

# Spring 2 - Emotional Wellbeing Newsletter

## Children's Mental Health Week

Each year group completed lots of different activities around this year's theme 'My Voice Matters'. We talked about what mental health is and discussed how we can support our mental health.

### Helpful Tips

There are many ways to support your mental health, such as:

- Talk about your thoughts and feelings with someone you trust.
- Join a school club.
- Keep a diary.
- Spend time outside.
- Listen to music.
- Get active.
- Learn something new.
- Do activities that you enjoy.
- Spend time with family and friends.



Some year groups had yoga sessions delivered by a professional yoga teacher. It was so much fun!



## MindMate Lessons:

This half term our MindMate focus has been around 'Friends and Family'.

**Year 1** - Recognise how others show feelings & know how to respond: I know when my friends are feeling happy.

**Year 2** - Impact of behaviour on others: I know that what I say & do can affect my friends

**Year 3** - Unkind behaviours: I understand that when I am unkind it impacts on other

**Year 4** - Skills to maintain & keep positive relationships: I can describe a healthy relationship

**Year 5** - Unhealthy friendships & relationships: I can describe an unhealthy relationship

**Year 6** - Celebrating friendship: I can talk about how I will maintain positive relationships

## Wellbeing Warriors

The Wellbeing Warriors have set up a buddy bench in both playgrounds. Buddy benches are places where children can go when they want someone to talk to or play with. The Wellbeing Warriors have been busy at work monitoring the benches.

Things Wellbeing Warriors have been doing or saying:

- Asking if they are ok
- Offering to play with them
- Having a chat with them
- Giving them ideas of what to play
- Finding an adult who may be able to help

