



# Darell Primary School

## Wellbeing Newsletter January 2024



### Helping a young person manage anger

Anger can be hard to talk about - but we all feel it. This guide offers information and advice on how to support a young person who might be struggling with anger.

<https://www.youngminds.org.uk/professional/resources/helping-a-young-person-manage-anger/>



### How to talk to your child about mental health

Have a look at our tips and ideas for talking to your child about mental health.

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

### Dealing with loss and bereavement

Ideas and support on how to deal with a loss or bereavement.

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/dealing-with-loss-and-bereavement/>

### Talk to our Parents Helpline

We offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online.

You can use our Helpline service if you are the parent or main carer of a child or young person **aged 25 or under. It is available across the UK and is completely free.**

- Call our Parents Helpline for free on **0808 802 5544**.

**We're open Monday - Friday 9:30am - 4:00pm.**

### Random acts of kindness

Being kind to others doesn't just benefit the people we help, but it can do wonders for our own wellbeing! Instil kindness in your child and you'll see a positive impact on their social skills, emotional development, and mental health.

### Share positivity with others

While we don't want to confuse this with "toxic positivity", it's important to cultivate a positive mindset in your child from a very young age. Usually, when we apply a positive perspective to even the most negative of situations, we're often not as unmotivated or emotionally affected by them (reminder: it's very important to let your child know that negative feelings are completely normal and valid).

Something as small as encouraging your child to compliment others, share their toys with other children at school, or take an interest in how others feel will likely increase their emotional awareness and therefore help them to better understand and distinguish between different feelings.

### Words of affirmation

This wellbeing activity has become increasingly popular in recent years, and it can really help kids build self-esteem, confidence, and self-assurance. Practising words of affirmation can truly transform your child's emotional wellbeing, as it provides useful reminders of who they are and aspire to be. Words of affirmation can include:

- I am strong.
- I am loved.
- I'm going to have a good day at school.
- I learn from my mistakes.

**Happier January 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**