

FEEL BETTER Newsletter



WELL-BEING IS A PRIORITY AT LEICESTER GRAMMAR JUNIOR SCHOOL

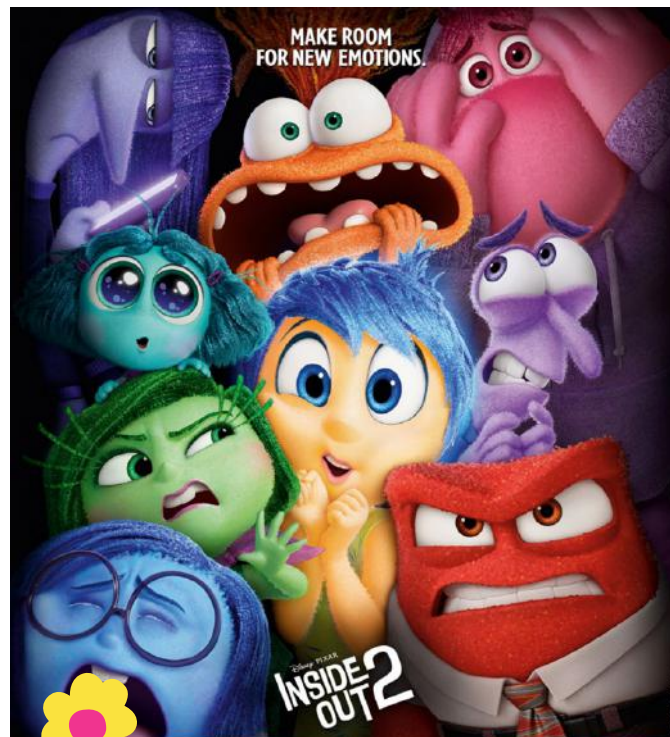
CHILDREN'S MENTAL HEALTH WEEK

Children's Mental Health Week is taking place from 3-9 February 2025.

This year we're exploring the theme Know Yourself, Grow Yourself in partnership with **Inside Out**.

During Children's Mental Health Week we want to celebrate children building **resilience**, **embracing self-awareness** and forming strong **connections** with others.

The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs. Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us to feel **JOY** and what may cause us to feel **SADNESS**. It is also about understanding what makes us unique and our individual fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others and this foundation enables us to form strong and healthy relationships, from early childhood right through to adulthood, equipping us to cope with the challenges that life brings.



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HOW TO RAISE EMOTIONALLY INTELLIGENT CHILDREN



How To Raise Emotionally Intelligent Children | Lael Stone | TEDxDocklands

This talk explores the importance of emotional literacy when it comes to the way we parent. It explores how compassion, empathy and mindfulness have a place in raising children.

If connection, listening, and heart were at the centre of every relationship, how different could our world be.

NAME YOUR EMOTIONS

There are about 3,000 words in the English language to describe emotion, but how many of these do we use regularly? I can almost guarantee that if I asked you (or your child) to write a list of emotions, 'happy' and 'sad' would be in the top 5. While there is nothing wrong with these words, they are not specific and do not help children to identify and therefore manage their emotions.

Help your child develop their **emotional literacy** by exploring new vocabulary. Instead of happy, are you content, carefree, excited, or hopeful? Instead of sad, are you regretful, worried, anxious, or crestfallen?

There are many variations of emotion wheels online if you would like to explore this further.



EMOTIONAL LITERACY

Emotional literacy is the ability to understand, express and cope with emotions.

It's a skill that children will develop as they grow, but can also be nurtured throughout childhood.

There are many ways to help your child develop in this area.

Accept their emotion and label it for them. For example, you could say "You seem so excited" or "You're crying, you must be sad".

TRY PLAYING GAMES TO HELP TO HELP YOUR CHILD UNDERSTAND DIFFERENT TYPES OF EMOTIONS.

- If your child is still a baby, play '**Feelings Peekaboo**'. Every time you show your face, use a different expression and say the word aloud.
- If your child is a little older, explore expressions with crafts or cooking. Using paper plates to create masks or puppets, or make faces with **playdough** or **homemade pizza**.
- Play '**Simon Says**' to get your child to show you what they understand about different emotions. You could say, 'Simon says look worried' or 'Simon says show me how you'd feel if you won a game'.



- Play '**Feelings Charades**'. Act out different emotions or get older children to act out an event that would make them feel that emotion.
- **Make a playlist** and talk about how music makes you feel. Songs like 'Adagio in G Minor' by Albinoni and 'Arrival of the Queen of Sheba' by Handel evoke strong emotions. Ask your child to tell you what emotions they think the songs are trying to convey.

HELP YOUR CHILD EXPRESS THEMSELVES



As your child grows, encourage them to express their emotions in a positive way.

Try asking questions like “How can you let me know you’re angry without hitting?” or “Can you think of a different way to let me know you’re frustrated?”

Here are some useful links from Action for Children for you to explore:

[How to help your child deal with emotions](#)

[How thoughts affect feelings](#)

Place2Be have a wealth of [resources](#) available free of charge to parents about a wide range of parenting topics. They have also collated some tips to support children’s mental health week (see next page).

BOOKS ABOUT EMOTIONS

Some resources include:

- [Everybody Feels](#). An introduction for toddlers to emotion words and facial expressions.
- [How Do You Feel?](#) Connecting words, facial expressions and real-world examples.
- [The Colour Monster](#). Links emotions to colours and explores how confusing they can feel.
- [Tiger Days](#). Connects emotions to animals and different behaviours.
- [In My Heart](#). Uses descriptive languages to explain how emotions can make us feel.
- [The Big Bright Feelings series](#). Each book covers a different emotion and the impact it can have.
- [All About Feelings](#). Explores facts about our own emotions and those of others.

Here is a link to the [LGJS well-being library](#). There are books on a wide range of topics for parents to borrow.

ASK QUESTIONS TO DEVELOP EMPATHY

When reading or watching TV, ask questions about how characters might feel. You can also do this when talking about school and friends. This can help your child **empathise** with others.

Questions could include:

- How do you think they feel?
- How would you feel if that happened to you?
- How do you think your friends felt when that happened?

TIPS FOR FAMILIES

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Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)

Nobody said that being a parent is easy. Each child is unique, and each family is unique. During Children's Mental Health Week do something for **YOU**; something that will enhance your well-being. Any time you dedicate to looking after your own well-being will be beneficial to your child. Even a quick trip to a coffee shop can be restorative – give yourself permission (and if you don't, we do!).

