



Issue 3 | Autumn Term, 2023

# BROAD SQUARE PRIMARY

## MENTAL HEALTH AND WELLBEING

### NEWSLETTER

These newsletters will be issued every term, helping you to keep up to date with top tips on how you and your family can lead a happy, healthy, lifestyle.



#### Conversation Starters

Talking to your child about how they're feeling can be tough, especially if you're concerned that they're having a hard time. You might not know what to say, or feel worried about how your child will react.

It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you to talk about feelings and provide comfort. Whilst the activity is underway, what's the best way to encourage your child to open up? Have a look at these conversation starters below.

Here are some things you could ask to get the conversation started:

- What was the best bit of your day?
- What was the most challenging bit of your day?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?

If your child is having a hard time, you can try to find out how they like to be supported, by asking gentle questions like:

- How can I support you through this?
- Do you want to talk about what is going on?
- Is there anything you need from me? Space, time to talk, time to do something fun?
- What has the biggest problem you had today? What helped?



#### Equality and Diversity Book Recommendation

The aim of this story is to ensure all children understand that children with disability are just like kids everywhere. They love playing games, books, making stuff and being silly. They have things they are good at and things they need to work on. And just like kids everywhere they want to feel safe, loved and included. This book provides the reader with ways they can be more inclusive in their play and encourages the celebration of diversity in all its unique and wonderful forms. Children will come away with a growing understanding that people everywhere have differing abilities, and this only makes the world a more colourful, exciting, diverse and amazing place.



#### Yoga

One of my personal favourites to help me start my day with a positive mindset is Yoga. I would highly recommend giving this a go with your children or even just by yourself. 5-10 minutes is all you need to feel the amazing benefits. Check out the recommendations below and let me know how you get on!

- <https://www.youtube.com/user/cosmickidsyoga>
- <https://www.youtube.com/@yogawithadriene>
- <https://www.youtube.com/@YogaWithBird>

