

# Nurture Newsletter



I hope you are all happy and well.

It is the last week of term after a very unusual few months and I know that the Crossdale team have been extremely proud of the way you have adapted to the changes and the way you have all come back into school so positively and sensibly.

We all have times when we feel a bit

'wobbly' about ourselves and not very

confident in our abilities and this is very normal.

When you feel like this you sometimes need help to

remind yourself how brilliant you are.

Have a look at the activities I have put in this letter

for some ideas to do this.

Remember to tell friends and family you why you think they're amazing too!

Have a wonderful holiday and I look forward to seeing you all in September.

Take care. Love Mrs Neale

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

The ELSA website and Plant Love Grow have many pages of useful free, printable resources that you can use to work through different emotions with you child during the holidays. https://www.elsa-support.co.uk/category/free-resources/

http://www.plantlovegrow.com/index.html

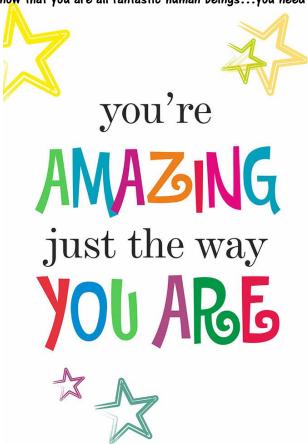
https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/

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### <u> Tip 1: Self Esteem.</u>

If you have good self-esteem it means you, mostly, feel good about yourself. Children with self-esteem feel proud of what they can do, see the good things about themselves and believe in themselves, even when they don't do well at first. It is important to give your self esteem a boost from time to time, even your friends who seem extremely confident will sometimes struggle with their self esteem.

We know that you are all fantastic human beings...you need to believe it too!



## Tip 2. How to increase your self esteem.

What you can do:

We can make a difference to how we feel about ourselves by making a choice to aim for high self-esteem.

You know how we all have that 'chatter' going on inside our minds all the time? Well, have a good listen to it and see how much of it is positive (the good stuff) and how much is negative (the bad stuff).

Think about how you feel about yourself.

Try recording your thoughts on a phone or computer and then play it back, or draw 2 boxes on a piece of paper.

Make a tick for every positive thought and a cross for any negative thought.

Be honest with yourself.

### Challenge:

Now have a think about the ways you can promote your self esteem (things that you can do to feel better about yourself. Write a list of ways you can promote your self esteem.

### What high self-esteem looks like:

- · being happy
- feeling that you're OK as a person
- · believing in yourself
- looking forward to a good future
- · enjoying the world around you
- · feeling energetic and hopeful
- feeling confident that you have the power to change things in your life
- joining in with others
- being happy with each success, no matter how small
- looking for ways to succeed
- encouraging others
- respecting others' differences and your own
- accepting that you will make mistakes and you can learn from them.





Show RESPECT towards others and yourself.



Use good posture. Stand tall as you are.

Treat yourself with kindness & compassion, even & especially when life gets hard.





Remember That NO ONE

DON'T COMPARE yourself to what you see in the media.



Focus on the things you have control over & can change.



who treat you how you want to be treated.



Create, Build. Cook Bake, Garden, Do art.



Learn &

Do more of what

helps you feel

good about

yourself

Look in the MITTOT & tell yourself, "I love you."



DON't compare yourself with others You are unique!

BE YOUR OWN

**BEST FRIEND** 



Make choices that stay true to what you value.

.duoh! Play Have fun! Get allay

practice healthy ways to cope with Stress.

Say positive affirmations. Ways to Build

SeLF-ESteeM

for kids



Get to work on the chores & other responsibilities you have been putting off.



ON THE BE OPTIMISTIC

GROWIT

Forgive OTHERS. Forgive YOURSELF.



Take slow. mindful breaths.



Practice daily hygiene.



Eat healthy food.

Say "no" to things you are uncomfortable with.



ASK FOR HELP & SUPPORT

Resolve conflict peacefully & use I-Statements.





Get enough sleep.

Remind yourself that your bravery is stronger than your fear.





TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST





Be responsible for your choices at school & at home.



COMPLETE YOUR SCHOOL ASSIGNMENTS



DRINK PLENTY OF WATER

acts of kindness.



need €

hope for.



Start a new hobby or sport. Join a club at school.

HELP OTHERS







Limit how much time you spend in front of screens.





# Roll a positive question

Print the grid either A4 or A3 if you can.

All you need are 2 dice to play this game.

Roll the first dice to get the horizontal row and roll the second dice for the vertical column.

Find the question and then ask it.

This is suitable for ALL, even adults. Play it in the evening after you have had dinner.



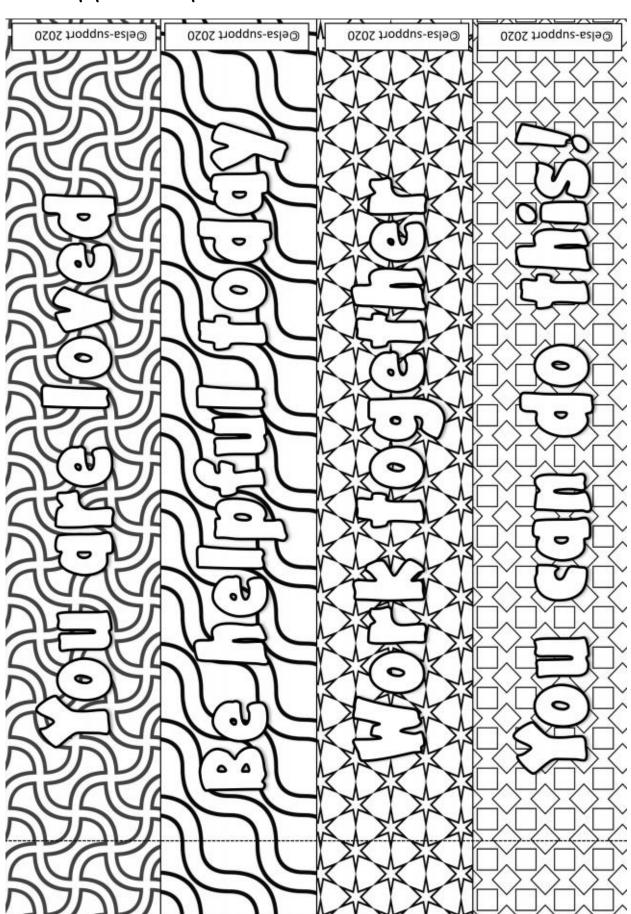


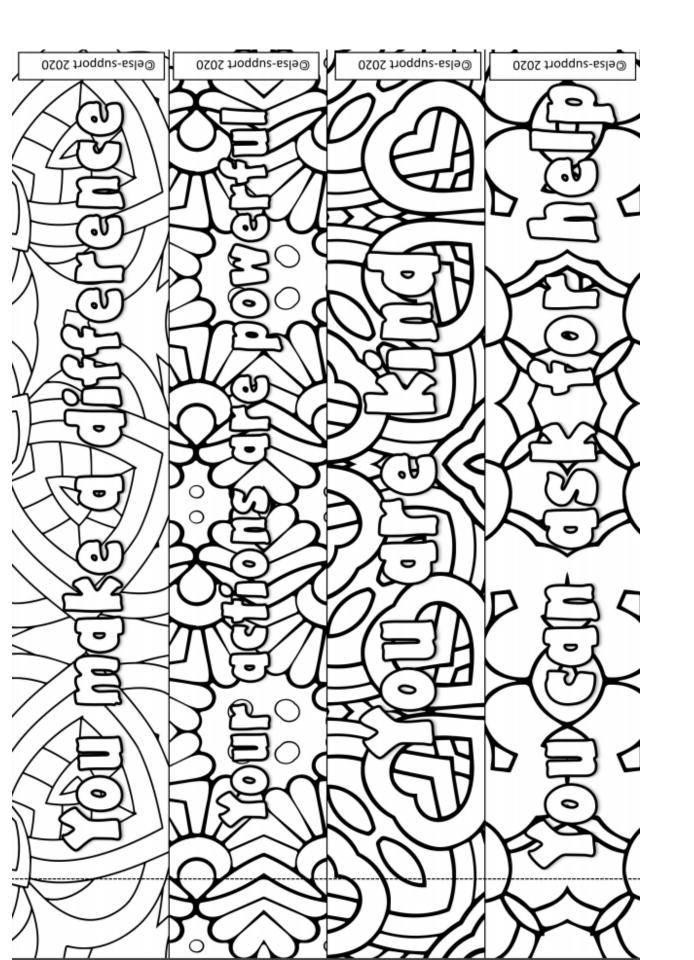


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9	What is your favourite smell?	The best book you have ever read!	A time when someone helped you	A time when you felt brave	Something new you want to try to do	An adventure you would like to go on
<b>N</b>	5 things you like about you!	A favourite holiday or day out	A time when you helped someone	The best game you have played	A time when you were confident	Who is your hero? ©Elsq-Support 2020
•	A place where you feel happy	What would your perfect day look like?	The kindest thing done for you	One thing you are really good at	One word that describes you best	The best compliment you have received
M	The funniest memory you have	Something difficult you managed to do	The kindest thing you have done	The best dream you ever had	A time when you were friendly	Who can you compliment today?
2	Something you are grateful for	Your proudest moment	A superpower you wish you had	Your biggest wish	A time when you were thoughtful	The best meal you have ever had
	A time when you felt happy	Your closest friend's name is	Who makes you feel safe?	A time when you felt excited	Something that relaxes you	A goal you have for today
elsh Support		<b>Z</b>	M	•		•

# Positive paperchains to print off and colour...





So you know all of ne?"
asked the body
Yes" said The horse. Still