

Week beginning 18/5/20

### **Wellbeing when at Home**

Dear Families of Withycombe Raleigh C of E Primary School,

This week is **Mental Health Awareness Week** and therefore perhaps a good time to check in with ourselves and others and ask:

### **‘Am I ok?’ and ‘Are you ok?’**

Understandably we may all be experiencing mixed emotions - anxiety, worry, frustration, boredom, lack of motivation, loneliness. These emotions may well change or increase as our country's response to the coronavirus changes. None of us have ever been through something like this before and there is no 'rulebook' to how each one of us should feel. The recent changes to some of the lockdown rules may produce mixed emotions and possibly an increase in anxiety or worry. Our children may have many changing emotions. The meaning behind the word **Forbearance** can help with how we, as parents and carers, respond to our children's changing emotions. It means patience, tolerance, restraint, kindness, forgiveness.

The **Mental Health Foundation** is promoting Mental Health Awareness Week with a focus on **Kindness**, and has a downloadable pack full of useful ideas in looking after mental health. [https://www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack\\_Final.pdf](https://www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack_Final.pdf)

Being kind to others can have a profound effect on our own well being as well as on the person we are showing kindness to. It can help our self esteem by promoting a sense of belonging. ***‘Be kind whenever possible. It is always possible’*** - Dalai Lama.

The **NHS** website looks at **5 steps we can take to help our mental health and wellbeing**: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

The **NHS Every Mind Matters** website has many links such as **10 tips if you are worried about coronavirus** and also **ideas to support you if you are looking after children and young people**: <https://www.nhs.uk/oneyou/every-mind-matters/>

The **Government** has published advice on **supporting children and young people**: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

### **Having a Happy Half Term**

Next week is half term. Although this might not be the usual welcome break from the routines of school (remember the rush to get everyone ready and out of the house in the mornings!), you may find your children less occupied if there is no home learning.

Here are some links to resources that might help with rainy days (if there are any!), boredom, or times when additional structure and fun activity can help with managing emotions at home.

### **Creative Activities and Games**

**Scouts** - Great Indoors. A wide range of indoor activities brought to you by the Scouts  
<https://www.scouts.org.uk/the-great-indoors/>

**Half Moon Theatre** is showing free full length family friendly shows every Wednesday (please check recommended age to watch - some are for teenagers only)  
<https://www.halfmoon.org.uk/halfmoonathome/live/>

**Tate Kids** for fun at-home arty activities <https://www.tate.org.uk/kids>

**National Portrait Gallery** is offering free activity books to download  
<https://www.npg.org.uk/learning/access/hospital-schools#resources>

**National Literacy Trust** has launched a whole range of reading and writing resources  
<https://literacytrust.org.uk/family-zone/>

**Roald Dahl** - <https://www.roalddahl.com/things-to-do-indoors> a range of things to do indoors

### **Exercise**

**Cosmic Kids** - yoga and mindfulness for children  
<https://www.youtube.com/user/CosmicKidsYoga>

**BBC Super movers** 'Just for fun' routines <https://www.bbc.co.uk/teach/supermovers/just-for-fun-collection/z7tymfr>

### **Books/stories:**

**Harry Potter:** Bringing Hogwarts to you! <https://www.wizardingworld.com/collections/harry-potter-at-home>

**Audible** are providing free access to hundreds of books in a number of different languages  
<https://stories.audible.com/start-listen>

### **Activities specifically for Younger Children and Toddlers:**

<https://hungrylittleminds.campaign.gov.uk/>

Simple, fun activities for kids, from newborn to 5 years old, from the Government

BBC - Enjoying the outdoors <https://www.bbc.co.uk/tiny-happy-people/18-ways-to-enjoy-outdoors/zb9wjhv>

Boogie Beebies - fun exercise for younger children  
<https://www.bbc.co.uk/programmes/b006mvsc>

With best wishes from,  
The staff from Withycombe Raleigh C of E Primary School