

Dear Parents / carers,

Well done on surviving a whole week of remote learning! We know it isn't easy but remember we are here to help as best we can in these difficult circumstances.

At SMA, we care that every pupil is an academic success but we also know that this cannot be achieved without caring for the well-being and mental wealth of all our children. Their social and emotional welfare is paramount in everything we do.

This has never been as important as it is during a national lockdown and so we have prepared a few simple suggestions of things you can do together at home to promote well-being and emotional resilience. Every idea is suitable for ALL ages (even if they think they're too old when you first suggest it) and is based on the THRIVE Approach, which promotes building positive mental health and well-being based in neuroscientific research and development. Have a go together and enjoy!

If you have any worries or concerns about your child's well-being during lockdown or need more ideas for activities to do together, please do get in touch.

Look after each other and stay safe,

Mr. Henson

1. Try cooking a meal together, laying the table and eating (and chatting) as a family (without TV or radio)
2. Think of five positive things to say about ourselves or something we do well. Write them down, stick them to a wall and celebrate them.
3. Play a board game or complete a jigsaw together. Congratulate each other on winning or playing well.
4. Give two positive choices of something to do. Celebrate the decided choice together.
5. Take a walk and notice your surroundings. What can you hear and see when you are still and just being together?
6. Build a tower from Lego or Duplo. Practise taking turns and sharing together. How tall can you make the tower working together?
7. Make a mess! Mix up out of date ingredients and make a potion, mix up some 'gloop' (corn flour, water and dye) or make play dough. Enjoy the feel of mixing with your hands!