

Wellbeing Newsletter

February 2025

We start this month with Children's Mental Health Week, when we will be teaching the children self-regulation strategies.



Use the QR code to access the Hampshire Back to Basics advice leaflet focusing on 5 ways of wellbeing: **Connect**, **Be Active**, **Keep Learning**, **Give** and **Take Notice**.



TIPS FOR FAMILIES

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

① Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

② Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

③ Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

④ Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

⑤ Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



More information:

<https://www.childrensmentalhealthweek.org.uk/families/>

<https://www.youngminds.org.uk/>

For more information, please see our school website:
<https://www.lockerleyprimary.co.uk/family-support-team/>



3rd - 7th Children's Mental Health Week

6th - Time to Talk Day

11th - Safer Internet Day

17th - Random Acts of Kindness Day

Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

FRIDAY



7 Show an active interest by asking questions when talking to others

SATURDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

SUNDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise



24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together