

GHPS Well-Being Newsletter

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

Breathing Exercises to Help Children with Anxiety during COVID-19

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Breathing exercises are a good way to relax, reduce tension, and relieve stress



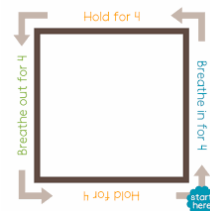
Bumble Bee Breathing

Breathe in through the nose. Exhale slowly and in a controlled manner while making a deep, steady humming sound like that of the bumble bee. The humming sound should be smooth, even and continuous for the duration of the breath out.

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.



Playing with Bubbles

Playing with 'bubbles' is a great way to help regulate deep breathing. It is also something that can be done together with the rest of the family. Take a big, tummy pushing out breath before gently and slowly blowing to make the bubbles - making sure the tummy is contracting.

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

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

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



The Autism Group

The Autism Group are offering 30-minute online talks aimed at giving parents a little insight into how autism might affect your child and some simple strategies to help support their needs. Sessions focus on specific topics including sensory differences and supporting siblings. The sessions also include an interactive question and answer sessions.

Talk with TAG – Sensory Tuesday 26th May 10.00 – 11.00 am

Talk with TAG – Supporting Siblings - Tuesday 9th June 10.00 – 11.00 am

These sessions are open to parents and carers across East Berkshire of young people who either have a diagnosis of an autistic spectrum condition, or have been referred for assessment. To book a place contact Becky at admin@theautismgroup.org.uk

The Autism Group are also offering telephone support service for parents who live in East Berks. Also, they have extended their service at the moment to offer evening calls as well.

Call Tricia Kempton (Charity Manager) on 07423 636339 or email: info@theautismgroup.org.uk for further information.



Five Day Kindness Challenges

Theme – Looking after Ourselves

Day 1	Even if you're indoors, it's important to exercise every day. Search 'PE with Joe' on YouTube and get your running shoes on! https://www.youtube.com/thebodycoachtv
Day 2	Hand washing is important to keep you and everyone around you safe. But it's easy to forget! Create small 'wash your hands' posters to stick around your home.
Day 3	Lots of people, such as doctors, nurses, care assistants, delivery drivers, shop workers, school staff etc. are working hard to keep you safe. Create a 'thank you' card to give to someone you know.
Day 4	Create an 'I'm bored' jar with your family. Fill the jar with ideas of things to do, such as: read a book, build a castle from Lego, make a den etc. Next time you are bored, reach in for an idea from the jar. Share your ideas with school.
Day 5	Being in the house can get lonely. Make someone's day by calling or texting an older relative. Ask them how they are, tell them a story or share your best joke!

Places to go for Support and Advice



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>



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: 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 that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by email to ghpsoffice@maidenerleghtrust.org



Keep safe and well,

Mr Ferris, Mrs Watson and all at Great Hollands Primary School