



WELLBEING MATTERS



WELCOME

Welcome to our half termly Wellbeing newsletter.

Each newsletter will focus on a different mental health or wellbeing topic.

This half term we are focusing on emotions and feelings.



ZONES OF REGULATION

At Cts we use Zones of Regulation to help our children label and manage their feelings. Further information can be found on our Making Connections page on our website (see below)



ALL EMOTIONS ARE VALID

It is important to ensure that our children know that they will experience lots of different emotions and feelings and that they are all important.

There is no such thing as a bad emotion. Everyone feels angry, frustrated or upset at times and this is ok.

They need to learn to label their feelings and then understand how to deal with them.



TOP TIPS FOR PARENTS

- Acknowledge and label your child's emotions - 'I can see you are feeling ...'
- Model by labelling your own emotions - 'I am feeling frustrated because we are running late for school'.
- Take time to talk with your child when they have been angry or upset and problem solve what they could do next time.

WHERE CAN I FIND MORE INFORMATION?



- Visit the Making Connections page on our website - you can find it in the Parents information section. It is regularly updated with information which is also shared on our Facebook page.
- Visit the NSPCC website and click on the link for advice for families
- If you have a specific question or worry then you can contact Mrs Robertson via the school office or directly by email mrobertson@cts.odbst.org

