

Wellbeing

Wellbeing Newsletter February 2021



designed by freepik

Hello Spring! Although things may seem a little bit cloudy in the world now, Spring has well and truly sprung! We received some positive news this week about school return dates and it won't be long before all of the children are back in school and some sense of normality will resume.

We hope you enjoy reading our newsletter and remember to look after yourselves. 😊



Bloom and Flow

A yoga practice to celebrate the Spring Equinox which represents the return of light and life, new beginnings, seeds, the birth of baby animals and the emergence of brightly coloured flowers.



Quote of the week

"The first blooms of spring always make my heart sing." - S. Brown



Suggested things to say to children who may be feeling a little anxious in our current circumstances or potentially ahead of our return to school:

1. I am here for you. You are safe.
2. Do you want to do some dancing or running to get rid of that nervous energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back?
5. Let us draw your worry.
6. What does it feel like in your body? Where is your worry? How big is it?
7. Match your breath to mine.
8. Let us think up some endings for what could happen.
9. What is something we could do to make you feel better?

Source: <https://theministryofparenting.com/>



Resources for children:

- Sesame Street have designed a lovely app called 'Breathe, Think, Do'. It is suitable for younger children (Junior & Senior Infants) and is designed to help teach skills such as problem solving, self-control, planning, and task persistence. Have a look at the [youtube video](#) showing what it looks like if it is something you think your child may enjoy.
- For older children, check out these lovely Sesame Street ['Monster Meditation' videos](#)
- Mindful breathing exercises that you can do with your child:
[Five Finger Breathing](#)
[Rainbow Breathing](#)



Source: An Introduction to Positive Psychology and Well-Being in Schools Webinar with Fiona Foreman – Fiona Forman, M.Sc. Applied Positive psychology

Some tips & advice taken from Fiona Foreman's course *An Introduction to Positive Psychology and Well-Being in Schools*.



- If well-being is not planned and prioritised, it will not happen.
- Remember how important well-being is – necessity, not a luxury, particularly with current challenges.
- Prioritise self-care – make a daily plan & write down your self-care activities – timetable them – make them into habits!

Fiona Foreman discussed the importance of fostering resilience for children & adults.

Resilience is the belief in your ability to cope with, and adapt to, difficult and challenging events. It's not about being tough or immune to strong emotions such as sadness, grief or disappointment but working through them, expressing them & processing them in a healthy way. Resilience is activated and nurtured at times of stress and challenge. Below are two of the main skills to build resilience:

1. Resilient Self Talk: The power of language

Think about your self talk when something goes wrong.

What sort of things do you say?

How does it make you feel?

What can you replace these statements with?

Talk to yourself how you would talk to a friend, show yourself kindness.



2. Prioritise Positive Emotions

**The little things?
The little moments?
They aren't little.**

- Jon Kabat-Zinn

Every day may not be good but there's something good in every day.

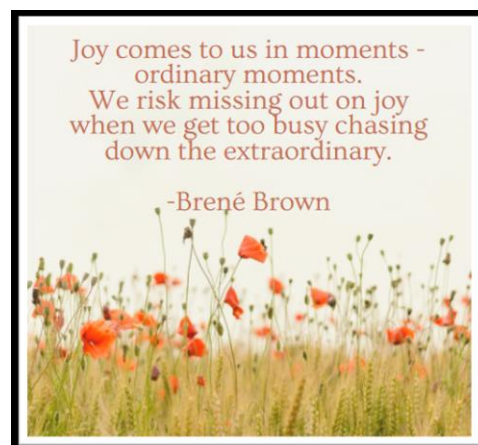
Activity: Positive Psychology Intervention: 'Three Good Things' – Write down 3 small positive events of the last 24 hours – Retrains the brain and counteracts the negativity bias. Do it for at least a week!

Make sure that you have 3 'non-negotiables' daily - three small things that you pledge to do every day. Think about what activities

make you feel energised, healthy, replenished, calm, positive. Make time for them. Write them down each morning if this helps.

Joy comes to us in moments -
ordinary moments.
We risk missing out on joy
when we get too busy chasing
down the extraordinary.

-Brené Brown



Where to go for support & advice:

- [Tips for parents and caregivers – preparing your child to return to school](#)

Resources from the Department of Education

- [Managing Stress and Anxiety – A Guide for Parents & Guardians](#)
- [How to Calm and Support your Child - Advice for Parents & Guardians](#)

A collection of resources to help you support your child as they start back in school: [Returning to School - Information for Parents](#) -> More resources found [here](#)

- [Parent Self-Care](#)