

Loseley Fields Wellbeing Newsletter

Issue 4

Children's Mental Health Week



The theme for this year's Children's Mental Health week is **Express Yourself!**

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It is important to remember that being able to express yourself is not about being the best at something or putting on a performance. It is about finding a way to show who you are, how you see the world that can help you feel good about yourself.

Given the past year, supporting children to express themselves is more important than ever.

Here are a few ways you can encourage your child to express themselves:

- Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their interests and praising their efforts.
- Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by. Could you try something new together? Or ask someone you know to share their creative hobbies and give them a go.
- Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
- Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
- Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
- Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

If you are worried about your child's mental health please talk to your GP or contact someone at Loseley Fields e.g. SENCO or HSLW.

Squiggles!

Watch this video from Place2Be:

<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

Email your squiggles to info@loseleyfields.surrey.sch.uk. I will share them in next week's newsletter.



Here is one I did earlier!

Link to watch last week's 'Virtual Tea Party' will be on the school website under 'Parents – Health and Wellbeing'