

Supporting you and your children during this unprecedented time.

The last 8 weeks have seen times of worry, fear and anxiety amongst this difficult uncertainty. Our schools have seen our families do the most amazing job of managing our children at home, creating learning spaces for them whilst still working jobs and coordinating the financial and emotional difficulty that Covid 19 has developed.

This letter is designed to give you reassurance that what you are achieving as adults for your children, and some extra advice to help you to keep going. What is about to be shared is from the website <https://elearning.creativeeducation.co.uk/> this is meant for professionals, however I have added the link as some of the free courses may be of interest to our parents and carers.

Children at this time of lockdown will inevitably be looking for reassurance and comfort. Something that is a priority to us as parents, carers and teachers. As adults ourselves, we are also seeking the same feelings. Below are a few ways to enable us to do this.

As highlighted in the five ways to wellbeing, freeing our minds from worry and concern is beneficial to a calm state of mind. Spending time on special interests or enjoying the imaginative world of a story can release feelings of worry and anxiety. When we are engaged in something, the greater sense of calmness our children and we experience allows an open-ended scale of time doing something we enjoy which creates feelings of comfort and calmness.

Reading – losing ourselves in an imaginative world is a positive way to stop thinking about what is happening in the world right now.

Special interests – this can be anything from writing, drawing, skipping or trampolining to cooking, board games and looking after a pet. The list is endless but the time spent on interests can release the negative emotions and feelings, It can also enable positive relationship building through asking questions and sharing the love of your child's interest.

Allow yourselves and your children to spend as long as you desire on these activities create a sense of freedom. Enjoying these can restore feelings of anxiety, Whilst as teachers we enjoy seeing children complete their educational tasks. We understand that indulging in special interests and hobbies is equally important for them to thrive emotionally.

During this time, creating comfort, predictability and consistency will support the children. Routine and structure will help them to feel safe. Stories are also a great way to ignite a feeling of emotional comfort. Share stories with each other, particularly ones that we enjoyed before lockdown occurred. Going back to older, happier memories will build upon a sense of safety. Find times to recall happy experiences and maybe ask your children to write about them.

As I am sure you are all aware, I am an advocate for The 5 ways to wellbeing model. It creates a sense of accomplishment. A feeling of positivity when we have achieved something. Accomplishment can occur in any activity from exercise to giving, from learning to connecting, from finishing a jigsaw to colouring in an entire mindfulness picture. Whatever the achievement, celebrate with your child, show interest and share your achievements with them.

Most of all, during this time incorporate as much fun as you possibly can. Be silly with your families, dance around the house to some upbeat music, play those board games meant for festive celebrations, share jokes, watch silly videos, watch a funny film, build silliness into your ever day lives and let go and laugh together. Forget about everything for a moment.

This is a challenging time and things are difficult right now but by freeing our minds, fulfilling our children's worlds with accomplishment and fun will help to release feelings of fear and anxiety. There is no right or wrong way. There is no rulebook. We are all getting through as best we can and what is best for us and our family.

I hope sharing knowledge from creative learning has helped in some way. If you would like to share your ways to free your minds and accomplishments, please feel free to share them.

Best wishes and Stay Safe,

Miss Brooker.