



# Darell Primary School

## Wellbeing Newsletter February 2023



**Take part in Children's Mental Health Week, and help make a difference to the lives of children and young people across the UK.**

Children's Mental Health Week 2023 will take place from 6-12 February 2023. This year's theme is Let's Connect. Our free resources for primary age and secondary age children and young people will help you take part in the week. Activities in our resources are designed to encourage children (and adults) to consider how we can make meaningful connections that support our mental health.

<https://www.childrensmentalhealthweek.org.uk/>

### Things to say to an anxious child

- I am here for you.
- You are safe.
- Do you want to do some dancing or running to get rid of that nervous energy?
- Tell me about it.
- What would you like to say to your worry?
- What might your worry say back?
- Let us draw your worry.
- What does it feel like in your body?
- Where is your worry?
- How big is it? Match your breath to mine.
- Let us think up some endings for what could happen.

### Think About It

Sometimes you might worry about things. They might be big things or small things. It can make you feel anxious and scared. Next time you are worried, question your thoughts. Write down what you think WILL happen. Then step back and think about whether this is true. What MIGHT actually happen, write that down. Then come back later and write down what actually happened. Quite often our worries are just that—thoughts that don't come true. Use the sheet attached to try out this activity and then read them all from time to time to reassure yourself.

### Relaxation Activity: Flower and Candle

This simple relaxation exercise encourages deep breathing to calm and soothe. Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times.

### Cost of living crisis: Resources, support and advice

There are numerous organisations at the local and national level that provide advice, support, grants, vouchers and other forms of assistance for those who are struggling financially.

<https://www.munira.org.uk/cost-of-living-crisis-resources-support-and-advice/>

