



# Darell Primary School

## Wellbeing Newsletter March 2024



### Self-Care & Mental Health for Kids



### Calm Jar

If it all gets a little too much, why not try making a 'Calm Jar' with your little one?

All you need is an empty clear container with a lid, some warm water, some cooking oil or washing up liquid and some glitter. If you haven't got glitter, then try some food colouring or paint.

Give it all a good shake and watch.



### Give Journaling a go!

Journaling is a great first step into your child's wellbeing journey. When done correctly, it can greatly improve emotional development, self-esteem, confidence, communication skills and much more!

As your child learns to express themselves in written form, they're leaving their thoughts, worries, and feelings on the paper, which helps them to process their emotions in a more effective way. It is also a great tool to practise self-expression and reflection.

Not only is journaling a wonderful creative outlet for children to learn how to articulate their feelings, but it's also an awesome way to get your child to build their fine motor skills and improve their handwriting.

### Gratitude Paper Chain

Kid-friendly project to remind the people around you to be grateful of the little things in life! You can hang your gratitude chain by tying strings around both ends of your chain and taping them to the wall. We also loved the idea of using the garland as tabletop decor.

### Stress Balls

Have you ever heard of stress balls?

Pressing, pulling, pushing and twisting dough can be a great stress reliever for you and your little one.

Here's a simple no cook, no salt 'Play Dough' recipe for you to try.

All you need is 3 cups flour, 1 cup cold water and 1 tablespoon oil.

Mix it all together, and there you have it!

The recipe is completely natural, using taste-safe ingredients, so rather yummiy, you could bake it and eat it after playing with it, if you don't want any waste!

Keep calm and Playdough on!

