

Wellbeing Corner

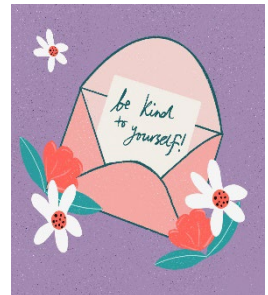
At this time of year, we are looking forward to warmer weather but at schools all over the country, children are taking part in exams and assessments. It is natural to feel nerves before a test or assessment but it is important to find ways to relax and keep calm. Learning to look after yourself is one of the most valuable lessons we can learn. Over the next week, take time to relax, do something you enjoy, try some relaxation techniques, read a book or do some mindful colour.

Relaxation tips:

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

<https://www.savethechildren.org/us/charity-stories/easy-at-home-relaxation-activities-to-help-calm-kids>

<https://www.youtube.com/watch?v=CGwOrFaMyE8>



ELSA

If you have any concerns about your daughters wellbeing or you feel they need a little extra support to deal with worries, friendship issues or events outside school, please contact your child's Form Teacher or email the ELSA's directly.

elsa@seatonhouse.sutton.sch.uk



Resources: These are also saved on Google Classroom

Positivity. Believe you can do it!

<https://biglifejournal.com/blogs/blog/children-positive-attitude>

Clip for children about resilience:

<https://youtu.be/zeu9X88g8DE>



Wellbeing Champions.

Our Wellbeing Champions, Ella and Sophia will be running our Friday assembly on 19th May. I am so impressed with the enthusiasm, commitment and organisation of the girls.

Mrs Smith and I will be running Wellbeing Ambassador Training with all of Form VI during the week beginning 16th May. The girls will learn about Wellbeing and how to recognise concerns and provide support for others. More information about the programme can be found at: <https://www.worthit.org.uk/>

We will use this programme to train the Form VI girls, in September, each year.