

# William Harding School Wellbeing Newsletter



Spring 2  
2021

WILLIAM HARDING SCHOOL  
Aim high... Work hard... Be kind...



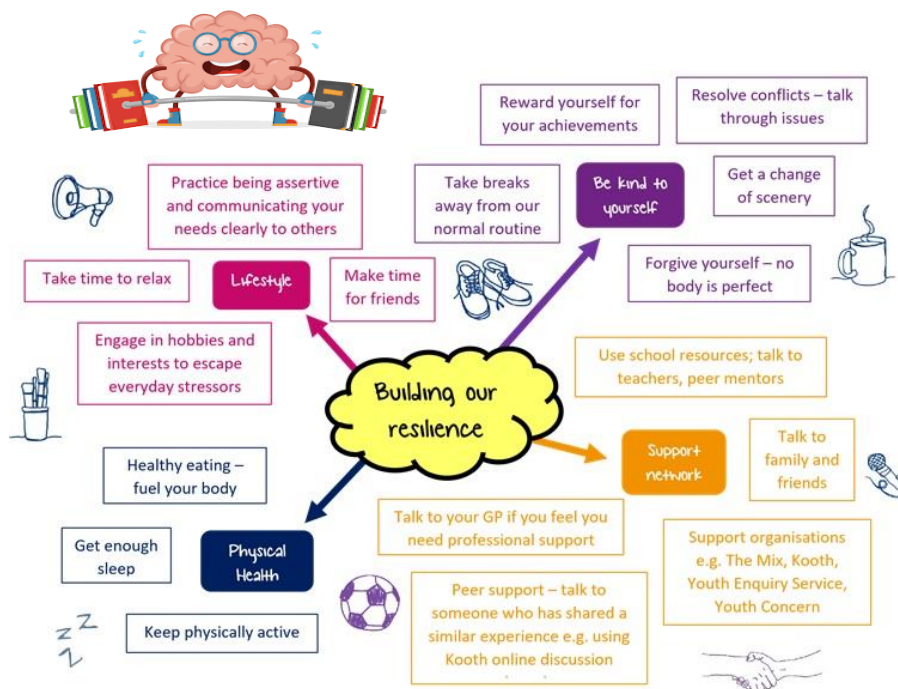
## RESILIENCE

You may hear your child's class teacher or a member of the pastoral team talk about resilience but what does it mean and how can you help your child build their resilience? The good news is resilience isn't a personality trait, it's a skill we can train our brain to do.

Resilience is the process of coping and adapting to trauma, adversity and sources of stress. Being resilient doesn't mean that a person isn't affected by their emotions, it means that they are able to use skills to cope and adapt to problems and challenges they may face.

After a year of COVID our young people have certainly faced some of these conditions!

You can see from the diagram below that resilience comes from our lifestyle and the choices we make. Being kind to ourselves. We often talk about being kind to others but it's also important to be kind to ourselves. Having a good support network and contacting relevant charities and helplines when needed and also having good physical health. Look at the examples on the diagram, how many changes can you make to improve your resilience?



### WELLBEING WEDNESDAY

*We encourage you to join us in Wellbeing Wednesday. Take some time (even 15 minutes has been proven to help) to step away from it all. Here are some activities to do.*

*Go for a walk in the spring sunshine and take some pictures, can you take enough to make a collage?*

*Make a music playlist of your favourite songs and dance to it like no one is watching!*

*Blow up a balloon, write all your worries on it and then bat it around in the air. When you're ready to let go of those worries...pop it (you may need an adult's help)*

*Shut your eyes for two minutes and listen (no talking), make a list of all the things you heard in that time. Did you really like or dislike any of the noises - talk to your adult about them.*

# Wellbeing



Learn how to manage feelings like anxiety and depression with Catch It. The app teaches you to look at problems in a different way by turning negative emotions into positive experiences and help you improve your mental wellbeing. It's simple to use with features to help users stop, think about the situation and find a positive amongst it.



Guided Imagery is a de stress technique where you conjure up soothing scenes, places, or experiences in your mind to help you relax and focus. You can find free apps and online recordings of calming scenes; just be sure to choose imagery you find soothing and that has significance to you. Guided imagery can also help you reinforce a positive vision of yourself

## What can I say to myself?

Instead of...	Try Thinking...
I'm not good at this.	→ What am I missing?
I'm awesome at this.	→ I'm on the right track!
I give up.	→ I'll try some of the strategies we've learned.
This is too hard.	→ This may take some time and effort.
I can't make this any better.	→ I can always improve, so I'll keep trying.
I just can't do math.	→ I'm going to train my brain in math.
I made a mistake.	→ Mistakes help me to learn better.
She's so smart. I will never be that smart.	→ I'm going to figure out how she does it!
It's good enough.	→ Is it really my best work?
Plan A didn't work.	→ Good thing the alphabet has 26 letters!



Life throws challenges but with patience and resilience, you can convert every challenge into a new opportunity to grow  
Amit Ray

Checkout this inspirational TED Talk by Carson Byblow called 'The Mindset of a Champion'



Useful links



We would love to hear your feedback on our newsletter or a topic you would like covered in the next Newsletter. Please email [office@williamharding.school](mailto:office@williamharding.school) for the attention of the FLO Team with your comments or suggestions.

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.