

"Being active every day makes it easier to hear that inner voice." Haruki Murakami

Can you complete the Active April Challenge?

Active April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do
11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	8 Give your body a boost by laughing or making someone laugh	9 Turn your household chores into a fun form of exercise	10 Have a day free from TV or screens and get moving instead
18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Dig up weeds or plant some seeds
25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting

Happy - Kinder - Together

ACTION FOR HAPPINESS

Let us know how you do. Send updates to wellbeing@thackleyschool.com

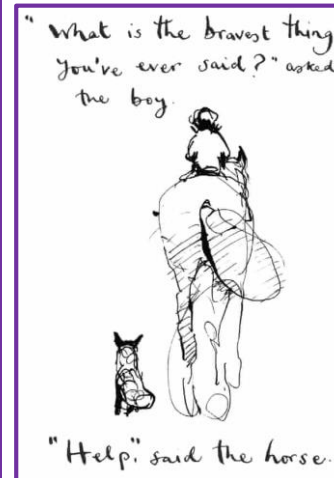


April 2022

Thackley Primary School's Wellbeing Newsletter

Welcome to the second edition of Thackley Primary School's wellbeing newsletter. I hope you enjoyed March's newsletter and I hope that it gave you some good advice and strategies to help support your child's wellbeing at home.

I just want to say a big thank you to those parents/carers who reached out after our first newsletter. Remember, if you do have any worries or concerns about your child's emotional behaviour or wellbeing, then please let your child's teacher know or contact me, Mrs Ellerby, on wellbeing@thackleyschool.com for further support.



THIS MONTH'S BOOK RECOMMENDATIONS



The Huge Bag of Worries written by Virginia Ironside
A brilliant book exploring emotions and wellbeing. Worry follows Jenny in a big blue bag. It's around wherever she goes, even when relaxing and watching TV! Will Jenny get the help she needs to rid of the worry?

When Worry Takes Hold
by Liz Haske

When worry sneaks into Maya's mind she focuses on finding courage. She discovers strategies, including calming breaths, to break free from Worry's hold.



APRIL IS STRESS AWARENESS MONTH

Children learn how to respond to stress as they grow and develop. Many stressful events that an adult can manage will cause stress in a child. As a result, even small changes can impact a child's feelings of safety and security. In small amounts, stress can be good. But, excessive stress can affect the way a child thinks, acts, and feels. It's really important to give children strategies to deal with stress from a young age so that they are able to cope better in later life when they have to face stressors alone.



SIGNS OF STRESS:

- ◆ **Withdrawn behaviour**—children who are struggling with stress can act withdrawn. They don't seem to enjoy the same things they used to, or seem a little hesitant to join in with their peers.
- ◆ **Unexplained aches and pains**—stress can manifest in physical ways as well. Children under stress tend to complain about unexplained headaches and stomach aches when they have a perfectly clean bill of health.
- ◆ **Sleep**—any change in sleep patterns can indicate that your child is stressed. For instance, all of a sudden they can't wake up in time for school. Or, they've suddenly become a night owl who refuses to go to bed before midnight.
- ◆ **Eating patterns**—likewise, any change in eating patterns can indicate stress. Your child may eat much more than usual or seem to exist on nothing at all.
- ◆ **Irritability**—is your child suddenly acting out? Do they seem more irritable or cranky than usual? Children who feel stressed don't know how to express what they are feeling, so they tend to act irritable or moody instead.
- ◆ **They tell you**—some children will complain about their worries or stressors, while others will clam up. Be sure to talk to your child about stress to get a better handle on if she's feeling any. Ask questions like, "Do you know what stress means?" "Do you ever feel stressed?" "What makes you feel stress?" "How do you deal with it?"

STRATEGIES TO SUPPORT YOUR CHILD:

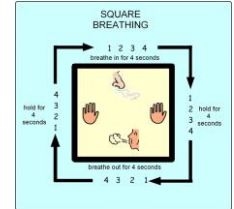
- ◆ Give your child effective strategies to deal with stress, such as physical activity, breathing exercises or meditation. Older children might also like journaling or creating artwork to express their feelings.
- ◆ Take some time to talk to your child about stress and the ways they can cope.
- ◆ As with most things when it comes to parenting, actions speak louder than words. Make sure you are appropriately managing your own stress and your child will be more likely to follow suit.



BREATHING EXERCISES

Focusing on your breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Breathing exercises are a good way to relax, reduce tension, and relieve stress. Here are some good breathing exercises for you to use with your child.

SQUARE BREATHING - Draw a square on a piece of paper. Follow the sides of the square, breathing in for 4 counts on one side and out on the next side for 4 counts again. Continue around the square.



STAR BREATHING - use your finger to follow the sides of the star. Breathe in. Hold your breath on the tip and breathe out on the other side. Continue until you have been all the way around the star.

TRIANGLE BREATHING - take a deep breath for 3 counts on side one. Hold your breath for 3 counts on the next side and finally out for 3 counts on the final side. Do these for a few minutes at a time.



FIVE FINGER BREATHING - Open the palm of one hand as wide as you can. Now with the pointer finger of the opposite hand, slowly trace your fingers while breathing. Breathe in and trace up one side of your thumb. 1, 2, 3. Breathe out and trace down the other side of your thumb. 1, 2, 3. Repeat for all five fingers.

BUBBLE BLOWING - Bubbles work well for teaching children to control breathing. Shallow breaths affect bubble production differently than deeper breaths. Fast breaths usually produce lots of smaller bubbles while slower breaths tend to create larger bubbles. Challenge your child to create specific types of bubbles to help them focus on their breaths. Encourage them to take a big, deep breath so they can blow more bubbles in one breath.



BREATHE LIKE A BUMBLE BEE - Breathe in through the nose. Exhale slowly while making a deep, steady humming sound like that of the bumble bee. The humming sound should be smooth, even and continuous for the duration of the breath out. A deeper breath allows the child to hum for a longer period of time. Challenge your child to see how long they can hum for to encourage deeper breaths.

