

Wellbeing For children

In our wellbeing assemblies on Fridays, with the help of the Wellbeing Superheroes, we have been learning strategies to help us to deal with uncomfortable feelings and negative thoughts. Knowing how to deal with these feelings can help children to learn to deal with them before they become difficult to manage and allows children to focus on their learning.

1. Breathing

Breathing exercises help us to stay in control. It is a powerful tool that we can use when we feel anxious or stressed or angry. We can take control by following this breathing technique.

Take time to sit back and concentrate on your breathing. Make yourself comfortable, close your eyes and take a deep breath in through your nose, slowly, counting to 5 as you do so. Slowly, exhale through your mouth in a steady controlled breath counting to 5. Imagine you are blowing a windmill as you blow out.

Repeat this action and you should feel your muscles relaxing and your body calming down.



2. Gratitude

Thinking about what we are grateful for can help us to channel the positive feelings and block out the negative thoughts making us feel happy.

Write down all the things that you are grateful for: family friends, toys, activities, day trips, holidays and so on. Place them in a jar and when you feel down, pick a piece of paper out of the jar and think about something that you are thankful for.

Try to look on the bright side of any situation by thinking about the things that you are grateful for.



3. Calming the mind

It is important to make sure that we calm down before making a quick decision.

When you are feeling anxious or angry and you feel like you might react, imagine that you have a snow globe. Shake it up so that the snowflakes swirl inside the jar before imagining all the flakes settling back down.

This will give you time to calm down so that you can approach the situation with a clearer mind.

4. Using the senses

Using the five senses to ground us when we have worries that make it hard to focus is a useful strategy. Redirecting our thoughts by thinking about safe and interesting things around us allows us to leave our worries behind.

Close your eyes and use the sense countdown: 5 things that you can hear, 4 things that you can see, 3 things that you can smell, 2 things that you can feel and 1 thing that you can taste.

5. Allow worries to float away

Anxiousness and apprehension about things in the past or things that might happen can lead to tummy aches and illness. If we have worries, we need to speak to someone who might be able to help; however, when we worry about things that we can't control, imagine blowing a big bubble, trapping the worries inside and let them float away.



6. Yoga

Yoga is an ancient form of exercise that can help us to relax and become more aware of our body and senses. There are many child-friendly videos available but simply sitting still and listening to quiet music or the sounds of nature while controlling our breathing can make us feel really calm.

7. Listening to music

What is your favourite music. Do you have music that you like to dance to? Is there music that you can study to? Do you have a favourite tune that makes you feel happy because it evokes powerful, happy memories? Music is a really powerful tool to help us change our mood.



8. Removing yourself from the situation

Creating a safe dome around yourself to reflect negative energy can give you time to relax and regain your thoughts and composure. Find a safety zone where you can be calm and take the time that you need to recover. If there is no space to go to, imagine a dome falling around you, protecting you.

9. Using your imagination

When things get tough, our instinct is to fight or flight. When we worry, we might lose our confidence and self-belief. By using your imagination and releasing the power of positivity, you can be anything that you want to be. Imagine yourself being braver than you have ever been before and become the most confident version of yourself.

10. Look to the Future

Turn your dreams into goals: it will motivate you and build your confidence. Think about what type of person you want to be and what makes you happy. Place a picture of your goals somewhere that you will see regularly and work towards the things that make you happy.



11. Letting go of negative thoughts

Overcome negativity by thinking about all the positive attributes that make you 'you'. Boost your own self-esteem (the way you see yourself) and be the very best version of you.

There are lots of ways that we can deflect the negative energy so that we can focus on what makes us happy: family, friends and fun!

