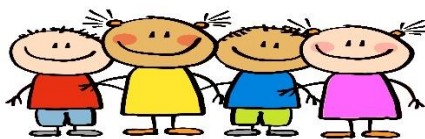




SEMH TEAM NEWSLETTER



Welcome to the first edition of the **SEMH** newsletter of North Primary School & Nursery. Mrs Patrick and Mrs Fuller are the Social & Emotional Mental Health Co-ordinators here at North. We both have a passion for helping children to be strong, independent learners but more importantly to be happy! Each half term we will be sharing some techniques and skills which we feel would help promote positive mental health for your child. We hope that you find the newsletter informative and helpful.

POSTIVITY JAR



Fill an empty jar or tub with all the positive things about yourself. Encourage other people in your life, like your family and friends, to write a note saying what they like about you. When you are feeling sad or lonely, visit this jar to remind yourself of the wonderful person that you are.

HAPPY PLACE



Think of your happy place; somewhere where you feel most relaxed and safe. Think about what you can see, touch, smell, taste and hear. Imagine you could hold onto that place in your hands. Where would it be?

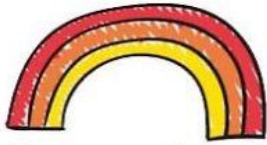
THE ZONES OF REGULATION

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
 sad	 happy	 frustrated	 angry
 tired	 calm	 worried	 terrified
 sick	 feeling ok	 silly	 yelling
 bored	 ready to learn	 excited	 hitting
I can try... stretch	I can try... drink water	I can try... deep breaths	I can try... take a break

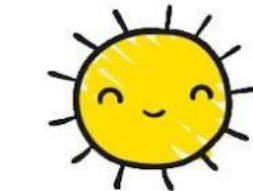
The Zones of Regulation is a framework and easy to use curriculum for teaching children strategies for emotional and sensory self management, rooted in cognitive behavioural therapy. The Zones approach uses four colours to help children identify how they are

feeling in the moment, given their emotions and level of alertness, as well as guide them to strategies to support regulation. Mrs Fuller and Mrs Patrick lead lessons in developing children's understanding around their emotions, identifying how they are feeling by extending their emotional literacy. We teach children skills to self-regulate and to help them understand that all emotions and feelings are OK, but not all behaviours are OK.

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.



DISCUSSION TASK

- With your child/children ask them to explain what they have learnt about the "Inside Out" movie and how this relates to the Zones?
- Can your child/children label the colour of the Zone to the emotion? **Blue Zone** = Sad, **Red Zone** = Angry, **Yellow Zone** = Worried and **Green Zone** = happy

USEFUL LINKS

- www.youngminds.org.uk
- www.mind.org.uk
- www.bbc.co.uk/bitesize/parents
- www.place2be.org.uk