

Healthy bodies, Healthy Friendships, Healthy minds

Well-being at the Horsell Village School



Autumn 2022



Kindness to yourself, kindness to others, kindness to the world

Healthy bodies, Healthy Friendships, Healthy minds

Our Aims for Well-being and Mental Health

Healthy Bodies, Healthy Friendships, Healthy Minds

Here at The Horsell Village School we are committed in supporting our children in developing healthy bodies, healthy relationships and healthy minds. We want our children to be able to know and value themselves and their feelings, understand how they relate to each other and help them to develop an emotional toolkit for life so that they become thriving, successful and resilient learners.



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To support our children's mental health and wellbeing we:



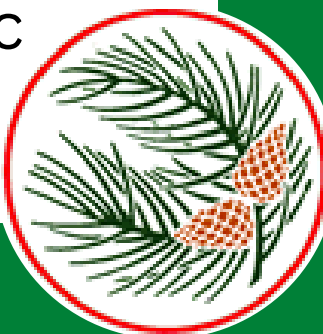
- use Jigsaw, the mindful approach to PSHE which is a spiral and progressive approach to PSHE. This approach brings together Personal, Social, Health Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. It is a whole school approach and is delivered through assemblies and through in-class teaching



- have a school lead in Mental Health & Wellbeing and a Mental Health & Wellbeing Governor.



- ELSA (Emotional Literacy Support Assistant) and Nurture groups for children who need this support – our ELSA has been trained by our Educational Psychologist Service. The ELSA provides bespoke packages of support for individuals and groups of children on themes such as: social skills, emotions, bereavement, social and therapeutic stories, anger management and self-esteem.



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To support our children's mental health and wellbeing we:

Good to
be me!

- deliver 'Good to be Me' wellbeing afternoons every Friday focusing on emotional vocabulary and recognition, mindfulness techniques and art activities to allow pupil dialogue.



- have Forest School where children can learn through connecting with nature.



- have Reading and Regulation stations – calm spaces in classrooms which children can visit if they feel they need time to deal with an emotion.

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Your paragraph text



What is emotional regulation?

The ability to do what needs to be done to be in the optimal state for the given situation.

This includes regulating ones sensory needs, emotions, and impulses to meet the demands of the environment, reach ones goals, and behavior in a social appropriate way.



Kindness to yourself

Kindness to others

Kindness to the World



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Colour monsters



The series of books linked to the colour monsters provides a starting point to discuss and develop language associated with different emotions



primarily
Anger
Happiness
Calm
Fear
Sadness
Love



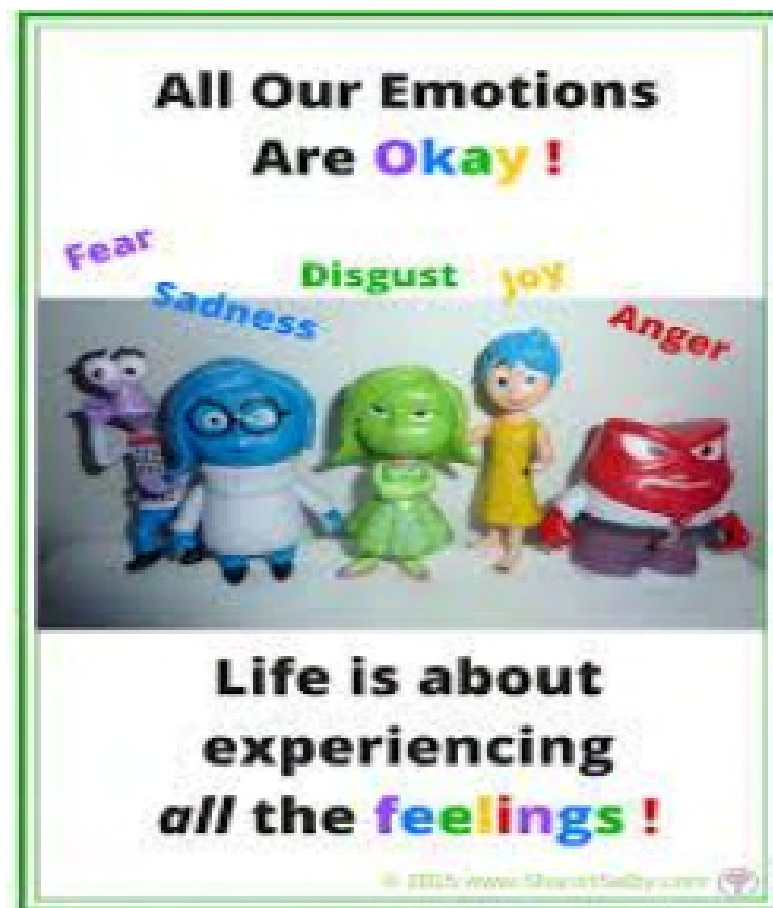
It improves their ability to recognise and communicate how they are feeling in a safe, non-judgmental way, allows children to tap into strategies or tools to help them move between the emotional states (these are sometimes referred to as zones of regulation)

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What is Emotion Coaching?

- Emotion Coaching is a communication tool that uses moments of emotion to guide and teach a child or young person about more effective responses.
- Accepts all emotions as normal and healthy (but not all behaviours), and considers what the feelings, needs and emotions are behind the behaviour.
- It enables us to potentially diffuse and de-escalate situations by activating changes in the child's neurological system and allowing the child to calm down, physiologically and psychologically.
- Emotion Coaching helps children to feel seen, appreciated and cared for.
- Whilst the research is grounded in parenting, the principles hold true for any interaction (it can be used with your partner, friend, colleague etc)





- 1. Become aware of emotion.** Especially if it is low intensity (such as disappointment or frustration).
- 2. Connect.** View their emotions as opportunities for connection and teaching.
- 3. Accept.** Listen and accept their emotions: avoid judgement.
- 4. Reflect.** Help them use words to describe what they feel.
- 5. End stage.** If appropriate, help them to problem solve. You may also communicate that all wishes and feelings are acceptable, but some behaviours are not.

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Are you okay?

Wow, that sounds really hard.

I wonder if you're feeling...?

Are you saying that...?

What would be helpful right now?

It's okay to feel... but it's not okay to...

1. **Become aware of emotion**
2. **Connect and start a conversation**
3. **Accept: communicate understanding and it's okay to feel that way.**
4. **Reflect: Use words to describe feelings**
5. **End stage: Help them to solve problems or suggest 'Helpful behaviours'**

You seem a bit *down* today?

I've noticed...

It's okay to feel...

I would feel... if that happened to me.

I think we should go and talk to...

When I feel... I like to...

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Emotion coaching

- Uses **empathy** to connect
- All emotions are **okay and healthy** (but not all behaviours)
- Remains **calm** and helps the child solve the problem
- Are **aware** of his/her own emotions

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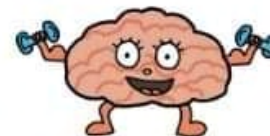


Drawing and Talking

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Sends a message to your brain that everything will be okay ...and, that you can get through hard things



Helps you to solve problems and find solutions



Decreases tension, stress, and anxiety

Grows the thoughtful pre-frontal cortex part of your brain



Helps you to feel more calm and capable



why **MINDFUL BREATHING**

is your **SUPERPOWER**



Improves your immune response, keeping you stronger and healthier

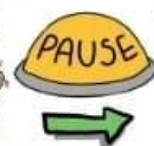


Clears up foggy thinking and improves memory, attention, focus and concentration



Decreases blood pressure and slows down your heart rate

Improves self-control



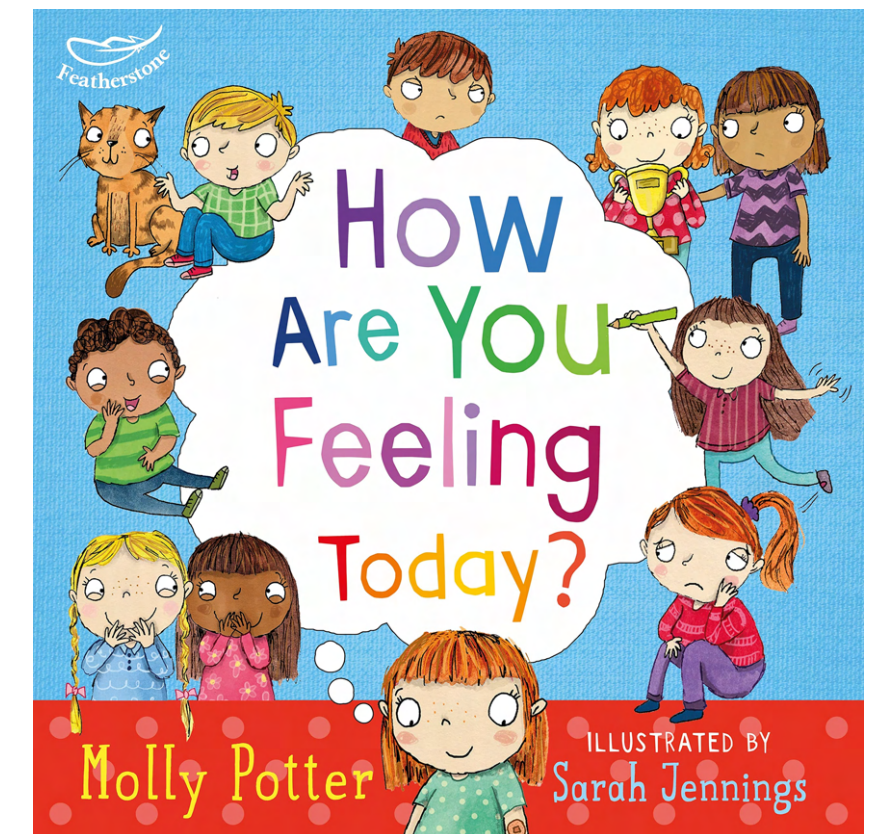
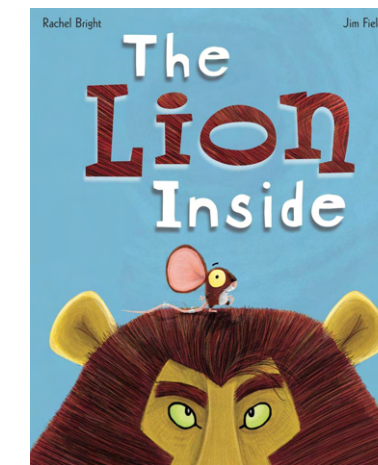
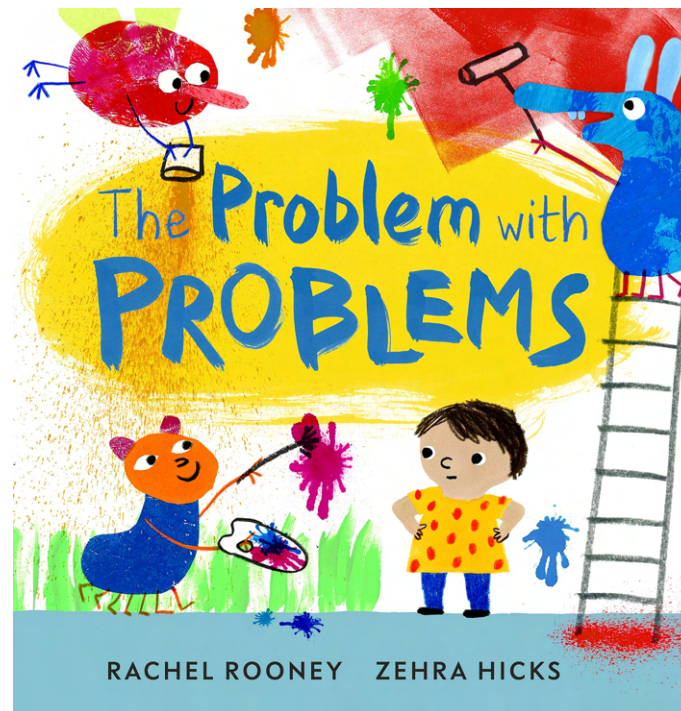
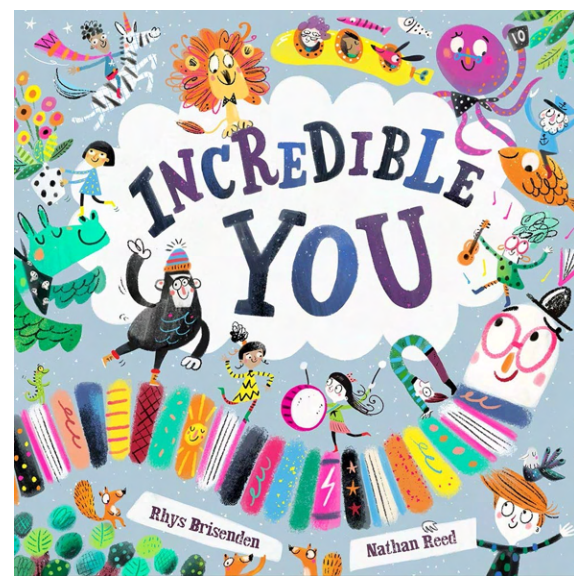
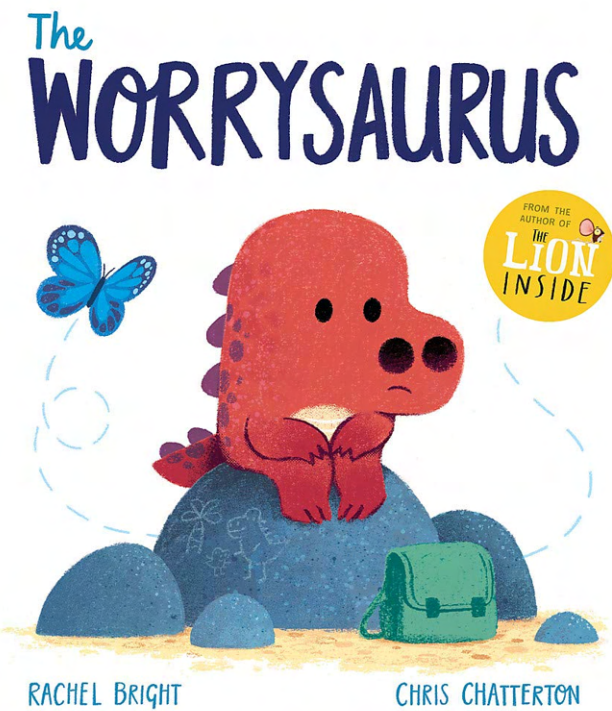
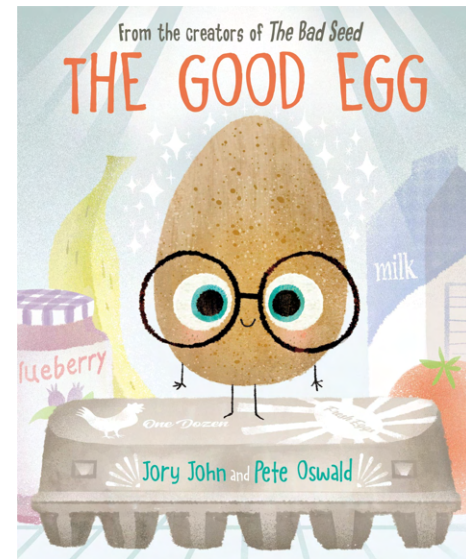
Acts like a "Pause" or "Reset" button, moving you out of a Fight-Flight-Freeze state into a Relaxed & Responsive state



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The power of a story



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Any Questions?

Thanks for coming!



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