



Nurture Newsletter



Week 5

Hello!

I hope you are all happy and well.

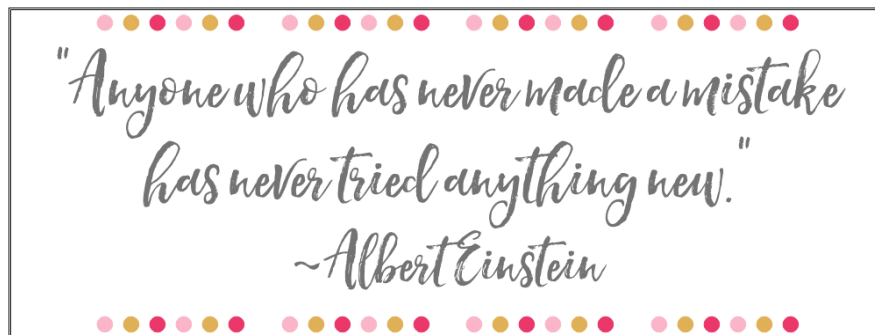
This week, in the Neale house, we are all fine and we are finding lots of ways to keep cheerful.

On a recent sunny day Molly and I sat in the garden with our feet in a bucket of water, eating ice lollies and listening to a seagull and wave soundtrack. It may sound silly but when I closed my eyes I actually felt like I was sat on the beach!

This week, as promised, I have written the newsletter about resilience and mistakes. I hope you find it useful.

Have a lovely week. See if you can escape somewhere in your imagination, talk to your family about fun holidays that you have enjoyed, maybe look at some old photos. As always looking forward to hearing you.

Take care. Love Mrs Neale



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

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Tip 1. Don't give up...

We all make mistakes and find things difficult from time to time and this is normal, although it's sometimes difficult to accept. Making mistakes helps your brain develop new pathways and causes better brain growth! Being resilient is about having the ability and skills to deal with disappointment and try again. It means that you understand yourself and you know what to think and believe in order to become more resilient. It can be difficult to be resilient especially if you find making mistakes hard or you are living in an unusual situation, as we are at the moment. Try not to give up...but if you find you are struggling with a task, take a short break and do something else for a while. The task often feels much easier when you go back to it.

Fun fact

These amazing items were all invented by mistake:

- Fireworks
- Crisps
- Plastic
- Microwave
- Pacemaker
- Velcro
- Penicillin
- Play-Doh
- Corn Flakes
- Super Glue
- X-Ray images



© Hugg and Hugs

Tip 2. Turn your mistakes into something beautiful.

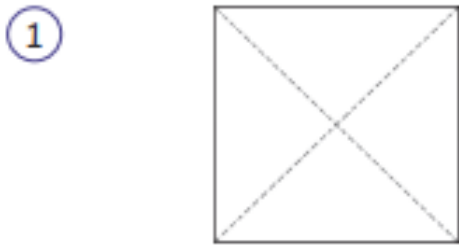
You all had a go at this during our last Wellybeing day. See what you can create using the imagination workout, or have a go at some of your own. At school we used tea stains, screwed up pieces of paper and my amazing horse drawing!

IMAGINATION WORKOUT <small>INSTRUCTIONS: Use your imagination to create a picture out of the shapes and abstract lines in each of the squares.</small>			

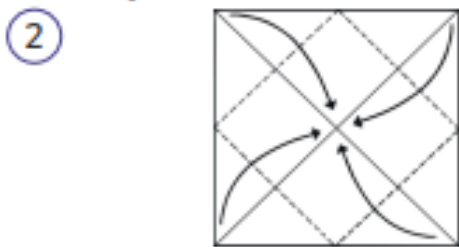
Can you create the 'resilience fortune teller' below by following the instructions?

This is a chance to think about how resilient you are and how you might be able to feel even more.

Instructions



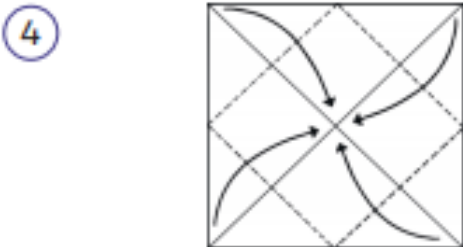
With pictures face down, fold on both diagonal lines. Unfold.



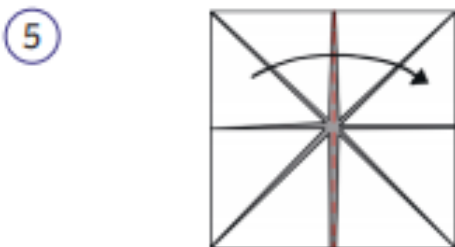
Fold all four corners to the centre.



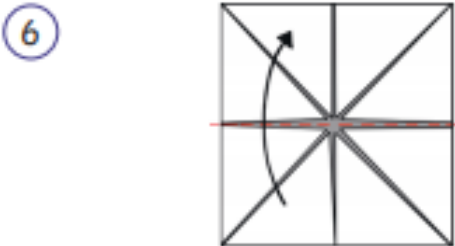
Turn paper over.



Once again, fold all corners to the centre.

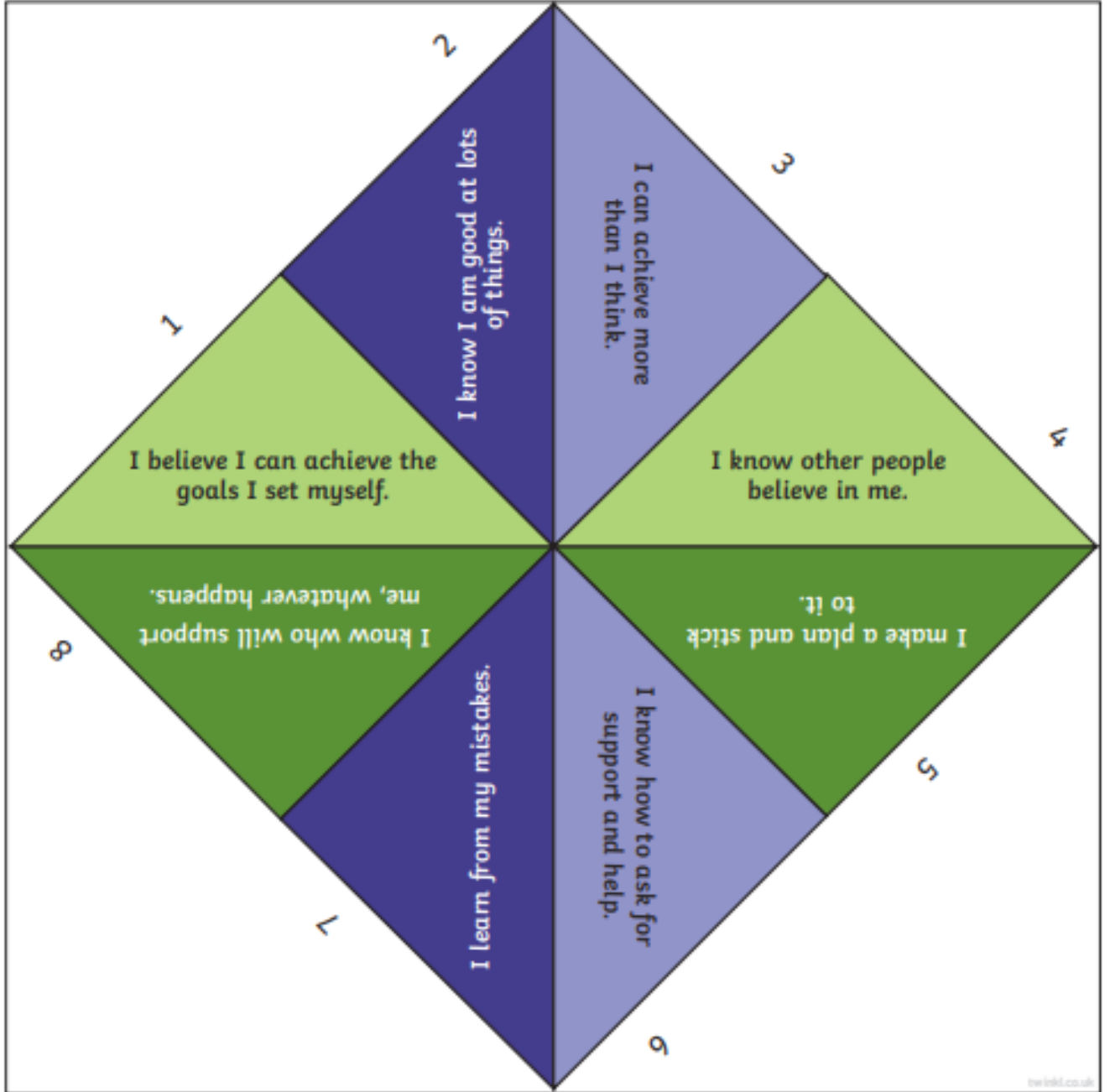


Fold paper in half and unfold.

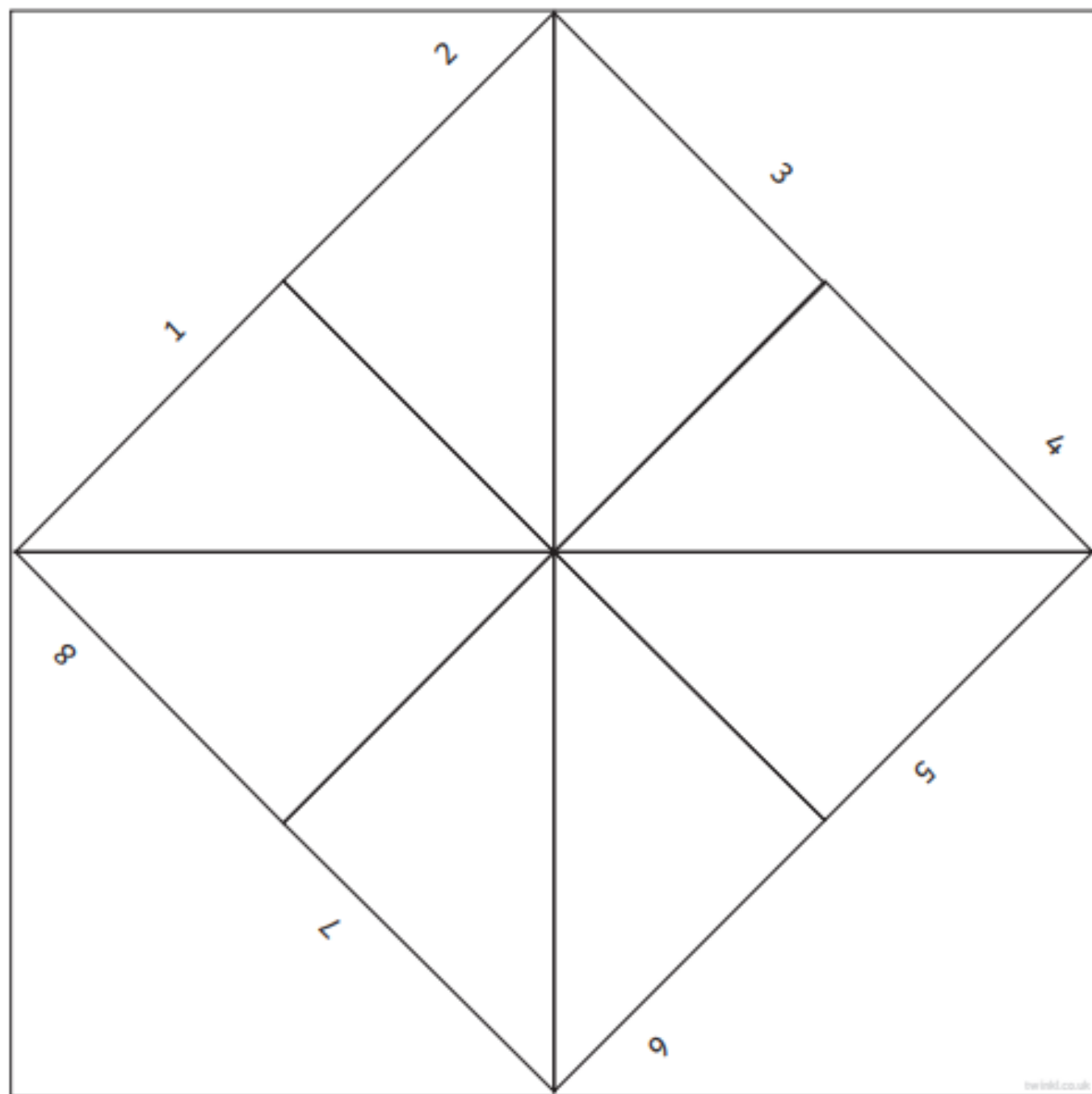


Fold in half from top to bottom. Do not unfold.

Slide thumbs and forefingers under the squares and move the fortune teller back and forth to play.



Once you have talked about resilience, try creating your own fortune teller. Include your ideas about how you can become more resilient and what you need to achieve it.



"Is it the moon?" asked
the boy



"It's a tea cup stain..."
said the mole, "and
where there's tea there's cake"

Thinking about you
SENDING
A virtual hug

LOADING



SENT!

www.elsa-support.co.uk