



At Weelsby, we understand the importance of supporting children with their social and emotional development, mental health, and well-being. We have adopted the Thrive Approach to support children with this.

We are able to profile children in order to identify gaps in their development, and address these with specific interventions, for example, with stories, music and games. This can have a positive impact on behaviour as well as helping children feel happy and safe at school.

We will be developing a Thrive room at school, where these interventions can take place in a safe and calm environment, which will be full of resources and an enjoyable place for children to learn.

We teach self-regulation strategies every week, to the whole school. These can help children when they are feeling distressed, overwhelmed, or are unable to manage their feelings and behaviour. So far this year we have taught:

- The self-hug
- Practise Appreciation
- Worry Monsters

Some information on each of these is attached. You may wish to display these at home to help your children to use these strategies to manage their feelings. Our next two strategies to learn are Reach out to a Friend and Safe Place.

We are also starting work on naming and recognising a range of feelings and how these feelings might affect our mental health, well-being and behaviour.

Ask your children about these strategies and try them for yourself, they are useful for adults too!

Mrs Trafford is our Licensed Thrive Practitioner and Mental Health and Well-being Lead. She will be happy to talk to you if there is anything you wish to discuss.

Self-hug



It can help you feel safe and secure.

It helps increase self-esteem and self-compassion.

It can promote relaxation and improve your mood as it lowers levels of cortisol (the stress hormone) and therefore can also impact on your blood pressure and heart rate.

Practise Appreciation

Taking time to think about what we are thankful for can change our perception, mood, and happiness.

Living your life with gratitude helps you to notice the little

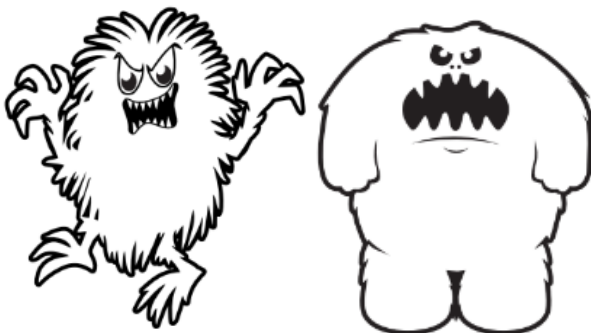
things. The sun shining on your face through the window in the morning, someone saying good morning, having fresh, clean water to drink from a tap, the feel of a soft carpet on your feet.



There are different ways to practise appreciation. Some suggestions are:

- Close your eyes, focus on your breathing until you feel calm and then spend a minute or two listing all of the things you are grateful for.
- List 3 things per day you are grateful for.
- Keep a notebook and add to it each day.

Worry Monsters



Understand everyone has worries and it is completely normal, but they are negative, and they can impact on our mental health and wellbeing and affect our feelings and behaviour.

Most worries do not go away on their own and we need to learn healthy ways to deal with them. To acknowledge our worries is the first step to defeating them. Sharing our worries is the next step to getting help. Writing or drawing worries on a worry monster,

then showing someone we trust, means we can get help to find a way to overcome these worries.

