

SEMH Team Newsletter



Newsletter No 4



Welcome to the Fourth SEMH Team Newsletter!

We hope you are well and are coping with ongoing lockdown. This week our theme is resilience and growth mindset. In other words developing a 'can do' attitude. This is a really important characteristic that helps us all cope a little better when we are faced with challenges. It helps children 'have a go' when they are not sure if they will be successful. Children develop this attitude in many different ways. In your child's home learning you may have noticed that your child 'gives up easily' or says they 'can't do something'. This is common in school too and your child's teachers support them daily to 'have a go'.

Here are some ideas for you to try that support the development of a 'can do attitude'.



Remember this!

From Growth Mindset:

A Fail is
a...
First
Attempt
In
Learning!



Always Learning.....

Have a chat about

When I was a baby I learnt to

When I was a toddler I learnt to

Now that I am () years old I can

When I am an adult I will be able to

Give Encouragement When the Going Gets Tough!

If your child has melt-downs when something goes wrong, or when their work is too difficult, support them to work through these feelings, instead of giving up. Ask them the following questions:

- Which bits can you already do? Do those first!
- ◆ Which bit is hard? What do you think you need to do?
- ◆ What is the worst that can happen if you make a mistake? How will you cope with this?
- ◆ What did you do to cope last time you could not do your work?



Try some Team-Building.

Try some physical challenges, such as getting your 'team' (you and your family) across the garden, or room, using 2 spots (could be small mats, or sheets of newspaper).

Have a go at some creative tasks such as building models out of Lego or junk modelling;

What about a problem-solving task, such as building the tallest free-standing tower, out of newspaper and sellotape?



How to Grow Your Child! Building Resilience.

Sleep

Sleep is the most important part of the day for a growing child. If you need help to establish sleep routines, seek advice from your School Nurse or GP. School Nurses can be contacted on 0121 770 1919 for North Solihull and 0121 726 6754 for South Solihull and on a Facebook group; fb.com/solihullschoolnurses.

Exercise

Outside is free! Daily exercise is essential for both body and mind. Through playing outdoors children grow physically and learn important movement skills. They develop curiosity about the world around them and grow emotionally, by meeting challenges, and solving problems. Use gardens if you have one, if not, try to take your hour of exercise a day.

Fan club

Develop your child's 'Fan Club' by helping them to make connections with extended family, grandparents, aunts, uncles, family friends. You may need to use technology to help with this at the moment, to maintain socially distancing rules.

Face your fears

Manage fears rather than avoid them. Take 'baby steps' to build confidence.

Build the control tower

A game is for life, not just for Christmas! Play, play and more play! Board games, card games, imaginative play all help to build the organisational and problem-solving part of our brains.

No rush to rescue

Take a step back. Let your child experience 'safe' risk. Make childhood a 'free-to-fail' developmental stage.

Sense of mastery

Remember-You can do hard things, if you practice.

Can do attitude

Praise effort, not attainment.

Practice mindful-

Relax!



This may be a useful website and link:

'Big Life Journal UK'— biglifejournal-uk.co.uk



This website has some useful printable resources to promote a 'Growth Mindset' and Resilience. If you don't have access to a printer you could use the ideas and draw your own version on paper.

<https://www.maginationpressfamily.org/mindfulness-kids-teens/fostering-resilience-in-a-time-of-the-coronavirus-tips-for-helping-your-child/>



Simple Games and Activities to Increase Resilience.

- * Build a 'trust walk'. If you have a garden, use anything available to create an obstacle course. If you are inside, move some furniture or objects like storage boxes, to create a course. Use a scarf, piece of fabric, or sleep-mask to create a blindfold. Take turns to lead each other round the course. The blindfolded person needs to completely trust the leader and not cheat by peeping! What is the fastest time you can complete the course together?
- * Play musical chairs if you have enough. If not, use sheets of newspaper or anything else you have that the children can stand on and which can be removed one at a time. One way to improve Resilience is by learning that you cannot always win!
- * Pass the compliment! Take it in turns to say something positive about a member of your family, who is present in the room. Try to avoid only commenting on physical appearance and mention other attributes, such as 'they try really hard when things are tough'.
- * Create a 'hope wall', using scraps of paper, sticky notes, or a big sheet of paper/card. Each member of the family writes things they hope can happen when lockdown ends.
- * Every week, each member of the family chooses one "hard thing," they are going to achieve by the end of the week. Ideally pick something that will need practice such as learning a new skill, like juggling. Allow time each day for family members to practice their 'hard thing', and encourage each other! by only giving positive feedback, "I really liked the way you kept trying after you dropped the ball."



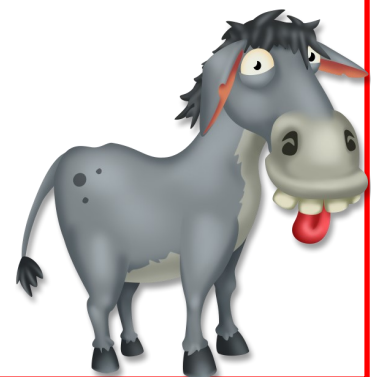
Story time!

The Farmer and the Donkey

Story time!

One day, a farmer's donkey fell down into a well. The animal cried piteously for hours, as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway-it just wasn't worth trying to retrieve the donkey. He invited all of his neighbors to come over and help him. They all grabbed a spade and began to shovel dirt into the well. At first, the donkey realised what was happening and cried horribly. Then, to everyone's amazement, he quietened down. A few shovel-loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed, when the donkey stepped up over the edge of the well and happily trotted off! Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells by not stopping, and never giving up! Shake it off, and take a step up!



Any questions? Please contact the SEMH team via Jane Shaw
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