



Well being email



Hello Badgemore children! I hope you had a good half term and enjoyed the warm weather.

Mixed feelings

Some of you will be nothing but happy at the thought of being back at school, but it is also normal to have a mix of feelings about returning to school. You may feel nervous at returning after so long... it may feel weird to be leaving your home. Some children may feel sad that they will no longer have lots of time at home, or with their family. Others may worry about having to return to doing work at school and wonder if they will cope or they may worry about catching Covid-19 after seeing so much on the news about it.

Remember that whatever you are feeling is normal and there are people to support you with how you are feeling. If you are feeling worried then talking your parent/carer will be a good start, maybe they can help you with any worries by helping you prepare for the return back to school, they could talk to your teacher or help you to tell your teacher how you are feeling.

During the first few days back you may feel more tired than usual, this is okay too, just try and get a good night's sleep. Getting back into a routine will help you to feel things are getting back to normal too.

And for those of you who aren't back at school yet, you may need some activities to help you with another week at home, here are some ideas....

Meet with friends in the park

... but remember to stay two metres apart. It may feel strange at first to be allowed to see friends and to have to stay apart but you'll soon get used to it and it'll be really good for you to see your friends again.

Here are some ideas for activities to do with your friends *and* to keep 2 metres apart.

Try Cycling, scooting, rollerskating, skateboarding

Races, hopscotch and obstacle courses.

Hula-hooping, skipping, chalking, juggling or boules.

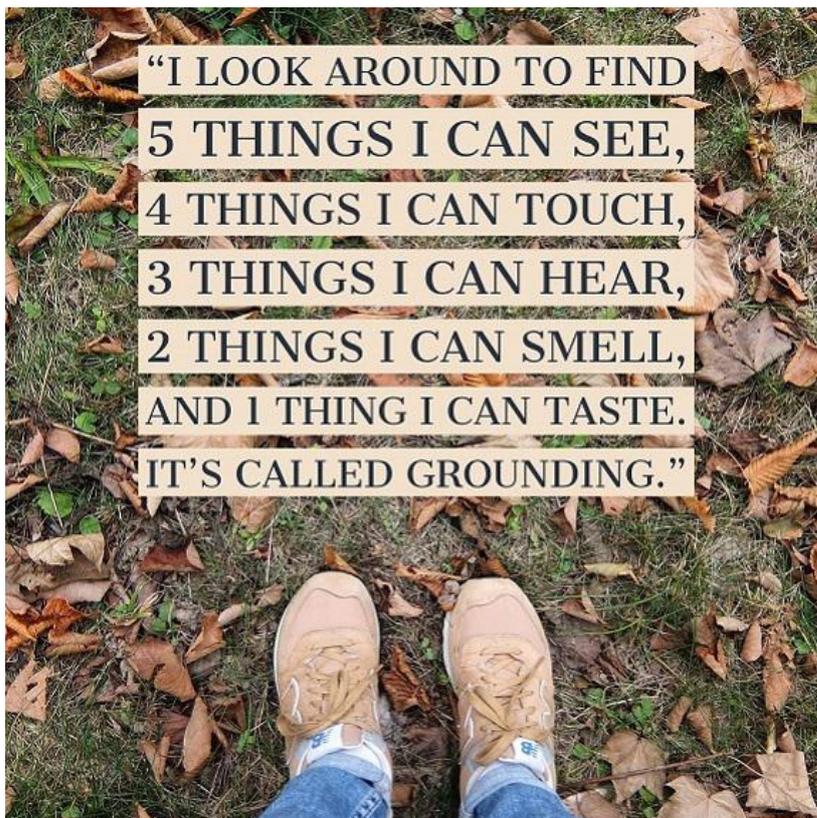
Bat and ball type games, badminton or tennis.

Or No-contact football.. keepie-uppies...

(If you like playing football, here is a link to some ideas on how football skills that allow you to practise and also socially distance.)

<https://www.elitetournaments.com/sites/default/files/u736/Soccer%20Drills%20Blog%20Post.pdf>

Practice 'Grounding' When we feel worried or angry we can often let our thoughts or 'worry monsters' get out of control and we can make ourselves feel even worse by listening to these thoughts too much. For example, your sister may not have time to play with you and you start thinking 'She never plays with me', which leads to thinking 'I'm always by myself' which leads to the thought 'No one cares about me' and then this may lead to feelings of sadness or worry or anger. Sometimes, it is helpful to try and stop the thought by 'grounding' ourselves. We can do this by using our hands to help us count things around us that bring us back to the here and now instead of thinking about difficult things, events that have happened in the past or worrying about the future. As we touch each finger/thumb we can count and notice things we see, touch, hear, smell and taste... give it a try and see if it helps!



Have a pamper afternoon

When we look after ourselves on the 'outside' it can help us to feel better on the 'inside' too. Spend some time pampering yourself, the aim isn't that we look 'better' but to spend time focusing just on ourselves - this would be good for the adults in your home to join in with too! Remember to ask parents first as they may have some smellies suitable for your age and skin and remember it's not just for girls, boys like a pamper too!

Some ideas are to pamper yourself are:

- ✧ Have a bubble bath,
- ✧ Put on some scented body cream
- ✧ A pedicure or manicure - soaking and massage your feet and hands and then put cream on
- ✧ Use a face mask - lie down and listen to relaxing music at the same time.

You could also try the next activity during your pamper time too....

Mindful Face Massage

Massage is naturally relaxing and helps us to feel less worried. Try this face massage... it feels really nice! This mindful face massage can be found at <https://educationsvoice.wordpress.com/2017/04/01/mindfulness-in-the-classroom-mindful-facial-massages/>

You could always ask an adult or older sibling to help you read and carry out the movements. Once you have had help once you can then have a go by yourself.

Before you begin:

- Ensure that your hands have been washed well.
- Play gentle music in the background.
- Sit or lay down comfortably.
- Take some deep mindful breaths to kick start the relaxation

Chin Massage

- Use your index and middle finger of each hand.
- Begin at the top of your jaw near your ears on both sides at the same time and move in a small circular motion five times.
- Move your fingers down the jaw line and move then in a circular motion five times.
- Repeat the motions as you move down the jaw bone towards the chin.
- At the point of the chin, use one set of fingers and repeat the circular motion five times.
- Repeat the sequence as many times as desired.

Eyebrow Massage

- Use your thumb and index finger on each hand.
- Begin at the area between your eyebrows and softly pinch for a count of five.
- Move your fingers outwards over your eyebrows and, again, softly pinch for a count of five
- Repeat the motions as you move towards the temples.
- Repeat the sequence as many times as desired.

Ear Massage

- Use your entire hand and cup the top of each of your ears and gently squeeze for a count of five.
- Move down the ears, continuing to gently squeeze for a count of five.
- Finish by placing your thumbs in the dent behind the bottom of your ear lobe (where it joins your face) and apply gentle pressure for a count of five.
- Repeat the sequence as many times as desired.

Cat's Whiskers Massage

- Use your three middle fingers of each hand and make a W.
- Place the fingers on either side of your mouth, applying gentle pressure.
- Gently sweep your fingers across the face with gentle pressure as if you were drawing cat's whiskers.
- Repeat the sequence as many times as desired.

Ask some questions! Last time, I included some 'questions for kids', now it is your turn to ask your parents some questions! You may learn something interesting about your parents and they may enjoy being 'interviewed'

Do you have any nicknames?

What did your parents call you?

Has your name changed since birth?

Where were you born?

What was the hospital name?

What is your favorite memory with your grandparents?

What is your earliest childhood memory?

Where did you grow up?

What is your favourite childhood memory?

. What is your favourite tradition from childhood

. **What was your favourite childhood toy?**

. What was your best friend as a child?

. **What did you want to be when you grew up?**

. Where did you go to school?

. **What extra activities were you a part of in school?**

. What was your first car?

. **Where did you go on your first date?**

. What was your first job?

. **Where was your first house?**

. What is your favourite past time?

. **What is your favourite song?**

. What is your favourite band?

. **What is the best concert you've been to?**

. What is your favourite sports team?

. **What is your favourite tv show?**

. What is your favourite colour?

. **What is your favourite food?**

. What is your favourite drink?

. **What is your favourite restaurant?**

. What is your favourite holiday?

. **What is the funniest thing that ever happened to you?**

. What is your best characteristic?

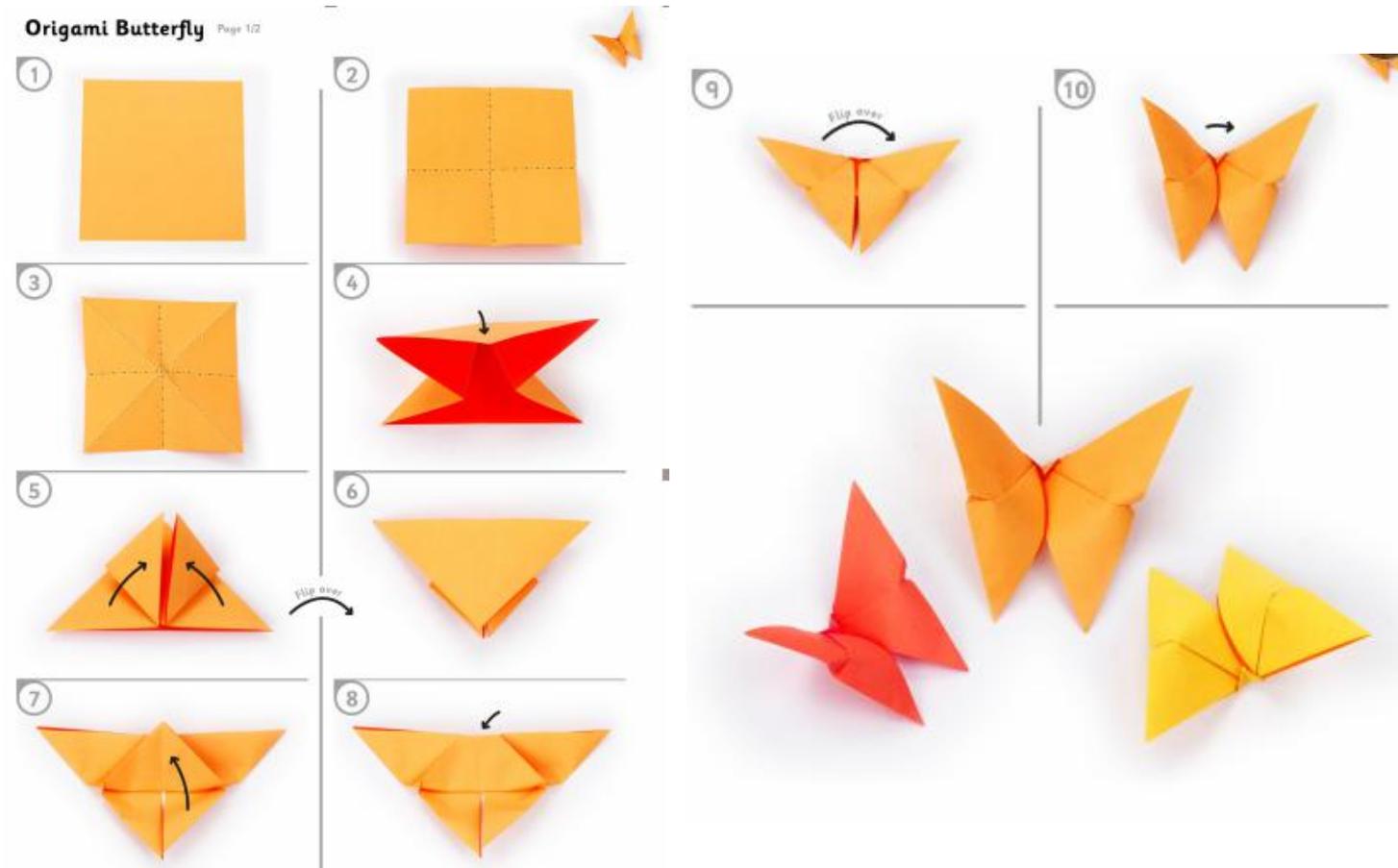
. **What do you feel is your greatest success?**

. What is your biggest fear?

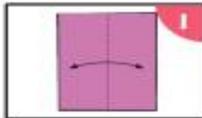
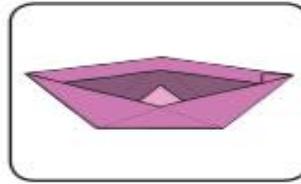
Lastly...

[Try some Origami](#)

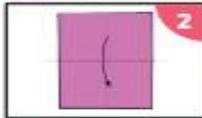
Take a break from screens or school work and try some origami. Here is a butterfly and boat to try.



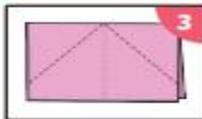
Paper Boat Origami



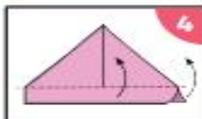
Fold in half.



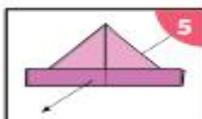
Fold in half again.



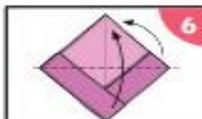
Fold in corners.



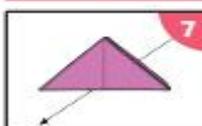
Fold up edges on both sides.



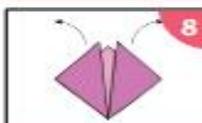
Pull the sides out and flatten.



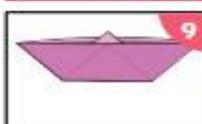
Fold front and back layers up.



Pull sides apart and flatten.



Pull top flaps outwards.



Squish the bottom and pull the sides up.



Ta-da!