

Ruislip Gardens Primary School



Thursday 7th May 2020

Dear Parents/Carers and children,

Hi everyone, I hope you are all well.

I hope you are busy with your home learning.

I have been keeping myself busy in the garden when the weather was nice, I have also been learning how to crochet and although it's very tricky, I will keep trying. I've been spending lots of time with my cats, although I think they are a little confused with me spending so much time at home.

I am missing you all lots and looking forward to seeing you soon.

What have you been doing? It would be lovely to hear from you and see some pictures of your projects.

Here are some links to websites to help support you and your family's wellbeing.

<https://www.twinkl.co.uk/wellbeing/element/school-closures>

<http://www.safehandsthinkingminds.co.uk/about-us/>

<https://www.elsa-support.co.uk/category/free-resources/>

<https://educatorpages.com/site/CalmingCounselor/pages/tips-for-students-for-fighting-stress>

If you're feeling worried/anxious/angry here are some tips to help.

Count to 10 and breathe slowly: can give you time to think and calm down.

Talk about how you feel: this could be with anyone that you find comforting to talk to, don't bottle it up.

Do something creative: This can help channel your energy and focus towards something else, anger is a way of expressing ourselves, so expressing ourselves in other ways is helpful.

Listen to calming music: This can help to change your mood and slow down your physical reaction.

Try to get some exercise: Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, see if you can go for a brisk walk or run, or even just spending some time outside can help.

I hope you find these websites useful, please contact me if you would like some advice/support/worksheets. learningmentor@ruislipgardensschool.co.uk

Keep safe and well,

Mrs Elsworth
Learning mentor

