

Wellbeing and Mental Health Pupil Newsletter

OLLEE - A virtual Friend

In mental health week we will be introducing Y3-Y6 to the online app 'Olee' It can be used to help you talk about your feelings.

Give it a go. <https://app.olee.org.uk>



Summer Term 2021



Millfields Mental Health Week May 10th 2021

This week is all about how we talk about feelings.

Have you ever been asked "How are you?" but answered "I'm OK thanks" or "I'm good" when really you're not?

Sometimes it's hard to find the right words to describe your feelings. We often use sad, happy or angry but there are lots of different types of feelings. How many feelings do you think you can name?

No matter how you feel — good or bad — it's healthy to put your feelings into words. Talking about feelings helps us feel close to people who care. It helps us feel better when we're sad or scared.

Feelings or emotions are part of human nature. They give us information about what we're experiencing and help us to know how to react. We sense our emotions from the time we're little babies. Babies react to their emotions with facial expressions or with actions like laughing, cuddling or crying. They can feel and show emotions, but they don't yet have the ability to name the emotion or say why they are feeling that way.

As we grow up, we become more skilled in understanding emotions. Instead of just reacting like babies do, we can identify what we feel and put it into words. With time and practise, we get better at knowing what we are feeling and why. This is called '**emotional awareness**'.

Emotional awareness helps us know what we need and want (or don't want). It helps us build better relationships. That's because being aware of our emotions can help us talk about feelings more clearly, avoid or resolve conflicts better and move past difficult feelings more easily.

Some people are naturally more in touch with their emotions than others. The good news is, everyone can become more aware of their emotions. It just takes practice, but it's worth the effort. Emotional awareness is the first step toward building emotional intelligence, a skill that can help people succeed in life.

A few basics on emotions:

- **Emotions come and go** throughout the day, some last for a few seconds others might linger to become a mood
- **Emotions can be mild, intense or anywhere in-between** depending on the person and situation
- **There are no good or bad emotions but there are good and bad ways of expressing your emotions:** learning how to express your emotions is another skill 'managing emotions' but you can't manage emotions until you understand them!

Sometimes it's hard to talk to people you know. If you want to talk to someone anonymously you can call Childline or chat online

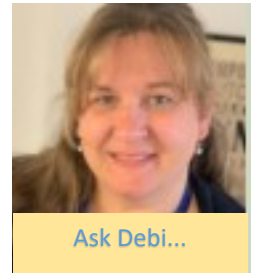
childline

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111



Sometimes I don't understand what I'm feeling, I just know I don't feel right. What can I do?



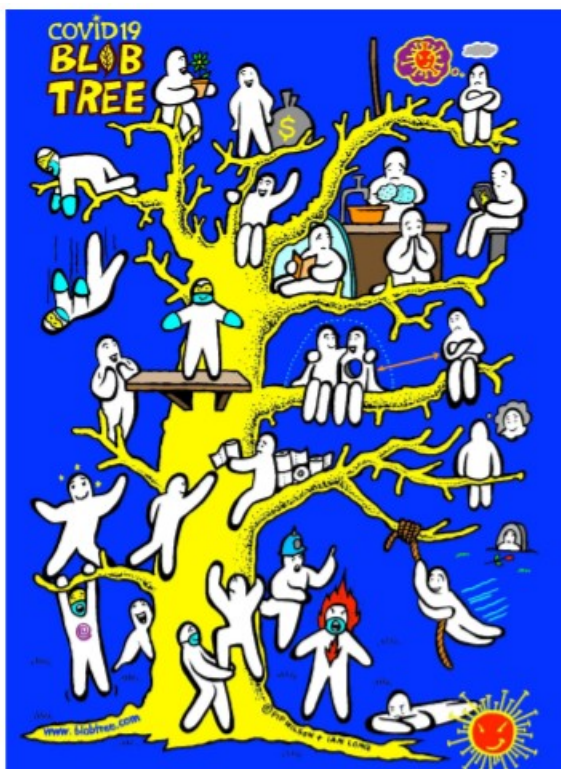
Emotions are tricky sometimes and it takes practice to recognise what it is you're feeling. To start with just simply noticing your emotions is a good start. Whether it's the excitement you feel when you have made a plan to go somewhere with friends, or when you feel nervous before a test or exam. You might feel relaxed when you read or listen to music or inspired by some art. Whatever emotion you are you feel try to name the emotion in your head. It only takes a second and it gets easier with practice.

Sometimes it's hard to identify how you feel in a word. Why not try to spot the blob below that best represents how you are feeling and talk to someone about it.

Once you can recognise your feelings, next you can try to rate how strong your feelings are. Think about a scale of 1-10 with 1 being the mildest feeling and 10 being the strongest feeling. Try to think about what makes you have those strong reactions and how you might be able to avoid them or deal with them differently.

Finally, it's good to talk! Practice putting your emotions into words, talking helps you to become closer with friends, parents and teachers. Practice talking about your day, it doesn't always have to be about something personal it could be something that's an everyday emotion.

Often when you've talked with someone you feel a little lighter. Why don't you give it a go?



Did you know:

Pineapples take 2 years to grow!

Your brain is 80% water

