

November

# Mental Health Monthly

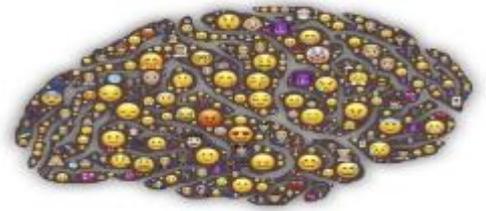


## Thinking about mental health

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer. We can move along the scale at any time, between being healthy or unwell. There are things we can do to help us stay healthy. Also, there are things that can be put in place if someone is not feeling so good, is struggling or unwell.

## Why is it important to express feelings?

Expressing our different feelings helps us to recognise and manage them. It helps us recognise when we might need help with our feelings. Expressing feelings can help stop strong or intense feelings from taking over our minds and bodies.



## Ways for your child to express their feelings

- Writing – diaries, poems, stories, blogs
- Talking to others
- Acting, dancing and singing
- Music

## Express Feelings Challenge

Ask your child to produce a piece of artwork, descriptive writing, song or rap about feelings. Then please e-mail their wonderful work to school so we can celebrate their work in our newsletter.

## Mindfulness Links for Children's Well-being

Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. It can help you support your child by promoting happiness and relieving stress. Below are two mindful breathing exercises that you can do with your child:

Fiver Finger Breathing - <https://www.youtube.com/watch?v=DSgOW879jjA>

Rainbow Breathing - <https://www.youtube.com/watch?v=O29e4rRMv4>



## Make a worry jar to help contain your child's worries

Ask members of your family what they are worrying about and then get them to write down their worries on a piece of paper or on a post-it-note (you can write down the worries for younger children). Together fill up the jar with your worries. When you have finished put the lid on the jar to stop the worries getting out again. You can leave the jar out with pieces of paper and a pencil so the worries in the jar can be added to if needed. If you notice any new worries going in the jar then you can read them and address them with your child. A good way of opening a conversation about worries with your child is beginning with "I am wondering if you..."

# Places to go for advice and support



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

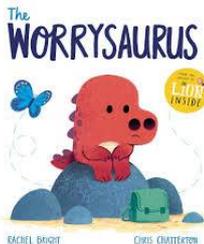
<https://www.nhs.uk/oneyou/every-mindmatters/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>



Young Minds – <https://youngminds.org.uk/>

## November's Book Picks



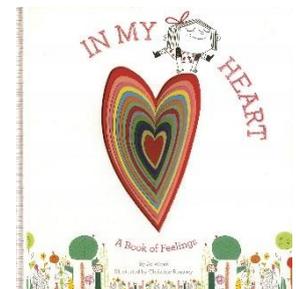
The Worrysaurus by *Rachel Bright* - <https://www.youtube.com/watch?v=hUYiwTDTKuM>

This brilliant picture book follows the story of little Worrysaurus who goes on an adventure, but on his way, his head starts to worry about what might go wrong and the worry butterfly inside him starts to grow bigger and bigger. The Worrysaurus must channel his inner thoughts with the help of his mum's soothing words to let go of his fears and feel happy in the moment.

In My Heart: A Book of Feelings by *Jo Witek* -

<https://www.youtube.com/watch?v=xlfLgHBwYx4>

In My Heart lyrically explains what an emotion feels like, physically, inside. For example: "When I get really angry, my heart feels like it's going to explode! Don't come near me! My heart is yelling, hot and loud. This is when my heart is mad."



## November's App Picks



[CBeebies Go Explore](#)

Your Mindful Garden is one of a suite of activities for young children in the CBeebies Go Explore app, encouraging young children to grasp basic mindfulness techniques to improve their wellbeing through short, simple activities.



[Powerme](#)

This app aims to teach children coping mechanisms that they can put into practise in everyday life, through a series of bitesize videos.

### Communicate any concerns with school

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

Miss Snelgrove