



Issue 4 | Spring Term, 2024

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.



Is your child managing their emotions?

From the time our children are born, they're trying to communicate how they're feeling. It starts with the basics—feeling hungry, tired, wet, or cold—but as our babies grow into children, they begin to experience emotions they don't yet have the words to articulate. These feelings can come out in tears, temper tantrums, clinginess, or acting out. Throw in a disruption to routine or an unexpected hurdle and we might see the emotions in our children magnified. We can help them by acknowledging their feelings, helping them notice changes in their body when they feel a certain way, like clenched fists or a racing heart, and naming what we think they're feeling.

Zones of Regulation can help! Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organises our feelings, states of alertness, and energy levels into four coloured Zones. Self-regulation is best described as the best state of alertness for a situation. For example, when you take part in a sports game, you would need to have a higher state of alertness than working in a library for example. Below are the zones and the emotions your child may feel in each one. Ideally, we would like to be in the green zone but we may move from one to another.

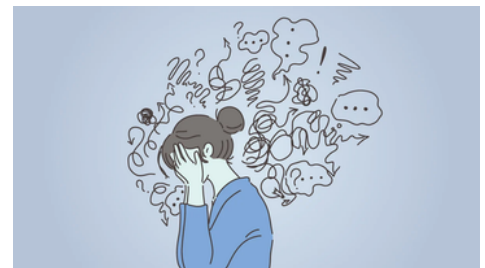
ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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Think About It

Sometimes you might worry about things. They might be big things or small things. It can make you feel anxious and scared. Next time you are worried, question your thoughts. Write down what you think **WILL** happen. Then step back and think about whether this is true. What **MIGHT** actually happen, write that down. Then come back later and write down what actually happened. Quite often our worries are just that— thoughts that don't come true. Try out this activity and then read your answers from time to time to reassure yourself.



Positive Thinking

Good news! Did you know that science suggests that positive thinking is a learnable skill? Exercise Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love.

