

GHPs Well-Being Newsletter

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

A Book for Children - Covid 19

There is a free information book clearly explaining the coronavirus to children, illustrated by Gruffalo illustrator **Axel Scheffler**. The book can be located on our website on our [Wellbeing](#) page in the Parents section.

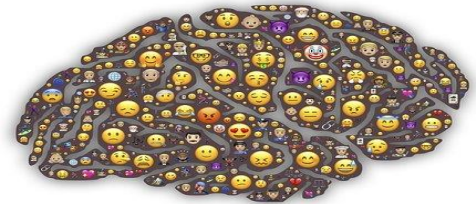


Thinking about Mental Health

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer. We can move along the scale at any time, between being healthy or unwell. There are things we can do to help us stay healthy. Also, there are things that can be put in place if someone is not feeling so good, is struggling or unwell.

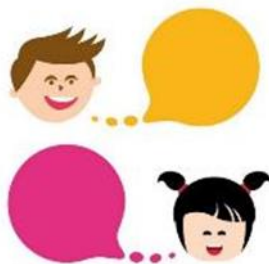
Why is it important to express feelings?

Expressing our different feelings helps us to recognise and manage them. It helps us recognise when we might need help with our feelings. Expressing feelings can help stop strong or intense feelings from taking over our minds and bodies.



Ways for your child to express their feelings

- Writing – diaries, poems, stories, blogs
- Talking to others
- Acting, dancing and singing
- Music



Express Feelings Challenge

Ask your child to produce a piece of artwork, descriptive writing, song or rap about feelings. Then please e-mail their wonderful work to school so we can celebrate their work on our website or in our newsletter.

Mindfulness Links for Children's Well-being

Children of all ages can benefit from **mindfulness**, the simple practice of bringing a gentle, accepting attitude to the present moment. It can help you support your child by promoting happiness and relieving stress. Below are two mindful breathing exercises that you can do with your child:

Fiver Finger Breathing - <https://www.youtube.com/watch?v=DSgOW879jjA>

Rainbow Breathing - <https://www.youtube.com/watch?v=O29e4rRMv4>

Places to go to for support and advice

 Young Minds – <https://youngminds.org.uk/>

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: 01 189 594 594 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 that we can do to help and support you.

Keep safe and well,

Great Hollands Primary School