

Wellbeing



Feeling Connected: This weekend the social distancing guidelines are being relaxed a little more. We may find that calendars and diaries are filling up, we are seeing people we have missed and things are changing again. Although this is exciting for some it may also be a bit daunting for others.

Making sure we listen to each other and respect each other's differences will help us to not get overloaded and encourage us to be kind to each other and ourselves.

Activities you might like to try at home this week

Breathing: Shoulder rolls - Sit in a comfortable position shoulders in a rest position. As you breathe in through your nose, raise your shoulders up towards your ears and roll them backwards at the top, hold for 2 counts before breathing out through pursed lips as you gently come back to the rest position. Repeat 4 more times. Remember to control your breathing especially when breathing out!



Relaxation: Clouds - get comfortable on the floor. Imagine you lying on a soft fluffy cloud. It is a bright summery day. Close your eyes. What can you smell? The scents from some are sweet some are gentle. The breeze sways on it and get cosy. How do a few moments, smell the start to wriggle your body body and arms open your eyes as you gently move your head.



Imagine you lying on a soft fluffy cloud. It is a bright summery day. Close your eyes. What can the flowers are all around you. relaxing. You can feel the breeze, the cloud a little and you snuggle you feel? Enjoy feeling relaxed for different scents. Now it is time to starting with your toes, then legs

Feeling Anxious?

Let's learn more about it? Letting a child explore their fears by asking as many questions as they need to. Knowledge is power.

Empathy: I get scared/nervous/anxious sometimes too. It's not fun but I overcame it by... We have all felt nervous or worried at some time. Knowing we are not the only person who has felt that way can help and hearing other people solutions may help too.