

Leadership Team

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Mental Health and Well Being

Let's talk about

The Importance of TALKING

Dear Parents/Carers,

We are so pleased with how the children have settled back into school life this week, they are understandably excited about seeing their friends, and, to support their transition back into school we have spent some time discussing feelings and emotions with them.

My focus this week and next is on the importance of talking to each other about how we are feeling. The children have been encouraged to think about who in school they can talk to if they need to, with this also comes being a good listener. Below are some ideas that you might like to use to help support your child in talking about how they are feeling.

Some ideas for listening:

- Being a good role model e.g. looking at your child when they are talking to you.
- Letting your child finish talking before you respond.
- Use language and ideas that your child will understand.
- Make any instructions and questions simple and clear to match your child's age and ability.

Some ideas for talking about anxiety:

- First and foremost, it is important to talk to your child about their anxiety or worries. Reassure them and show them you understand how they feel.
- If your child is old enough, it may help to explain what anxiety is and the physical effects it has on our bodies. It may help to describe anxiety as being like a wave that builds up then ebbs away again. As well as talking to your child about their worries and anxiety, it is important to help them find solutions.
- Teach your child to recognise signs of anxiety in themselves.
- Encourage your child to manage their anxiety and ask for help when they need it.
- Children of all ages find routines reassuring, so try to stick to regular daily routines where possible.
- If your child is anxious because of distressing events, such as COVID, lockdown, bereavement, look for books or films that will help them to understand their feelings.
- Try not to become too anxious yourself (we know this is hard, but if your child sees you being anxious it can increase their levels of anxiety).
- Practice simple relaxation techniques with your child, such as taking 3 deep, slow breaths, breathing in for a count of 3 and out for 3. Young Minds website has some helpful tips for guidance on anxiety.
- Distraction can be helpful for young children. For example, if they are anxious about going to nursery or school play games on the way.
- Turn an empty tissue box into a 'worry box'. Get your child to write about or draw their worries and post them in the box. Then you can sort through the worries at a time when you both feel relaxed.
- Playing a game of Top Trumps or doing some mindfulness colouring with your child may help the feel more relaxed and likely to talk openly.

Useful links and resources

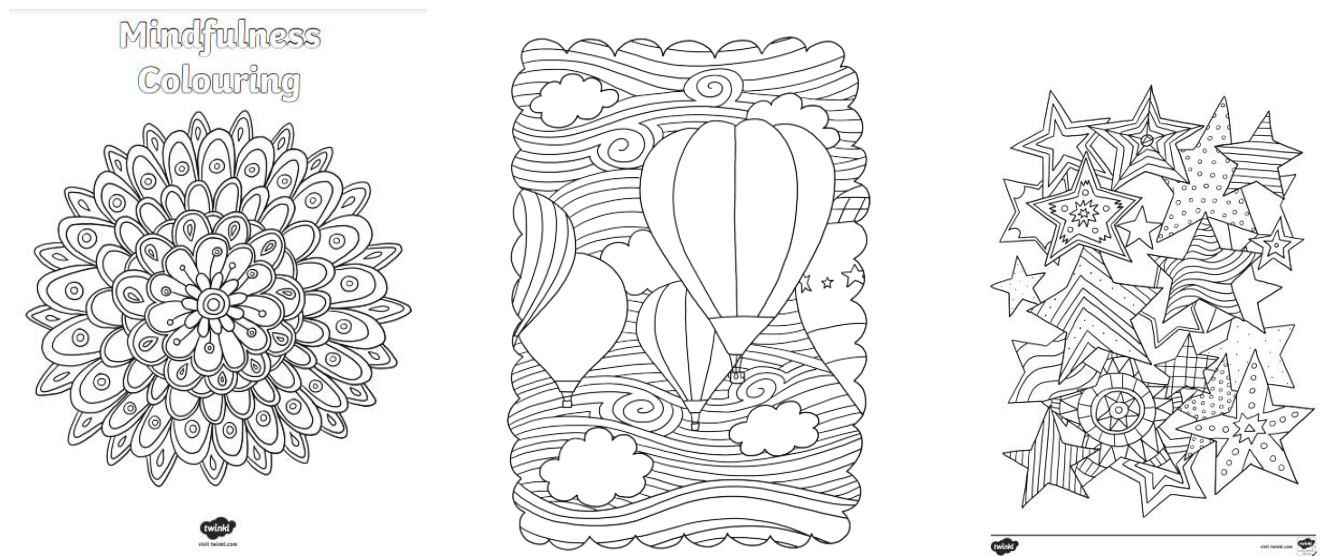
<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/talk-to-children-about-feelings/>

<https://www.askdrsears.com/topics/parenting/discipline-behavior/25-ways-talk-so-children-will-listen>

https://greatergood.berkeley.edu/article/item/five_ways_to_talk_with_your_kids_so_they_feel_loved

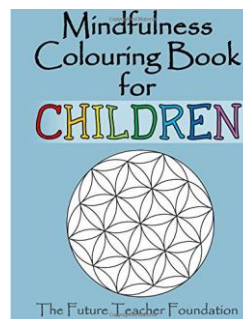
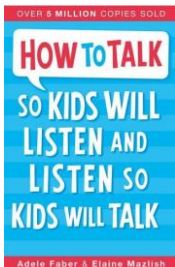
<https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>

The amazing people from Twinkl have superb ideas and resources for Mindfulness activities.



This book comes highly recommended.

Mindfulness colouring books are also widely available.



As always if you do have any concerns, please do not hesitate to contact the school.

Yours sincerely

Mrs Taylor
Pastoral Lead

How are you feeling today?



We are so pleased with how well you have come back into school this week, give yourself a pat on the back, a hug or a round of applause.



Your teachers and TA's have been talking to you a lot about how you are feeling at the moment. We know you are really happy and excited to be back in school, seeing all of your friends and learning together.

You might find that there are times when you feel a bit worried (anxious) and these feelings are totally normal.

- So please remember that there are loads of people around to help you, both at home (mums, dads, nans, grandads, aunties, uncles, and cousins) and at school (friends, teachers, TA's, dinner ladies and office staff). It is really good to talk to someone about how you are feeling.
- If you find it hard to start a conversation maybe you could draw a picture about how you are feeling.
- Use the class worry box.
- Ask a friend to come with you.

Some other ideas to try:

Breathing techniques (like we do in PSHE lessons)

Yoga <https://www.gonoodle.com/>

Going for a walk, run, bike ride or jumping up and down.

Reading a book

Mindfulness colouring

Closing your eyes and listening to the birds singing.

Playing your favourite board game.



Remember it's GOOD TO TALK

