

GHPs Well-Being Newsletter

Welcome to our first well-being newsletter. Below are ideas with helpful web links to support your child's wellbeing while they are at home.

Help other people

Just getting your child to help other people can make them feel better. Just calling someone for a chat can be a big help and helps restore positivity about the world.



Look after your body

Encouraging your child to look after their body by eating healthy food, drinking plenty of water and exercising at home e.g. Joe Wicks at 9am.

Place an emphasis on resilience and strength

Focus on your child's skills, in terms of their daily life. Help them see they have many strengths to help them cope if feeling anxious or upset.

Looking after your feelings

If your child is feeling anxious try getting them to think about good things that make them happy. You can always get them to keep a diary and write down or draw about how they are feeling.

Relax

There are lots of different ways that your child can relax which will help them take notice of the present moment, it will also help them develop their creative side:

- Arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling (using items you would recycle to build and create something new)
- Colouring
- Singing or listening to music
- Writing a story
- Creating their own dance routines to music

They could even try something new like Yoga

Yoga is a fantastic, fun exercise that improves posture, flexibility, strength and balance. It can also help children to relax and encourage positive thinking. Why not try it out? Grab a mat, blanket, or towel find some loose clothing to wear and click on one of the following links.

For younger children:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=0ImHIWzP49M>

For older children:

<https://www.youtube.com/watch?v=0eJoUIBhLkE>

https://www.youtube.com/watch?v=sM5MGLMNN_E

TAKE CARE



OF YOURSELF

Places to go to for support and advice

YOUNGMINDS Young Minds – <https://youngminds.org.uk/>
fighting for young people's mental health

The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means:
<https://www.bbc.co.uk/newsround/51204456>



Any of our families with autism may be interested to know that Autism Berkshire continues to offer services to families wherever possible. They are moving things online as well as keeping the helpline and contact email address live.

You can contact them by phone: 01189 594 594 or email
contact@autismberkshire.org.uk

Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or well-being, then please let school know. There will be things we can do to help further and support you.

Keep safe and well,

Great Hollands Primary School