

8th February 2024

Dear Parents and Carers,

Children's Mental Health and Wellbeing

Following whole staff training and a focus on supporting children's mental health and wellbeing, we have started sharing short breathing activities with the children in classes and assemblies to experience calming moments together. This helps us all to focus our thoughts and feelings well on our learning and our relationships in school. We have found teaching these techniques has also supported children in being able to access some of these strategies independently when they need to regulate their feelings and emotions.

Please find below a list of videos we have used. Your child may enjoy sharing them with you and if so, you may wish to explore further videos together from these YouTube channels.

If you know of more resources like this which your family enjoy, please do let us know as it would be great to share wider with our families and school community.

Year 2 or 1

<https://www.youtube.com/watch?v=RiMb2Bw4Ae8> 4 mins belly breaths, good for teaching technique

Year 1 or 2

<https://www.youtube.com/watch?v=ixeuFRqzINk> swirling jar

<https://www.youtube.com/watch?v=xaXvd8XiAcQ> square breathing bee

Year R

https://www.youtube.com/watch?v=qTN_MtV5TFw blow candle, smell flower

<https://www.youtube.com/watch?v=PHQ7YZYRAms> fish square breathing

Shorts

<https://www.youtube.com/watch?v=f3cSZPTIUEk> sun

<https://www.youtube.com/watch?v=Ihf92iT5yOo> finger breathing

<https://www.youtube.com/shorts/WyREorhdkjc> star shape expand

<https://www.youtube.com/shorts/MVQdUDqnY4A> star echoes

<https://www.youtube.com/shorts/VoGH8bEA1P0> circles

Kind regards

Phillippa Longman

