



Dinnington First School

Wellbeing Newsletter



Welcome back!

Welcome to Dinnington's Autumn Wellbeing Newsletter. We hope that you all had a lovely and relaxing summer break and that your children are settling back into the school routine. The atmosphere in school is very cheerful and it is lovely to see the children happy in their new classes. The return to school is always exciting but understandably can come with certain levels of anxiety. Please talk to us about any worries or concerns that you or your child may be experiencing. You can talk to your child's Class Teacher, Mrs Ash, Mr Donnelly or our Mental Health Lead, Ms Tustin. We will always listen and try and help in any way we can.

Breathe It Through

Stretch your fingers as wide as you can.

Take slow deep breaths in and deep breaths out as you trace around each finger.



Take your time with it.

You might find it helpful to close your eyes whilst breathing through.

These activities can ground us when we feel panicky, worried, or when it's all just getting a bit much.

Find Your Calm

When you're feeling panicky or finding things overwhelming, it can help to name:

5

5 things you can see.

4

4 things you can hear.

3

3 things you can touch.

2

2 things you can smell.

1

1 thing you can taste.

This resource from the Young Minds website is an example of two simple strategies to share with a child who is feeling anxious or upset. Slowly breathing in and out, or thinking mindfully about what our senses can perceive around us can help a person calm down and move on from feeling panicky and out of control. For more information go to [Supporting A Child With Anxiety | Tips and Advice | YoungMinds](#)

Music can help us feel happy

At Dinnington we are lucky to have lots of free or subsidised musical activities for all children like singing assemblies, choir and steel pan club. *Listening* to music can also help our mood.



Why not make an Autumn playlist of relaxing songs to help your child chill out, energising cheerful songs to help get them started in the morning or some spooky songs for Halloween?

Autumn Wellbeing Activities

The [Thrive](#) website has some great ideas for Autumnal activities you can do with you child. Here are a few of them:

- Find a tree with changing leaves and photograph it.
 - Collect some Autumn treasure like conkers, acorns and fallen leaves.
 - Kick through a pile of Autumn leaves.
 - Collect some wild flower seeds to sow in Spring.
 - Put a leaf under paper and rub crayon over it to make leaf rubbings.
 - Plant some bulbs to come up in Spring.
 - Go back to the tree you took a picture of, and take another one.
- What has changed?

