

William Harding School Wellbeing Newsletter

Summer 2
2021



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



MENTAL HEALTH SELF CARE FOR CHILDREN

Traditionally when we think of instilling self-care in children, we think about teaching them to brush their teeth, go to the toilet, wash their hair etc. but now it's becoming more recognized and understood that we also need to instill **mental health** self-care in our children too.

This type of self-care helps children understand their **physical** and **emotional** needs and by promoting wellness of the body and mind we can teach children to be less stressed, regulate their emotions and it can improve friendships and children will be equipped to deal with future stresses.

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you.

The main thing is to find things you enjoy. Playing football, listening to music, reading. Sometimes having a long bath can be relaxing. Whatever works for you.

FEEL GOOD FRIDAY

As it's the last newsletter for this school year we thought we would give 6 ideas to have a 'feel good' Friday (one for each Friday of the summer holidays)

Go out for a walk in a green space – feel the joy that nature brings.

Put on some of your favourite songs and have a family dance

Have a games afternoon, play hide n seek, tag, what's the time Mr. Wolf or board games.

Have a funny film Friday afternoon with your favourite snacks and enjoy the laughs.

Spend an afternoon doing errand's for family or neighbours. You'll feel great having helped someone else.

Take photo's over the holidays and spend a afternoon making a scrapbook and think of all the great fun you've had.

Self-Care & Mental Health for Kids

Share your own feelings to encourage self-awareness.

Focus on articulating feelings.
"I am angry."
"I am sad."

Recognize toxic stress events.

Set aside time for low-stress or solo activities.

Encourage journaling and diaries.

Encourage your child to focus on the moment.

Blessing Manifesting

Find social groups that help them feel like they belong.

Practice self-care for yourself to set the standard.

Establish a self-care routine.

Cultivate interests and hobbies.

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



SELF CARE STRATEGIES

Following on from the Mental Health Self Care article above, we thought we would share some self-care strategies

“Self-care is giving the world the best of you...not what’s left of you” - Katie Reed

- Learn a new hobby or skill - *this is a great way to provide a distraction and feel accomplished.*
- Try relaxation techniques - *Just a few minutes a day can help calm and relax our bodies and mind and stop us from feeling overwhelmed.*
- Create a routine and be organised - *Having a routine to follow and being organised prevents stress of not knowing what we need to do.*
- Join a local group - *Joining a group where people have similar interests or experiences can help you build friendships.*
- Regular exercise - *taking part in regular exercise is good for your body and mind and can help you release any stress or anger you may be feeling.*
- Spend time with family and friends - *This can help reduce tension, provide support and people to talk too.*



Buckinghamshire Family Information Service
familyinfo.buckinghamshire.gov.uk

The Buckinghamshire Information Service is a local website full of advice, support, guidance and it also has a family services directory and a section on outdoor activities, parks and local playgrounds.

Check out this YouTube video called Talking Mental Health by the Anna Freud National Centre for Children and Families.