

## News from the Bellbird School wellbeing committee



On Friday we held our second wellbeing committee meeting. As we are approaching a time of change for all our children in some way – whether it be moving up to the next year group or moving up to the college, the focus for this meeting was ‘Dealing with worries’. We discussed what kind of worries children in our school tend to have, and the list included: moving up, having a new teacher, tests, bullying, bikeability and friendships.

*We then looked at some ideas for coping with worries and made posters to be displayed in each classroom (see the second page for examples). Some helpful ideas were:*

- \*Make a worry diary
- \*Make a worry box/jar
- \*Talk to someone you trust
- \*Do something you enjoy
- \*Try some breathing exercises
- \*Set aside 10-15 minutes of ‘worry time’ every night so you are not worrying about things during the day
- \*Challenge negative thoughts – ask yourself ‘Is this actually true? What are the facts? What would I say to a friend who thought this? What would be a more helpful thought?’

*If you would like some more resources for dealing with worries, take a look at the links below:*

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/tackling-your-worries/#:~:text=and%20move%20on-,Worrying%20is%20part%20of%20life.,options%20can%20help%20dampen%20them.>

How to make a worry box: <https://www.youngminds.org.uk/parent/blog/how-to-make-a-worry-box-a-guide-for-parents/>

<https://www.youngminds.org.uk/young-person/blog/four-coping-techniques-for-when-you-feel-anxious/>

Preparing for secondary school: <https://parentingsmart.place2be.org.uk/article/helping-your-child-prepare-for-secondary-or-high-school>

I’m looking forward to seeing all our class reps again at our next wellbeing committee meeting, which will be in September.

Mrs Simons



Some of our posters to help us to deal with worries.

