

Curzon Wellbeing News

October 2024

Facts & Stats

- * 'The Cosy Den' intervention room named Oct 2024
- * Hello Yellow 'Mental Health' day Oct 2024
- * ELSA sessions underway from September
- * Money donated by PTFA in 2024 to new room over £600



Welcome

It's been a busy start to the academic year, we have already celebrated 'Being Proud to be You' as part of Hello Yellow World Mental Health Day. Emotions and our wellbeing are frequently touched upon during PSHE, Collective Worship and even in passing. It is a priority at The Curzon School the children feel seen and heard. We also want everyone to feel safe enough to share any issues, worries or concerns and know who to go to.



Mrs Stevens

Nurture

We are all moved in and after a ballot was put together by the school council for potential names for the space the whole school voted and the winning name is..... 'The Cosy Den'. We are going to get bunting made for the room to display the new space for all. There are some lovely photos on Class Dojo.

The theme for this newsletter is supporting emotions in children and where to get extra help.

Dealing with Big Emotions

Recognising, responding to and processing emotions is an important skill that we can support our children to develop in whatever way feels best for us, and for them. Take a look through the below ideas and try what appeals most first. Make it fun, keep it interesting and stay curious.

Letting children's worries go and calming things down

The first few ideas won't get to the heart of the matter, but they'll help your child to feel a little differently right now. These ideas work well when a child is distressed and needs to be able to calm down, let go or move on.

1. Wash worries away

Water can be used to symbolise worries and as we **wash our hands**, or **watch our toothpaste** or bath water circle down the plughole, we can imagine that the water is our worries and that they're draining away. For children who need to let go of worries before bed, building this in as part of the evening routine can help them to feel calmer and more ready for sleep.

2. Watch worries float away

Blowing and watching bubbles is very calming. Imagining that they are holding our hard feelings or that our worries are locked up inside them like little bubble prisons and then noticing them fly away or pop and disappear can feel like a relief. Alternatively, your child popping lots of bubbles while imagining they're a worry warrior and each bubble popped is another worry beaten can be a more active way to chase away worries.

3. Uncoil the worry spring with jumping jacks

Sometimes worries can make our bodies feel like they're too full and fizzy – like a fizzy drink bottle when you shake it. When they're feeling like they might fizz over, getting physical can really help to lessen those uncomfortable physical sensations like they might pop. While just about anything highly physical will help, a favourite of mine is an impromptu jumping jack competition as you require nothing but a tiny bit of space. Doing jumping jacks alongside your child and seeing who can do the most or the quickest can be great fun; but if you're not the jumping jack type, challenge them to do as many as they can in sixty seconds or see how quickly they can get to fifty or a hundred.

4. Beginning to breathe

If we're feeling panicky, taking control of our breathing is a great way of sending strong messages to our brain and body that we're in control and there's no need to panic. Things quickly start to feel different. Breathing strategies that encourage longer out-breaths are especially effective at helping us to take control.

Floating feather

Trying this one out alongside your child as you're breathing with them will help them to calm down.

1. Hold your hand out in front of you, palm up
2. Imagine that there is a feather floating on it
3. Take a deep breath
4. Use a big, long breath out to try and get the imaginary feather floating
5. Keep it floating for as long as you can

Five finger breathing

1. Ask your child to hold their hand out in front of themselves.
2. Starting with the thumb, get them to run a finger from their other hand across the fingers of the spread hand.
3. Every time they run up a finger or thumb, they breathe in, pausing at the top.
4. They breathe out as they run the finger down the other side, pausing at the bottom.
5. When they've got to the end of their whole hand, they take a breath, shake things out and see if they feel differently...

Getting help

If you feel your child's emotional regulation, self-esteem, confidence, worrying is getting out of control there is a lot of super support online from NSPCC, Young Minds and Anna Freud. You can also speak to your class teacher in the first instance. This helps build a picture and they can then be referred for further targeted support if required in the form of Nurture, ELSA, Lego Therapy. Please be assured we always want pupils and families to be able to have the support needed.