

# Kyra Wellbeing Newsletter

W/C Monday 1st June 2020



## Hug in the post

Our current situation has made us all stop and think about how we remain connected to those we love. We decided to send a hug in the post by drawing around our hands, we then measured the string to the span of our arms. "Even though we can't see the people we love, by sending this in the post they know that we still love them and haven't forgotten them." **Ellie Age 7**

## Blog: Overwhelmed?

Blog written by Claire Blackburn BSc (HONS) dip couns BACP (reg), Counsellor Private Practice.

"What can we do if we feel overwhelmed or we suspect our young people/children do? Whilst this article's focus is on what we can do if we feel overwhelmed, the suggestions can be very helpful tools for managing anxiety also."

[CLICK HERE TO READ THE FULL BLOG POST](#)

## Blog: Kindness is good for you

A uplifting and positive from Helen Taylor, Assistant Head teacher of Saint Lawrence C of E Primary School, sent to their school families this week. Shared with kind permission:

"We know how kind you all are, and in fact, you are probably doing all of these things already - but maybe today, do one extra thing to be kind to someone else. Being kind will increase happiness and energy in both you and the recipient, as well as decreasing anxieties and sadness. So it's official - being kind is good for you!"

[CLICK HERE TO READ THE FULL BLOG POST](#)

## Home Schooling Week 10 – The 3 Rs

Anna Miller

"Bruce D. Perry (leading psychiatrist and trauma specialist) came up with a simple model (The 3 Rs) to help parents, teachers and agencies to support children, young people, adults and themselves to stay/return to calm and be able to access their limbic and cortical (thinking brain). He states that we need to adopt a 'bottom up' approach i.e. we need to regulate our brainstem first before we can engage with others and think and learn."

[CLICK HERE TO READ THE FULL BLOG POST](#)

## Understanding dysregulation: How to Support a Highly Emotional Child

Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.



When a child is dysregulated, it is harder to listen, comprehend, and cope.

### Remember the Three "R"s

#### Regulate

focus on soothing your child. Make them feel calm, safe, and loved.



#### Relate

Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.

#### Reason

Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.

Until a child is regulated, they are unlikely to relate to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.

## Useful Links

Healthy Minds Lincolnshire - Relaxation/breathing exercises: [Click here.](#)

Healthy Minds– Your self-sooth/sensory box: Guide written by a 17 year old. [Click here.](#)

Zones of Regulation: Resources for parents and teachers. [Click here.](#)

While we can't hug: A beautiful animation to share with children which outlines ways we can stay connected whilst maintaining physical distancing. [Click here.](#)