



Summer Wellbeing Newsletter

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Emotion Coaching

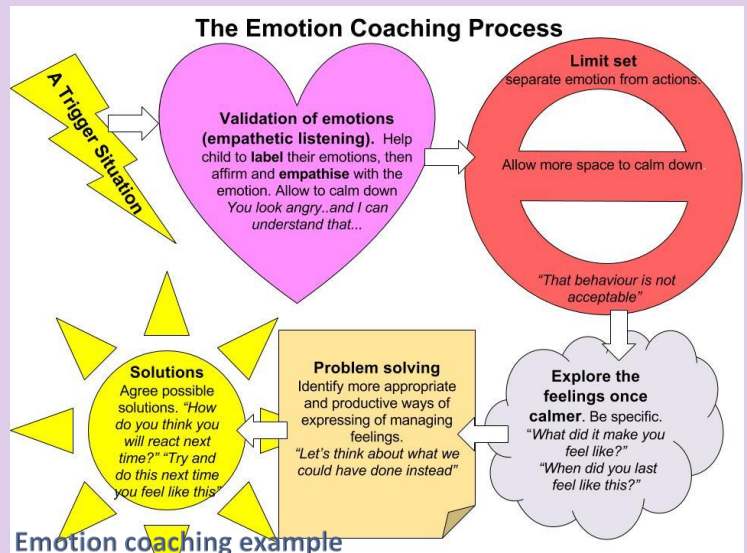
Here at Rednal Hill Junior School we teach our children about emotions and how to deal with them in a safe way. Teaching children about the world of emotions in the moment that they are experiencing an emotion is an important way of doing this. Giving children strategies to deal with the ups and downs of life and accepting that “negative” emotions are normal. By using moments of adverse behaviour as opportunities for teaching children how to manage their emotions in a safe way helps build a trusting and respectful relationship.

5 steps to emotion coaching

1. Be aware of your child’s responses
2. Recognise emotional times as opportunities for intimacy and teaching
3. Listen empathetically and validate your child’s feelings
4. Help your child to verbally label emotions
5. Set limits while helping your child to problem solve.

An example of what emotion coaching looks like can be seen here:

https://www.youtube.com/watch?v=Lh0EE2_Y2io



Emotion coaching example



Returning to school

As both lockdown and the Summer holidays draw to a close and school re-opens for all pupils, the thought of returning to school for some children, can make them feel very anxious and nervous.

Here are some tips on supporting your child back to school:

Time to talk – find opportunities to talk to your child during the holidays about school. Keep it light and positive. Ask them how they are feeling about it and whatever they tell you accept, validate and normalise their feelings. For example “you’re right it is a bit nerve wracking on your first day back, it’s the same for me and work. I bet there are lots of other children in your class feeling the same.”

Establish a family “check in” time to make it normal for everyone to air and share both their worries and fun things from the day. This could happen over dinner or before story time/bedtime. For example: “What the silliest moment of your day? What was the most interesting fact you learnt today? Did anything worry you today?”

Returning to school continued...

Plan – Plan some interesting things to do in the evenings and at weekends during the next few weeks to give them something to look forward to and remind them that school is only part of their week/life.

Routine – It’s important to maintain a good routine for bedtime and mornings to prepare your child for their return to school in September. Create a timetable for your day so that your child can see what is going to happen and when. This can help alleviate some of their anxieties and create a sense of security as they know what to expect each day.

Breathe – Teach them some simple breathing and grounding techniques or a grounding exercise to use at school if they feel anxious during the day. For example; “Take a long, slow breath in through your nose, hold your breath for 1,2,3... breathe out slowly through your mouth. Do this three times.” This grounding exercise can help your child turn their thoughts outwards and away from their anxious feelings inside: look around and name in your head, not aloud, the following: four sounds you can hear; three favourite colours in the room; two things you can smell; one thing that’s great about you.

This is a great video explaining about worry using elephant, meerkat and owl:

<https://www.youtube.com/watch?v=qKlzd-H2X9w>

Some more nice resources for calming/grounding or 'getting back in your body' as I like to call it, can be found here: <https://copingskillsforkids.com/calming-anxiety>.

Anxiety vs Worry – an explanation by Mrs Fowke

A worry can present as an uncomfortable feeling in your body. You may notice different sensations in your body when you are worried. These are a way of telling us that we may need to do something to help manage our worry.

Anxiety is often having physical feelings in our bodies that remind us that we are worrying about something and having lots of unhelpful thoughts that can make the worry seem worse.

What does worry feel like?

Worry can be an uncomfortable feeling in your tummy, sometimes described as butterflies or even tummy ache. You may notice your heart beginning to beat faster and your breathing may become quicker and shallower. Your hands and face may begin to feel hot and sweaty. Some areas of your body may begin to feel a little bit shaky. You may feel like you need to use the toilet quickly, or more often. It can be difficult to get to sleep. You may not feel very hungry. It can be difficult to concentrate or remember instructions.

What does anxiety look like?

You may constantly look around the space we are in thinking that something bad is about to happen and that we are in danger. Your mind imagines that something bad is going to happen lots of the time. You can worry about things that you have no control over for example, "what if someone at school doesn't choose me for their team in P.E".

A way to help manage anxiety is to create a soothe box which the child can fill with all the things that help them when they are feeling worried. How to make a self-soothe box can be found here: <https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.



6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



Miss Ellis's recommended therapeutic reading books;



Miss Cooper recommends the "Don't worry be happy book" found at 'The Works'.

All these stories and more can be found on Amazon.

Help and advice can be found here:

Barnardos - <https://www.barnardos.org.uk/see-hear-respond>

NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/>

Women's Aid – 24/7 helpline 1800 341 900

CASS – 0121 303 1888

PAUSE Mental Health Support for children & young people – opening hours 10am -6pm Mon – Sun. Tel: 0207 841 4470 or askbeam@childrenssociety.org.uk

Anna Freud website: <https://www.annafreud.org>

Community Hub Northfield – NorthfieldFamilies@northfieldcommunity.org

Check out #youvebeenmissed for more information for parent/carers

<https://bwc.nhs.uk/download.cfm?doc=docm93jjm4n3221.pdf&ver=4807>

Here are some useful apps to download:

Calm Harm, Breathekids, Breathe, Calm, Catch it.

Also make sure you check out our school website for more information about online safety and mental health support.

Worry/Anxiety		
5		freaking out panic
4		really worried
3		worried nervous anxious
2		a little worried
1		okay

