

# Wellbeing and Mental Health Pupil Newsletter

Autumn Term 2020



## It's finally ready—The Wellbeing Shed

### Quick Look:

- The Wellbeing Shed
- The Wellbeing Post Box
- Self-esteem—what is it and what can I do about it?
- Meet our new art therapist



After many months of planning, research and building the Wellbeing shed is finally complete. So....what's it for?

The shed is a safe space for children and adults to have a chat! It may be that you're just having a funny old day and you're not sure why you don't quite feel yourself. It may be that you are struggling to cope with the playground or your work in class and you feel like you need a space to think and relax. Sometimes, you may feel really sad or angry about something that happened at home or in school or maybe you're feeling something you don't even recognize but you know it doesn't feel quite right.

You can come by and check if someone is in. If you need a bit of support, please knock (unless the sign says 'busy') and you will be invited in. Sometimes, no-one will be in the shed or it's hard to get round because it's not your playground. If this is the case, and you would like to have a chat you can always pop a note in my green letterbox and I can come and find you when I am free.

See you soon, Debi

I recently heard someone talk about their lack of confidence. Here is what they said...

I can't do what other people do because I am not confident like them. I don't think I am good at anything.



So, you may have heard people talk about something called 'self-esteem'. Self-esteem is the way you feel about yourself. Self-esteem can't be seen or touched but it can be a powerful feeling. Often children tell me they don't feel good about themselves and they think that if they try something they will fail. This is sometimes called low self-esteem or lack of confidence. Sometimes children even miss out on things because they decide beforehand that they would be rubbish at it. Does that sound like something you've ever thought or said? Thankfully, I can tell you, that how you feel about yourself, can change. You can do things that help you to build your self-esteem. Some of the signs of high self-esteem are; being happy, believing in yourself, enjoying the world around you, feeling energetic and hopeful, joining in with others, looking for ways to do well, encouraging others, respecting others' differences and you own and accepting that you will make mistakes but that you can always learn from them. People with low self-esteem often feel unhappy, feel they are not as good as others in some way, feel like bad things always happen to them, feel tired most of the time, are inactive and sit around not doing anything. Sometimes they put themselves down and look on the worst side of everything and show themselves no respect.

So how can you give your self-esteem a boost? Firstly, you can think about the things you ARE good at. Secondly, you can write down your thoughts and change them into positive thoughts. E.G. ***I wish I could run as fast as my friend—she always beats me—but it's still fun to play together OR I have a spelling test tomorrow—I'm rubbish at spelling—I can do more practice and try to beat my last score.*** It's good to remember thoughts are only thoughts; they are not fact! Another way to boost your self-esteem is to get active and do some exercise. You can also try smiling more—scientists have found that smiling can make you feel better. You can help yourself to take risks and try things that you think you're rubbish at by breaking them down into smaller steps e.g. someone who doesn't think they can read out loud can first practice on their own, sit and read aloud to a trusted grown up, stand and read out loud to the grown up then read a small section out loud to a teacher (that they have practiced before) and then feel confident to read anything out loud. Finally, try saying or doing something kind to someone else. Helping others is a sure fire way of boosting the way you feel about yourself.



I have some empty picture frames. Could anyone draw me a picture of what makes them happy so I can decorate the shed?



This is Finn. He is our new Art therapist. Say hello if you see him around.