

Mrs Wetherelt's Mental Health Page

Children's Mental Health



Hello everyone.

This week I thought week could explore Mindfulness.

But first let's look at what Mindfulness is and what it does.

I'll let these children from New Zealand explain.

<https://www.youtube.com/watch?v=awo8jUxIm0c>

There is only one you

This week's practical tip Number 1

P B S ~ Pause Breathe Smile

When you feel things are getting a little too much to deal with, your feelings of stress are becoming overwhelming or you just need a break;

- ❖ Pause – just stop
- ❖ Breathe – listen to your breathing and try to slow it down.

Issue 2

- ❖ Smile – easy peasy, lemon squeezey, SMILE. Recognise how good a smile feels. How strong do you feel? How content do you feel?

This week's practical tip Number 2

Look out of you window

What can you see? How do you feel? Why not take some pictures or draw a picture or even write a story.

You could even begin a journal recording your time during this significant time in history. Using photo's, drawings, writings and your thoughts and feelings. Just like Samuel Pepys during the Great Fire of London. Remember to add you name and age.

Practical tip Number 3

Even though we are not in school we still need to follow our oasis rules.

Be Honest, always tell the truth.
Listen to adults and each other.
Always try your best.
Look after each other.
Take care of the things at home.

See you soon.
Be happy, stay healthy and stay safe.
Mrs Wetherelt