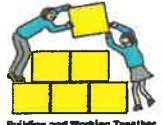




# SPROWSTON JUNIOR MENTAL HEALTH 8 WEEK PLAN HALF TERM UPDATE



Never before has our mental health and well-being been such an important part of our everyday lives. This is why we have embraced our current 8 week plan, focusing on the mental health and well-being of us all.

Children have had opportunities to learn about their health and their emotions, whilst enjoying the outside space and nature for learning.

Sadly the current COVID 19 situation means we can't have parents and carers in school completing lovely activities with us. Instead your child should have brought home the 8 week plan homework grid activities for you to complete together. We'd love to hear feedback and see photos showing us what you have been completing.

During the 8 week PSHE plan **Year 4** have been learning about looking after our mental health and wellbeing, focussing on being positive and passing it on; they completed positivity petals and have also learnt about being responsible and risk taking. They also made fortune tellers with positive things to do or say. They enjoyed a pebble massage after decorating their pebbles.

Year 4 have explored identifying strategies to calm down when upset or angry such as using their five senses and breathing to focus on themselves and environment around them. They all enjoyed a scavenger hunt. Year 4 think the great outdoors is great for our wellbeing!

4P have listened to jazz, opera, classical and happy pop but decided classical was the most calming.

4I made bunting for World Mental Health Day showing how they look after themselves in school. They also enjoyed creating games to play at breaktimes and made a kindness calendar – for themselves and their families – hopefully they have used it!



### Mindful breathing and slow stretching.

As part of our PE lessons, **Year 3** have been learning different yoga poses and developing our mindful breathing. If we feel angry or stressed, we know that stretching and breathing slowly will help us.

3W have really enjoyed learning Yoga poses. They have found it challenging but relaxing and can all see the benefit of slowing movements down.

3F also made the stress buster fortune tellers and both classes painted pebbles with positive messages. 3F are great at GoNoodle dancing.



### Coming Up Next Half Term



➤ Anti-bullying Week – Odd Socks Day  
Monday 16<sup>th</sup> November

**Year 5** have embraced the importance of their own mental health and well-being this half-term with such an open mind.

5HL class have enjoyed participating in a wide variety of activities from pebble massage to writing postcards of kindness to the elderly, so that they know they are being thought of.

At SJS we are so lucky to have such wonderful school grounds, the children enjoyed getting outside to take notice of the nature around us and completing a hunt for natural colours of the rainbow, which looked really beautiful and was the result of team effort.

They enjoyed connecting with each other over their favourite board games and story books, it was so lovely to hear the sound of the children having fun and feeling relaxed around one another. 5HL have been active and very enthusiastic in their Science lessons learning about gravity and other forces, embracing the opportunity to get outside for lessons where possible and to enjoy the fresh air and open space at the same time.



#### Useful links / numbers

[www.youngminds.org.uk](http://www.youngminds.org.uk) – a UK charity fighting for children and young people's mental health

[www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk) - Just one Norfolk Number 0300 300 0123 – the single point of access for all Norfolk Healthy Child Programme services

[www.ormiston.org](http://www.ormiston.org) – a Norfolk wellbeing service for children experiencing emotional problems

[www.annafreud.org](http://www.annafreud.org) – has a selection of Child in Mind podcasts aimed at helping parents understand and manage child and family mental health problems

[www.sleeppeast.com](http://www.sleeppeast.com) – support for families with children experiencing sleep problems

[www.spurgeons.org/norwichconnect](http://www.spurgeons.org/norwichconnect) -

[www.leewaysupport.org](http://www.leewaysupport.org) – local organisations offering support for people suffering from domestic abuse

**Y6** used Oliver Jeffers book 'Here We Are' to discuss our feelings about the current situation and anxieties about returning to school. The favourite activity we did was to reflect on our favourite place in the whole world, we drew it and wrote about how it smelt and sounded. We then discussed how imagining ourselves in these places could help us control our emotions.

Year 6 have also enjoyed exploring how music impacts upon positive mental health. 6R have designed a feel good playlist including both children's and adults' favourite songs whereas 6W have been using a song a day to celebrate successes in class as well as using calming music in lessons to aid concentration and focus.

Everyone has been brilliant completing the wellbeing grid at home, from cooking a healthy meal together to inventing their own board game – it has been lovely to hear all the amazing activities that have been going on.

#### Things to do at home

- Teach each other 5 finger breathing
- Go on a scavenger hunt
- Share 3 good things each day
- Play some board games
- Share a favourite book
- Listen to your favourite music
- Create a dance
- Create a piece of art
- Give compliments
- Massage someone at home
- Teach your family yoga
- Have a good sleep
- Eat something delicious
- Talk about your feelings

5, 4, 3, 2, 1 what do you notice?

Think about 5 things you see, 4 things you feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste

