



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

### Top tips during this second 'winter' lockdown

During this second lockdown, children will continue to spend a significant amount of time at home and will not be able to see their extended family, relatives and friends. Some may be feeling anxious as they still come to school each day. We have created some tips to help

#### Top tips countdown...

1. Encourage your child to acknowledge their feelings and provide a safe space for them to talk about those feelings with you. With your support, unpicking their feelings will help them to reframe how they are thinking. If they don't want to talk straight away, don't force them. Instead, use phrases like "I notice you are quiet today".
2. Try not to over-analyse your child's emotions too much. We understand that this is easier said than done but children are more robust than you think. A strong routine and a calm, supportive attitude will reassure and support your child's anxieties in more ways than you realise. Stay calm, supportive and practical.
3. Use relaxation activities to help your child unwind. Particularly if they are having trouble getting off to sleep such as quiet reading together or listening to relaxing music
4. Praise and reward small (and big) successes when a child faces their fears. It can help them if you remain positive and encouraging, without forcing them into anything.



#### The Benefits and importance of Physical Activity for all

Doing physical activity can help raise our self-esteem and positively change our mood. We know that doing exercise releases chemicals in our brain that help with mood, stress relief, and is a way to keep us focussed when it feels like our mind is racing around. Physical activity can also give us a sense of achievement. For example, if you start using a skipping rope, with time and practice you might be able to do special tricks. Think of some new activities you can try out to make your time of physical activity more fun, and maybe write down the name of a person or some people you can do these things with e.g. you could try riding your scooter with one of your parents, learn a new skipping trick etc.

Try and learn new skipping skills e.g. side straddle by watching videos by Dan the Skipping man: <https://www.youtube.com/user/dantheskippingman/feed>

Don't forget you can go on short or long walks with your household, you can walk like Captain Tom Moore, add a tweet to our twitter page and use the [#walkwithtom](#)

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

## 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

