

# Summer 1 - Emotional Wellbeing Newsletter

## Updates from the Wellbeing Warriors:

Each class has a worry box in their classroom. A worry box is a simple way to help children recognise and cope with their worries/anxieties. We have designed new slips. Below is an example of the slip:



**My worry**

Name: \_\_\_\_\_

I am worried about / because...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Wellbeing Warriors discussed things that we can and can't control and how these things can affect us. These have been shared with each class.

Here are some examples:

### My Circle of Control



Wellbeing Warriors also looked at ways of managing stress. Here are some of the ways:



### MindMate Lessons:

This half term our MindMate focus has been around 'Being the same, Being different.'

**Year 1** - Celebrating differences: I know the people in my class are all different

**Year 2** - Beginning to understand empathy: I understand my friend might have different feelings to me.

**Year 3** - Differing opinions: I accept that my friends and I might have different opinions

**Year 4** - Know actions affect themselves & others: I know that discrimination can hurt people's feelings

**Year 5** - Stigma: I know what stereotyping is

**Year 6** - Body image /social media: I can talk & listen in difficult discussions