

11th May 2020 - 7



Hi Everyone,

Did everybody enjoy their VE Day Bank Holiday? What did you do? Did you decorate your house with flags? I know that some of you were going to have a social distance street party, did you have fun? I would love to see your photos if you have any. On my daily walks, I have seen lots of Union Jack Flags and VE Day bunting. I had a lovely day sitting in the sun with afternoon tea swinging on my chair.



If you need to contact me, please email me or call the school number and I will get back to you or contact Miss Vousden via mrjsclosure@millrythe-jun.hants.sch.uk

My apologies, I skipped ahead a week last week and thought it was week eight. It was in fact week 7 so here is week 8 of the Thrive Approach timetable. I have also included a few extra activities if you run out of ideas and this week's breathing pose with a colouring sheet.

Be Safe, Take Care and Be Kind to yourselves.

Sarah Hodgson
Thrive Lead

Calm

Lie down comfortably on your back with your arms and legs stretched out.

Be still for a moment, taking in a few deep breaths.

Close your eyes and think about melting into the ground.

Let go of any thoughts from your day. Breathe and relax.

Now, following my voice, you're going to bring your attention to different parts of your body.

For example, when I say "feet," you're going to bring your attention to your feet and simply relax them.

Don't worry about getting it right. Just listen to my voice.

Let's begin. First, bring your attention to your feet. Relax your feet. Then, bring your attention to your lower legs. Relax your lower legs. Next, your knees. Your upper legs. Your belly. And your chest.

Next, think about your hands. Relax your hands. Then your elbows. Then your arms. Then your shoulders.

Now, think about your face. Relax your face. Then your chin. Your mouth. Your nose. Your eyes. And your head.

Think about the different parts of your body. Does any part of it need a little extra love today?

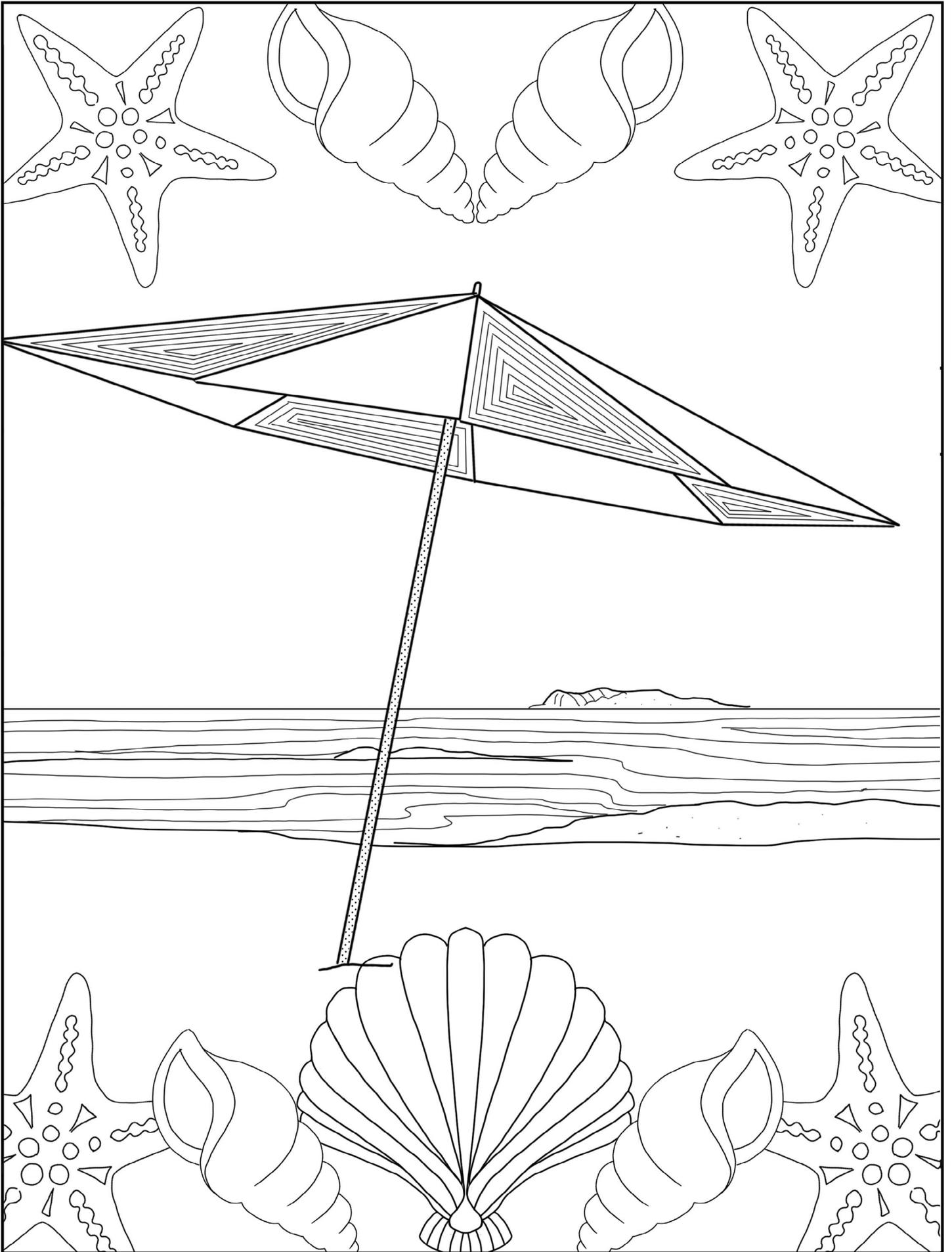
Take in a few deep breaths. As you inhale, think, "I am strong." As you exhale, think, "I am calm."

Continue like that for a few deep breaths, alternating between thoughts of "I am strong," and "I am calm."

Know that you are safe and cared for. Breathe and relax. Let it go.

When you are ready, open your eyes.





Thrive activities useful for parents of children up to 7 years old – week eight

Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult. We can use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	<p>Guess who Can you and your child name all 25 of these book characters in just 6 minutes?</p>
Tuesday	<p>Design your own school What would it look like and why? You can then build it out of cardboard boxes, empty household resources, construction toys like Lego, virtually on a laptop or draw it.</p>
Wednesday	<p>Park explorer Go for a walk outside (maybe to the park) and play eye-spy. You could even take turns and do every letter of the alphabet for a real challenge.</p>
Thursday	<p>Sort it out! Make a sorting game out of some things that you have at home. It could be some objects that you sort by colour and then by size. Or you could sort things by a category such as fruit or vegetable, rough or smooth, hard or soft.</p>
Friday	<p>Speed bumps Create an obstacle course together. Decide together if you have to go under, over, around or along something. See who can complete it the quickest! How could you make it easier or harder?</p>
Saturday	<p>Games day Discuss your favourite game and why you like it. Maybe it's one of these Jenga, Jigsaws, Connect 4, Guess Who, Twister, Checkers, Battleships!</p>
Sunday	<p>Make a musical instrument Play your own mini banjo! All you really need is some elastic bands (or ideally loom bands), a lollipop stick and a jar lid.</p>

Top Tips:

- ✓ When you feel wobbly, doing some sorting or tidying can help you feel calmer.
- ✓ Understanding and following rules are big skills for young children – playing games helps them to get better at this.
- ✓ It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a cuppa.
- ✓ Remember – it's ok to say no. Learning about boundaries is an important life skill.

Emotion Stones

help encourage your child to talk about their feelings

All you need: felt tip pens, stones and a list of emotions.

Draw the emotion on the front.



Try thinking of other emotions.

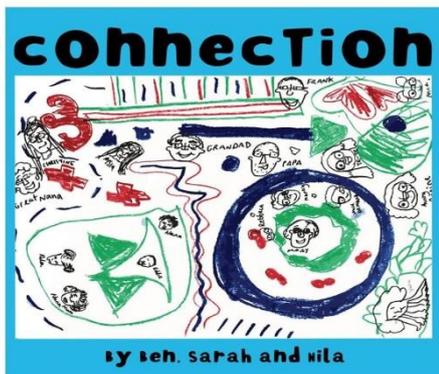


Write the emotion on the back.



Have fun ... and be happy!

Making Connections Game



THIS IS A DRAWING GAME FOR YOU TO TRY.

YOU CAN PLAY IT WITH OTHERS.

OR YOU CAN PLAY IT ON YOUR OWN.

YOU WILL NEED:

- PAPER- ANY SIZE**
- COLOURING PENS, PENCILS OR CRAYONS**
- A PEN OR PENCIL**

THAT'S IT!

1. CHOOSE ONE COLOUR EACH.

(IF YOU ARE PLAYING THIS ON YOUR OWN THEN CHOOSE 2 COLOURS)

2. TAKE IT IN TURNS TO MAKE LINES, SHAPES AND MARKS UNTIL MOST OF THE PAPER IS COVERED. LEAVE SOME SPACES.

(IF YOU ARE PLAYING ON YOUR OWN, ALTERNATE THE COLOURS)

3. WRITE THE NAMES OF OR DRAW THE PEOPLE WHO ARE IMPORTANT TO YOU IN THE SPACES YOU HAVE LEFT.

Move to the Beat

Home Physical Education

Can you try quicker and slower music? Which is harder?

How to play:

- On the spot can you start by clapping in time to the music?
- Keep clapping but can you now move your feet in time to the music by marching on the spot?
- Now can you start to walk around the space by clapping and walking in time to the music?
- Challenge yourself to add new movements like heel flicks, side steps, knees up, spins, turns. Can you do these in time to the music?



Can you keep trying to improve your performance?

Top Tips

Listen for a beat

When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.

Let's Reflect

What different movement ideas did you come up with?

Could you concentrate and move in time to the beat?



Letters

Hampshire CAMHS are looking to compile a book of letters written by young people about their experiences during the Coronavirus lockdown. We would be interested in contributions from any young person that wants to share their experience with us. It may be a letter to your older self, a loved one or maybe an open letter about something you want to say.

There is the potential for considering publishing a limited number of copies, the sale of which could generate monies for youth work in Hampshire.

If you would like to send a contribution please email it to spnt.hantscamhsinnovation@nhs.net Please title the message "Covid letters FAO Helen Dove" Please ensure you include your name, age and contact details.

We may not be able to include all submissions, and we may ask for you or a parent to submit consent to share form.

STRUCTURE & ROUTINE

When things are uncertain, this leads to anxiety. Young people with Speech, Language & Communication in particular require a more concrete and predictable world to feel secure. You can decrease the uncertainty and increase the feeling of security by creating structure and routine for them.



BUILD STRUCTURE INTO DAILY ROUTINE

You want your daily routine to be as structured and predictable as possible. This reduces anxiety. Regular routines that are already in place such as bed times should be continued.



USE A VISUAL SCHEDULE

Try to use visual schedules so they can see what's coming up next. These plot a route through the day for them, creating predictability.



KEEP ROUTINE HABITS THE SAME

Keep your familiar routines consistent between days. For example, going for a walk at the same time each day, or following the same route on the walk.



MANAGE TRANSITIONS

Switching from one activity to the next can be challenging. Make it easier by giving reminders that things are coming to an end and others are beginning. You can use a Now/Next board, or a timer to help prepare for the change.




WILD 'TIME Week 3

Can you stay wild while staying home? **CHALLENGE**

For the garden

Create a flower crown or hat



Extend your May Day celebrations and make your own floral head piece. If you can't find flowers - how about a hat made of twigs?

We'd love to see your challenge entries!

#wildtimechallenge
Insta - @thewildnetwork
Twitter - @wearewildthing
Facebook - The Wild Network

the
WILD
network

WILD 'TIME Week 3

Can you stay wild while staying home? **CHALLENGE**

For the home

**Wild Wild Wardrobe!
Create an animal from clothes laid out flat on the floor.**



**A cat made from socks & hats
A giraffe made of trousers & scarves.
What will you make?**

We'd love to see your challenge entries!

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Isn't it strange how something that seemed impossible and scary a few weeks ago now feels strangely normal? Even if we are scared, we're still finding it within us to face the world. Whether that's in big or small ways, it still takes courage. And isn't it reassuring that even though life as we know it has been turned completely upside down, we're still able to find even the tiniest of silver linings? Next time the world decides to throw a challenge your way, I hope you remember how resilient, brave and capable you are. I hope you look back and see all the strengths you never give yourself enough credit for. ♡
Love, mellow doodles

It's OK if you're
having a wobble

Some days we will be on good form and other days we won't. The secret is being kind to yourself as you dance between the two. We are all just muddling through the best we can...