

Kyra Wellbeing Newsletter

W/C Monday 4th May 2020



Home Schooling Week 7 – Family and Wellbeing First

Anna Miller

“All of my self-care strategies have really helped this week and I’ve been able to relax and unwind this weekend ready for the week ahead. It’s vital for all parents and teachers to take proactive steps to look after their own wellbeing; it isn’t selfish or putting your own needs above others. To sum it up, **‘Self-care is giving the world what’s best of you not what’s left of you.’** (Katie Reed)”

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

Useful Links

Our Frontline: A new round-the-clock mental health support service for key workers offering round-the-clock one-to-one support, by call or text, from trained volunteers and resources, tips and ideas to look after your mental health. [Click here.](#)

Mentally Healthy Schools – Resources for managing anxiety and improving wellbeing toolkit #4

Resources and activities for school staff and parents to help children manage anxiety and improve wellbeing during this time including activities such as an Emotion Wheel and Anxiety Thermometer to help children with emotional expression, mindful crafts and breathing exercises. [Click here.](#)

Lincolnshire Emotional Wellbeing and Mental Health Pathway:

Aims to provide children, young people and their families with better access to the right support at the right time; suggesting strategies for self-help and self-referral to local or national support agencies. [Click here.](#)

‘Conversation Starter’ Colouring Book

Buy one, donate one books will also help families in need.

Think2Speak have launched their new free wellbeing activity books for children and families accessing food banks. The 24+ page colouring books are full of creative activities, postcards and ideas to encourage families to chat and spend time together.

‘The idea for the books came about from the work we’re doing with one of the food banks in Gainsborough where we’re providing emotional support to people who are isolating and experiencing food poverty. Lots of the families were telling us they needed things for their children to do, but that they didn’t have access to printers to print things off. These colouring books are the ideal solution and have been beautifully created,’ said Lizzie Jordan, Think2Speak’s CEO and Founder. ‘With every book purchased, we will donate at least another one to a child whose family are accessing food banks. They need to know that people care and that they are incredible.’

Click [here](#) to buy a colouring book for £6.95 and nominate a school or food bank you would like your books to be sent to.

“Enjoy the little things in life, for one day you’ll look back and realise they were the big things.”

An important and wonderful message 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:

I hope that you are enjoying your week and are finding the time to be ‘you’ in amongst the daily routine of working from home, supporting children with their learning, looking after toddlers and the many other things that you need to do. I chatted with some parents yesterday and reminded them that it was ok to leave the learning for a while; it was ok to sit and watch a film, read a book or play a board game. Remember, this is a tricky time for everyone and if we can make some wonderful memories together, then the children will look back at this with fondness and reminisce about the time they played in the garden, baked a cake or even walked in the woods as a family. I found a quote online that I really liked and I have been thinking about how I can apply this to my family.

“Enjoy the little things in life, for one day you’ll look back and realise they were the big things.”

My challenge to you all today is:

- Think about the little things and cherish them because, when we look back over this time, they will be the ‘big things’ or the things that we remember most.
- Try [the scavenger hunt](#). Find what makes you smile - when you know, go and do it!