



Nurture Newsletter



Week 3

Hello!

I hope you are all happy and well.

This week, in the Neale house, everyone has been busy working at home and on Sunday I spent time making homemade birthday cards, which I really enjoyed. We have had a lovely calm week and it has made me think how it is important sometimes to stop, breath and think about our surroundings. Therefore in this week's newsletter I have focused on being mindful. Mindfulness includes recognising how you are feeling and making changes if you are feeling stressed or angry.

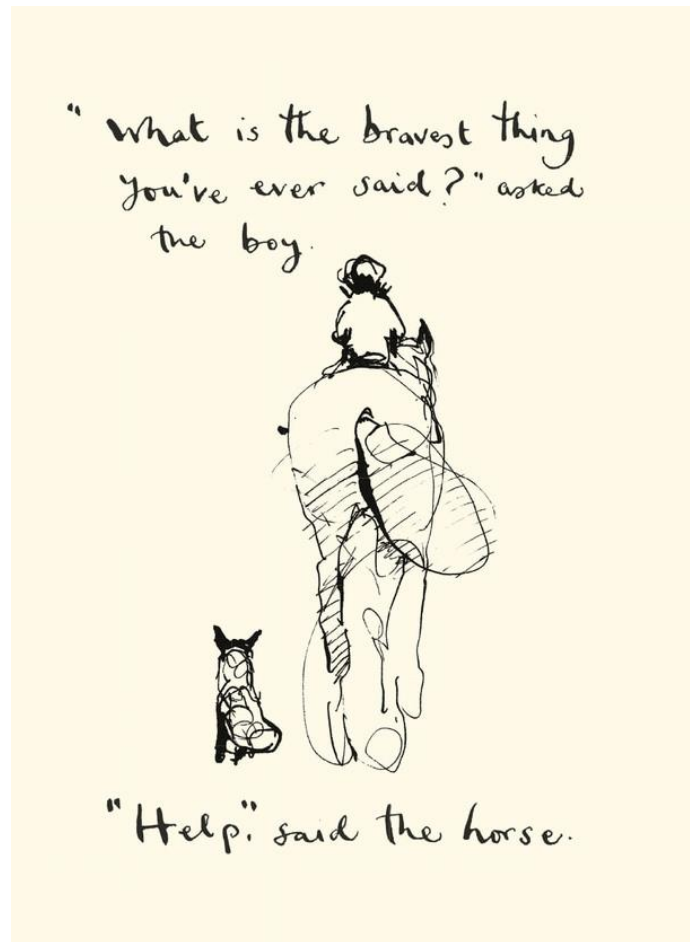
Hope you find the activities useful.

Looking forward to hearing you

Take care.

Love Mrs Neale

(One of my homemade cards).



Grownups: You may find some useful info on sites below:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

<https://www.annafreud.org/coronavirus/>

Tip 1. Breathing...

If you are feeling tense or angry your breathing will be shallow and your breaths will be short. Slowing your breathing down and breathing more deeply will make you feel calmer and happier. Breathing slowly and deeply will also help with your concentration.

Fun fact

Your left lung is slightly smaller than your right lung, leaving some extra space for your heart. Your lungs are so big that if you opened them flat, they could cover an entire tennis court!

Brain Break Breathing

Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



Tip 2 Mindful Activities.

Sometimes if you have nothing to do your brain starts to focus on unhelpful thoughts and you begin to feel anxious. If this starts to happen it is important to distract yourself with an activity that holds your whole attention. You can find activities inside or outside your house or pick up a book and lose yourself in a story for a while.

Challenge:

Have a go at these activities. You will only need a piece of paper and a pencil. Look online for a mindful colouring sheet there are lots of really great pictures...some are really tricky!

Write or draw the perfect menu - starter, main and dessert.

A colorful activity card with a purple border. The background features a rainbow, a sun, a castle, a dragon, and a unicorn. The text is written in a white speech bubble.

Can you think of a name for each letter of the alphabet?
For example, Ava, Ben, Charlie...

A colorful activity card with a purple border. The background features a rainbow, a sun, a castle, a dragon, and a unicorn. The text is written in a white speech bubble.

Find each digit from 0-9 somewhere in your house or garden.

0 1 2 3 4 5 6 7 8 9

A colorful activity card with a purple border. The background features a rainbow, a sun, a castle, a dragon, and a unicorn. The text is written in a white speech bubble. Below the text is a row of the digits 0 through 9.



Relax

This means you let your muscles in your body relax and you let your mind relax too. Sometimes if you work on relaxing your mind it helps to relax your muscles. Sometimes if you work on relaxing your muscles it helps to relax your mind.

Tips

- Read a book - when you escape into a good book it can feel very relaxing.
- Watch a movie - like reading a book it can feel relaxing to watch something you enjoy.
- Take a walk or do some exercise (You will feel more relaxed afterwards)
- Focus on your breathing - slow it down, try **7/11** breathing which means breathe in for the count of **7** and out for the count of **11**
- Be creative and try drawing, painting or mindful colouring.
- Spend time watching nature. It might be through your window at the moment or if you have a garden or yard you could sit quietly and just watch. You could use a camera to take photos.
- Listening to music can be very relaxing.
- Draw your happy place and imagine it when you are feeling tense.
- Flop on a beanbag, cushion or on your bed .
- Try a mindful walk - what can you see, hear, feel, taste or smell?

How do you like to relax? Perhaps you could make your own list on the next page...



I can relax by...

1

2

3

4



Thinking about you
SENDING
A virtual hug



SENT!

www.elsa-support.co.uk