

"Mindfulness isn't difficult. We just need to remember to do it." ~ Sharon Salzberg

Can you complete the Mindful March Challenge?

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and the things that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels	
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today
14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Cultivate a feeling of loving-kindness towards others today
28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life			

Happier · Kinder · Together

ACTION FOR HAPPINESS

Let us know how you do. Send updates to wellbeing@thackleyschool.com



March 2022

Wellbeing Newsletter

Welcome to the first of many wellbeing newsletters. Let me begin by introducing myself. I'm Mrs Ellerby and I lead Mental Health within school. As a school we recognise the effect that the Covid-19 pandemic has had upon our community. At Thackley Primary school, we are dedicated to supporting all our children and their families with their mental health and wellbeing. In order to support our school community effectively, in November 2021 I completed a two-day Mental Health First Aid training course. During the course, I gained understanding of how to identify the risk factors and warning signs of mental health problems in children and young people and I deepened my understanding of the importance of early intervention and how to help in times of crisis. Each month, I will be compiling a new wellbeing newsletter in order to support you and your child at home. Each newsletter will contain useful ideas, tips and links to help you support your child's mental health and wellbeing.

If you do have any worries or concerns about your child's emotional behaviour or wellbeing, then please let your child's teacher know or contact me on wellbeing@thackleyschool.com for further support, I really hope that you find these monthly newsletters helpful and that they give you some good advice and appropriate strategies to help support your child's wellbeing at home.

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make choices. When someone has good mental health they are able to learn, participate in everyday activities, express and manage a range of positive and negative emotions and form and maintain good relationships with others.



HOW TO SUPPORT MENTAL HEALTH

Most people know how to look after their physical health but looking after your mental health is just as important. Here are some top tips for looking after your child's wellbeing and mental health.

1. **Don't skimp on sleep**
2. **Take time to relax**
3. **Eat a balanced diet**
4. **Stay active**
5. **Limit screen time**
6. **Talk about your feelings**
7. **Build resilience** – if at first you don't succeed, try and try again.
8. **Take up a hobby** – Do things that makes you happy and makes you smile

TOP TIPS FOR TALKING TO YOUR CHILD ABOUT THEIR MENTAL HEALTH

1. Make conversations about mental health a normal part of life:

Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



2. **Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on your child and ignore distractions.

3. **Check your body language:** Try to keep it open and relaxed and make sure you come down to your child's level.

4. **Take it seriously:** Don't downplay what your child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5. **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.

6. **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.



7. **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.



8. **Remember we are all different:** Respect and value your child's feelings, even though they may be different to yours.

9. **Look for clues about feelings:** Listen to your child's words, tone of voice and body language.

10. **Some ways to start a conversation about feelings might be:** "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "Do you fancy a chat?" "I'm happy to listen if you need a chat?"



10 DAYS OF HAPPINESS

10 Days of Happiness is a free 10-day online coaching program which guides you through daily actions for happier living.

<https://10daysofhappiness.org>



PLACES TO GO FOR SUPPORT AND ADVICE

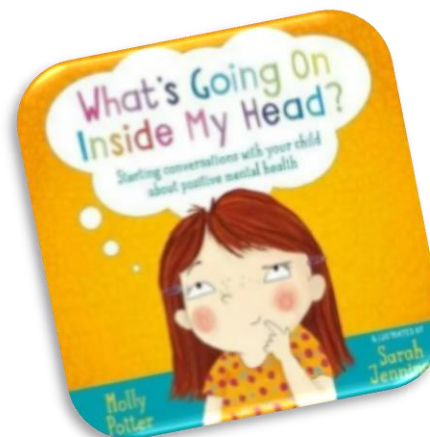
YOUNG MINDS
fighting for young people's mental health

<https://youngminds.org.uk/>

Young Minds is a website full of advice and information on what to do if you're struggling with how you feel.

The **Every Mind Matters** website from the NHS offers expert advice and practical tips to help look after our mental health and wellbeing.

www.nhs.uk/every-mind-matters



THIS MONTH'S BOOK RECOMMENDATION

This book has been designed to help open up conversations about mental wellbeing with children. It explores the ways that kids can keep their minds healthy, exploring topics such as positive self-image, emotional intelligence, relationships and mindfulness. It could prove a great foundation for developing some positive habits.