

NWLJDS WELLBEING DAY

THURSDAY 9TH FEBRUARY

(IN CONNECTION TO CHILDREN'S MENTAL HEALTH WEEK)



WHAT IS HAPPENING IN CLASS?

Nursery, Reception and Year 1

The children will be having a feelings workshop called "It's okay not to be okay" using plans and resources from <https://www.sophiesaysofficial.com/>.

The classes will receive a book bundle for their library and each child will also bring home an activity book. We're excited to meet Sophie!

Year 2-Year 6

Teachers will deliver sessions planned by Place2be. This year's theme is "Let's Connect". Human connection is vital for the wellbeing and survival of all individuals. Having more positive connections to family and friends is good for better mental health. We will learn and be encouraged to connect with others in healthy, rewarding and meaningful ways.



IT'S CREATIVE TIME!

The NWLJDS Wellbeing Champions have chosen to plan a fun and relaxing arts activity for each year group. They want all children to enjoy themselves whilst listening to music and chatting to their friends.

Children are also able to bring in a board game or card game to play with their class mates during this session.

The Wellbeing Champions have also made a special request to Maureen for their favourite lunch! Happy tummies, happy minds!



MUFTI DAY - FRIDAY 10TH FEBRUARY

Dress to Express - Choose your colour. Choose your style. Express yourself! Children can wear their own clothes (keeping to the school's ethos)



PARENT WORKSHOP - EMOTION COACHING

**WEDNESDAY 1ST MARCH
2.00PM**

**ONLINE - LEDICIA CARP,
EDUCATIONAL
PSYCHOLOGIST**

Please join us for a virtual workshop with our Brent Educational Psychologist (EP) - Leticia Carp. Inspired by Children's Mental Health Week, we have scheduled this talk which will be recorded and shared. But please do join us, and take the opportunity to interact and ask our EP your questions.

Microsoft Teams link to follow.

WHAT IS EMOTION COACHING?

Emotions are an important part of our day to day lives with there being over 25 different categories of emotions. However, just because they are part of everyday life doesn't mean they are easy to manage .Emotion Coaching is all about emotions and is an approach we can use with children to help them to understand the different emotions they experience, why they occur and how to handle them.

At the heart of emotion coaching is building trusting and respectful relationships with children. Parents, teachers and anybody who supports a child can benefit from learning the techniques involved in emotion coaching and, ultimately better support children to become able to manage their emotions independently,

