



## Looking after our children's wellbeing at Paget...

### Good news!



Our Hello Yellow Day in aid of Young Minds Charity and our school raised a fabulous total of £352.79. Thank you so much for your support! We really appreciate your kindness and know our children do to. What a team that is working stronger together.

With the next lockdown looming, below are some tips to support your child's wellbeing whilst they stay at home during the weekends, over the coming weeks.

### Help other people

Just getting your child to help other people can make them feel better. 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 indoors and outdoors with the family e.g. Joe Wicks sessions from Youtube.

### 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. You tube is a great resources and has lots of yoga exercises to practise

Please share any of ideas you have of your children looking after their mental health on our twitter @pagetprimary and use the hashtag #pagetwellbeing

Places to go to for support and advice

**YOUNGMINDS**

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>

Communicate any concerns with school

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

Keep safe and well

Mrs Ewbank

SEMH and Wellbeing Lead

take  
care  
of  
your  
self  
♥