).



Children's Mental Health Week will take place from 5-11 February 2024. This year's theme is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

Breathing exercises to help children with anxiety

Below are two mindful breathing exercises that you can also do with your child:

Fiver Finger Breathing -

[https://www.youtube.com/watch?v=D\\_SgOW879jjA](https://www.youtube.com/watch?v=D_SgOW879jjA)

Rainbow Breathing -

[https://www.youtube.com/watch?v=O\\_29e4rRMrV4](https://www.youtube.com/watch?v=O_29e4rRMrV4)

### Drawing

First draw a square, star and a triangle on a piece of paper.

SQUARE - follow the sides of the square, breathing in for 4 counts on one side and out on the next side for 4 counts again. Continue round the square.



STAR - use your finger to follow the sides of the star. Breathe in. Hold your breath on the tip and breathe out on the other side. Continue until you have been all the way around the star.



TRIANGLE - take a deep breath for 3 counts on side one. Hold your breath for 3 counts on the next side and finally out for 3 counts on the final side. Do these for a few minutes at a time.



### 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)

