



Wellbeing @ Waterbeach Issue 3

Dear Children, Parents and Carers,

How are your **stress levels** this week? Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing! Try this week’s mindful suggestions. Remember you can email me any photos linked to your wellbeing activities and I will put them on our Wellbeing Gallery on the website.

How are you sleeping? You can share our **sleep sheet** with your children; it works for kids and grownups!

GARDEN YOGA FOR KIDS

For Kids: Garden Yoga!

I wonder how many of you have tried Yoga before? Focusing on breathing slowly and holding these poses can help you feel calm and relaxed. It will help to stretch and strengthen your body, as well as improving coordination and balance! Try teaching your parents!



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



For Parents: mental health during the Coronavirus pandemic

How are you coping as we continue to manage our lockdown households? Are family arguments on the rise or are you enjoying your time together? This week I have been looking at a few websites that you might find useful: they have all got decent articles on kid’s or adult’s mental health during this Coronavirus period.

NSPCC.org.uk has a good article about children with anxiety

Gingerbread.org.uk has advice that is tailored around single-parent families.

Mind.org.uk offers advice and support if you are worried about your own mental health.

For Sharing:

Try a mindful safari



Whilst you are on a walk one day, why not set aside 5 minutes to discuss what you see, hear, smell and feel. You can imagine that you are on a safari, looking for animals that crawl, fly or walk, looking for plants, listening for sounds, and feeling the weather.

For this to work, you have to be quiet and alert, and turn on your ‘super senses’! You can quietly talk about all the things you are noticing.

Taking notice is one of our 5 Ways to Wellbeing and is one of the fundamentals of mindfulness which we know helps us to develop emotional regulation and focus, amongst a heap of other benefits.

Why not watch Jaime from Cosmic Kids on her mindful walk before you try yours?

<https://www.youtube.com/watch?v=0P3Deuv8tbc>

If you have questions about any of the resources, or suggestions of what else we could offer to support you, please don't hesitate to email Mrs Tregoing on itregoing@waterbeach.cambs.sch.uk