



# School •

# WELLBEING

## • Newsletter

This term, our wellbeing focus is **encouraging emotional self-awareness.**

### Why is it important?

Developing awareness of our emotions is essential for resilience, problem solving as well as connection with others and healthy relationships. Supporting our teens in naming their emotions can start the conversations about where those feelings come from as well as supporting in developing healthy strategies for working through life's ups and downs. It can also support in effective communication skills.

### Tips for supporting emotional self-awareness

- **Connecting children to their emotions** —check in conversations and curious conversations about particular emotions and responses to them.
- **Active listening** – developing and encouraging children’s active listening skills to support them in understanding others emotions.
- **Reflection** - encourage conversation and review of difficult emotions and how they were/could be dealt with in the future.
- **Practice mindfulness** - apps such as Headspace and Calm.



### At Home Film Night:

Inside Out

Inside Out 2

Place2Be:

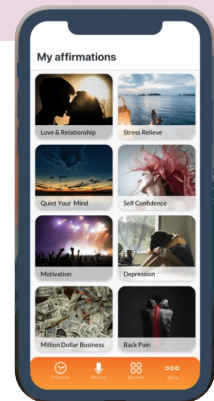
[Schools - Children's Mental Health Week](#)

### USEFUL APPS FOR YOUNG PEOPLE:

**Finch** (Wellbeing Activity Tracker)

**How We Feel** (Mood Tracker)

**Quabble** (Wellbeing Activity Tracker)



## SIGNPOSTING

**Kooth:** [Home - Kooth](#)

**Place2B:** [Improving children’s and young peoples mental health – Place2Be](#)

**YoungMinds:** [YoungMinds | Mental Health Charity](#)

### Emotional Wellbeing Activities:

- Goal Setting
- Mindful colouring/drawing to express feelings
- Spend time with family and friends
- Thought Experiments focusing on emotions

