

WELLBEING WEDNESDAY

www.csgplaygroup.co.uk



SUPPORT FOR PARENTS AND CHILDREN

We are always here to help and support our families

Welcome to February's wellbeing newsletter. This week is Children's mental health week and we have been sharing lots of ideas and useful resources both on our Facebook page and in our weekly newsletter. The theme of this year's Children's Mental Health Week is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. As parents and carers, you play an important role in your child's mental health. We hope you will find the ideas in this newsletter useful.

Useful website

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

GARDEN YOGA FOR KIDS



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.



printable yoga poster

You are enough
You are good enough
You are smart enough
You are strong enough
You are beautiful enough
You are kind enough
You are brave enough
You are enough and you
always will be

BOOKS

BOOKS TO HELP EXPLAIN SOCIAL DISTANCING

From the team behind the bestselling *The Hug*, is a heart-warming picture book that shows us ways to be affectionate while social distancing.

Are you worried about your child's mental health?

This website offers advice for under 5's mental health.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-infant-mental-health-babies-and-under-5s/>

Mindfulness

Mindfulness is useful for children and adults alike, with kids as young as nursery age learning about it in school. Watch a child absorbed in play and you'll see they are mini mindfulness masters!

Mindfulness is paying attention, noticing what's happening outside of you, as well as your thoughts and feelings, and letting it all be as it is. It's a skill that helps us cope with big emotions and challenging experiences and, just like a muscle, it's something we can all build with practice.

5 easy mindfulness exercises for kids and parents

1. Visualise your safe place – to feel grounded. Where are your favourite soothing places in nature? You can visit them anytime in your mind. You could write a journey to your calm safe place, describing with all your senses how it feels to be there.

2. Balloon belly breathing – to soothe. Lie down somewhere comfy and imagine there is a balloon in your tummy. As you breathe in, imagine the balloon slowly inflates. As you breathe out, the balloon effortlessly deflates. Children can rest their favourite toy on their tummy and let them go along for a calming ride.

3. Warrior pose – for confidence and concentration. Stand up tall with your feet wide apart. Turn your right toes out and press your left heel away. Bend your right knee deeply, stretch your arms out at shoulder height and make like a surfer. Hang ten for a few relaxed breaths, feeling the strength of your body, then shake out your legs and try it out on the other side. This is a great distractor from worried thoughts

4. Sound meditation – to fuel curiosity Snuggle down somewhere safe, close your eyes and listen to all the sounds around you. What can you hear? The clink of coffee cups, snippets of conversation, sounds from nature? Get curious and feel the buzz of life around you.

5. Savour your food – to encourage gratitude The next time you have your favourite treat, make it a ritual of happiness and thanks. Don't let a second of pleasure pass you by unnoticed – the scent, how it feels in your hand, against your lips, the flavour on your tongue, the texture as you chew and the sensation as you finally swallow it. Even more delicious when you savour it!

