



Phoenix Primary School Well-being Newsletter

Supporting the Emotional Well-being and Mental Health of our school community
Welcome to our first Mental Health and Well-being newsletter. At Phoenix, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning. Our aim is to provide help, tips and resources to support both adults and children as we recognise the importance of parents and carers feeling supported and well in themselves.

Great Conversation Starters

Starting a conversation can be difficult, especially if you're worried that your child is having a hard time. See the attached ways to ask "How was your day?"

Grounding Techniques

Does your child display signs of anxiety?

There are simple actions that you can encourage your child to take which can help if they are feeling anxious.

Find more techniques at this link:

<https://raisingchildren.net.au/guides/activity-guides/wellbeing/grounding-calming-exercise-children-teenagers>

SQUARE BREATHING



Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5** Things You Can See
- 4** Things You Can Feel
- 3** Things You Can Hear
- 2** Things You Can Smell
- 1** Thing You Can Taste



The 10 Keys to Happiness

The 10 keys to happiness are based on a review of the latest research from psychology related fields. Everyone's path to happiness is different, but the evidence suggests that these terms 'Ten Keys' consistently tend to have a positive impact on people's happiness and wellbeing.

The first five keys (GREAT) are about how we interact with the outside world in our daily lives. The next five keys (DREAM) come from inside us and depend on our attitude to life.

<https://actionforhappiness.org/10-keys>

<https://actionforhappiness.org/calendar>

Emerging Minds Website

This website is fantastic!
<https://emergingminds.com.au/>

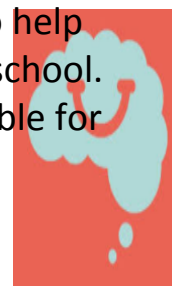


They have a wealth of brilliant factsheets and resources including podcasts, webinars and strategies to help you with concerns you may have for your child.

Smiling Minds

<https://www.smilingmind.com.au/>

This is a program we are using to help support mindfulness within our school. This is a free resource and available for parents to use at home.



Yoga

Yoga is a fantastic, fun exercise that improves posture, flexibility, strength and balance. It can also help children to relax and encourages positive thinking. Why not try it out?

Younger children-

<https://www.youtube.com/watch?v=ucqYUEKGILM>

<https://www.youtube.com/watch?v=R-BS87NTV5I&t=29s>

Older children-

https://www.youtube.com/watch?v=sM5MGLMNN_E&t=29s

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WAYS TO ASK HOW WAS YOUR DAY?

1. What is something you did today that you'd love to do every day?
2. What do you know today that you didn't know yesterday?
3. Tell me something that made you laugh.
4. Did anything make you feel frustrated?
5. What was the best thing that happened?
6. Did you find out anything interesting?
7. What made you smile?
8. What was the most creative thing you did?
9. Did everyone have someone to play with?
10. What was your least favourite part of the day?
11. Did you do something kind for someone?
12. Did someone do something kind for you?
13. Did anything make you feel worried?
14. What was the hardest part of your day?
15. Teach me something you learned.
16. Who did you play with?
17. What made your teacher smile?
18. Did anything make your teacher frown?
19. Did you learn any new words?
20. What made you feel happy?
21. Did anything make you feel sad?
22. What made you feel proud?
23. Did anyone do anything silly?
24. Did you give anyone a hug?
25. What did you find difficult?
26. Was anyone away?
27. What are you reading?
28. Did you see anyone feeling sad?
29. Did you help someone?
30. How would you rate your day from 1 to 10?
31. Did you feel scared or nervous at all?
32. Who did you have lunch with?
33. What is your favourite lunchtime activity?
34. What is your favourite word right now?
35. What made you feel grateful?

