



## MENTAL HEALTH AND WELLBEING NEWSLETTER – SPRING 2

We hope you enjoy reading our fourth Mental Health and Wellbeing Newsletter. Our aim is to empower you with valuable insights, practical tips, and resources to navigate the various facets of your child's emotional well-being.



### A MINDFUL MOMENT

#### Glitter Jar

Children of any age can create a **glitter jar**. It is a great activity to use when your child is worried, upset, nervous, or angry.

1. Start by finding a glass mason jar and allow your child to decorate it however they like. You can also use a plastic water bottle if you can't find a mason jar. You will also need one bottle of clear glue and glitter. Food colouring is optional.
2. Fill the bottle up 3/4 of the way with water. Next, add the clear glue and glitter and shake. You may want to use a funnel to get the glitter in the jar. You may add food colouring if desired.
3. Seal the lid and you are ready to go.

The next time your child is **upset** or **anxious** simply have them shake the glitter jar and remain quiet and still while the glitter is settling. As they breathe deeply they can watch the glitter float around in the jar and finally settle on the bottom. The jar is like the child's mind, and you can even encourage your child to think about how **their thoughts are like glitter**. As the glitter settles down into the bottom of the jar, the mind becomes calmer as well.

NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.

Through NESSie, all parents in Herts, can access:

- FREE online and face-to-face workshops on a range of mental health issues that affect children and young people.
- A Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment)
- Private moderated Facebook support groups.
- Parent support advice sessions
- Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies.

For more information:

<https://nessieined.com/hertfordshire-parents>

**NESSie**   
Positive Mental Health

### WATCH THIS SPACE!



We are looking to complete the Hertfordshire Emotional Mental Wellbeing in Education Quality Mark. If you have any thoughts or views on our provision for Mental Health and Wellbeing at Ashwell, please do get in touch!

**ACTION FOR HAPPINESS** are a movement of people taking action to create a happier and kinder world, together. They teach evidence-based skills for happier living, feeling a sense of belonging and committing personal action to create more happiness.

They produce a monthly calendar, which suggests activities to promote happiness. The March calendar is attached to this month's newsletter. Further information, can be found at: <https://actionforhappiness.org/>

**ACTION FOR HAPPINESS**

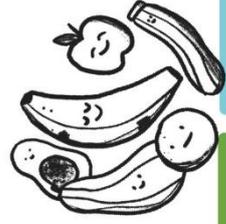
# Active April 2024

MONDAY



3 Listen to your body and be grateful for what it can do

TUESDAY



4 Eat healthy and natural food today and drink lots of water

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

FRIDAY



7 Get natural light early in the day. Dim the lights in the evening

SATURDAY



8 Give your body a boost by laughing or making someone laugh

SUNDAY



9 Turn your household chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



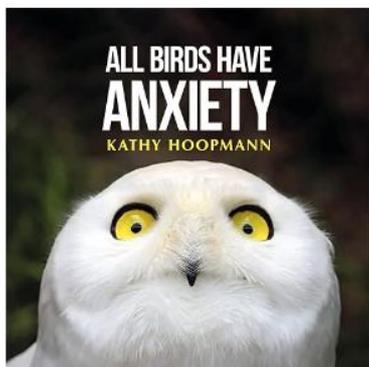
ACTION FOR HAPPINESS

Happier · Kinder · Together



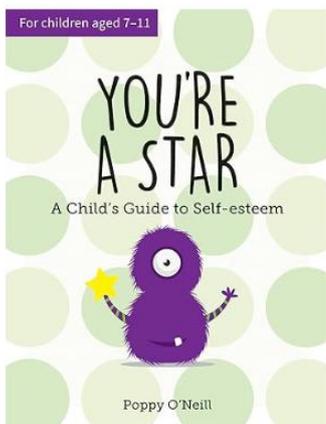
# BOOKS WE HAVE BEEN USING IN SCHOOL RECENTLY!

*Here is a list of some of the fantastic books staff have used with children at school over the last few months.*



## **ALL BIRDS HAVE ANXIETY** By Kathy Hoopman

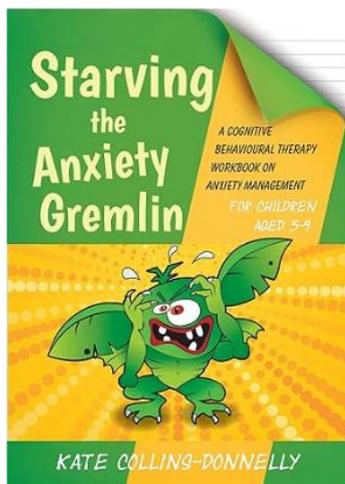
Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, All Birds Have Anxiety uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it. This simple yet profound book validates the deeper everyday experiences of anxiety, provides an empathic understanding of the many symptoms associated with anxiety, and offers compassionate suggestions for change.



## **YOU'RE A STAR – A CHILD'S GUIDE TO SELF ESTEEM** By Poppy O'Neil

Does your child often feel isolated and do they struggle to get involved in social situations? Are they nervous about what people think of them, or maybe they're just a little unsure of how they feel about themselves? These could be signs that your child is experiencing low self-esteem.

This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child grow their self-esteem. It's aimed at children aged 7-11 because a lot happens in these years that can impact a child's sense of self-worth, not just now but for years to come.



## **STARVING THE ANXIETY GREMLIN** By Kate Collins-Donnelly

The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviours, and watch him shrink!

Based on cognitive behavioural principles, this workbook uses fun and imaginative activities to teach children how to manage their anxiety by changing how they think and act – getting rid of their Anxiety Gremlins for good! Bursting with stories, puzzles, quizzes, and colouring, drawing and writing games, this is a unique tool for parents or practitioners to use with children aged 5 to 9 years.