

# Kyra Wellbeing Newsletter

W/C Monday 18th May 2020

## Blog: Anger, Confusion and Fear

Blog written by Claire Blackburn BSc (HONS) dip couns BACP (reg),  
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“Unknowns can be scary to us as humans as we don’t know if we are exposed to risk or how much of a risk we are potentially exposed too and we may feel out of control. In any ‘unknowns,’ self-care and support can be helpful for our wellbeing. You’re not alone in this.”

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

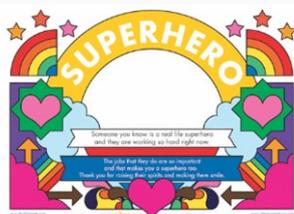
## Blog: Reflections

A thought-provoking 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:

1. What do you miss from your old normal?
2. What do you like about your new normal?
3. What will you keep when things go back to normal?

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

## Superhero Certificates



Think2Speak want to help you say **thank you** to all the children of key workers!

Our Superhero certificates are available as a free digital download, or printed, personalised and posted out from our online store. Beautifully designed by celebrated illustrator [Rebecca Strickson](#).

## Home Schooling Week 9 – “It’s okay if you don’t know everything.”

Helen Taylor, Assistant Head of St Lawrence Primary School

I saw a post on social media recently that said ‘it’s okay if you don’t know everything’ and it reminded me of the times in the classroom when we say this to the children. They seem to have the opinion that teachers know everything and that they have all of the answers. Maybe that is something that you have experienced as you have been helping them at home with their learning? When one of the Owls asks me something that I am not sure about, I can often be heard saying, ‘let’s find out together’ or ‘I don’t know that YET’. I think there is a great deal of power in that. The children realise that it’s okay to not know everything and also begin to understand that there is plenty that the adults don’t know either. There are great benefits to be had from finding things out together and learning as a team. Now that I have an almost 18 year old at home, I am finding more and more that my children know things that I don’t! They are always telling me I just don’t get it, or I’m too old to understand! I think what’s important is that we continue to foster the creativity and love of learning so we never stop asking questions.

So, just in case you ever feel like you don’t know the answers and you should, be kind to yourself. Remember, learning and finding out together is a great way to deepen understanding as you talk things through as a team. Maybe magpie (steal!) some of the phrases above if you are asked something you don’t know at home. I know Mrs Blackburn is a big believer in the word YET - maybe this will help you sometime.

## Mental Health Awareness Week

This week is Mental Health Awareness Week 2020 and this year’s theme is kindness. Challenge your children to complete the 7 day Kindness Challenge! Kindness and mental health are deeply connected; giving and receiving kindness really will make a difference. It’s guaranteed to make your day and someone else’s day brighter!

Mental Health Awareness Week			
The 7 Day Kindness Challenge!	Monday	Tuesday	Wednesday
	Make a cup of tea for someone in your family	Send someone you haven't seen in ages a letter or a postcard	Donate food or clothes to people in need
Thursday	Friday	Saturday	Sunday
Bake a cake or some biscuits to cheer someone up	Ask your parents for a chore that would really help them out	Video call someone you know is feeling a bit lonely	Be kind to yourself and spend some time on YOU!

## Useful Links

**Award a Place2Be Kindness Cup for Mental Health Awareness Week:** The Place2Be Kindness Cups provide an opportunity to recognise the children, teachers, parents/carers and other individuals who have made a positive difference through their kindness at this challenging time. [Click here.](#)

**Mentally Healthy Schools – Resources to deal with the effects of lockdown toolkit:** This Toolkit focuses on managing the effects of lockdown, including loneliness, boredom and family problems. It contains resources and activities for school staff, children and parents, including guidance on family problems; a kindness calendar; and a ‘brain breaks’ activity to support concentration with school work. [Click here.](#)

**Healthy Minds Lincolnshire:** Relaxation and breathing exercises for children and an online workshop based around managing worries and anxieties for primary and secondary pupils. [Click here.](#)