



"Let your light shine" Matthew 5:16

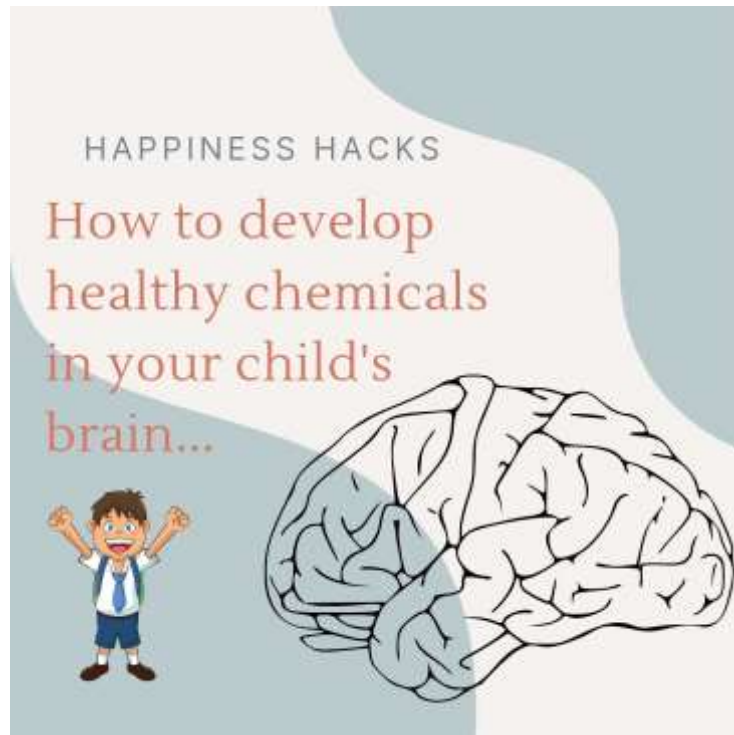


Waltham-on-the-Wolds Church of England Primary School

Wellbeing

At Croxton Kerrial, we take the well-being of our children, parents, staff and wider community very seriously.

We have collated a list of links and resources to support everyone:



OXYTOCIN - THE LOVE CHEMICAL

- Tell them often how much you love them being in your life.
- Give lots of hugs and cuddles.
- Spend quality time with them.
- Show interest in something they enjoy - let them tell you about it.
- Ask about their day and listen to the answer.
- Explore their world through play.



SEROTONIN - THE MOOD STABILISER

- Encourage them to spend time outside.
- Introduce them to controlled exercise such as Yoga or Thai Chi.
- Limit phone use and screen time.





Resources which might link to some of these ideas:

Let's keep active! Fun activities to support well-being through exercise:

<https://www.nhs.uk/change4life/activities>

The Calm Zone – Meditation and Mindfulness:

<https://www.childline.org.uk/toolbox/calm-zone/>

More mindfulness – Cosmic Kids Yoga:

<https://www.youtube.com/user/CosmicKidsYoga>



Non-screen activities to try at home:

<https://medium.com/pobble/simple-and-fun-non-screen-activities-that-children-can-do-at-home-115543cb3b9c>

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50 ways to make learning fun at home:
<https://abctoes.com/home-learning/>

Brain-breaks for Kids:
<https://www.weareteachers.com/brain-breaks-for-kids/>

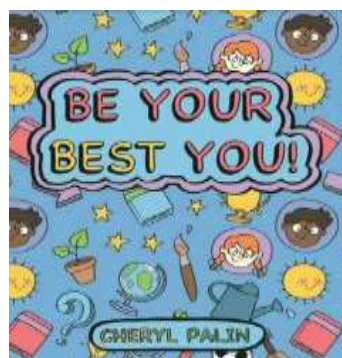
Fun activities to try at home with the whole family:
<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>



Meditation for Kids:
<https://www.headspace.com/meditation/kids>



Be Your Best You:
<https://drive.google.com/file/d/1uV8-Dr1viWx-hfrkPC1qNLzetHD3SERu/view>



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Parents and carers



Self-care tips for parents/carers

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

Specific support for parents and children in tackling issues relating to COVID-19 and school closures:

<https://www.annafreud.org/coronavirus-support/>

A range of podcasts and articles to help parents/carers understand and approach challenges facing children

<https://www.annafreud.org/parents-and-carers/child-in-mind/>