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| Springwell Wellbeing! | | |
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| Week 1, Issue 1 | | |
| Some more activities to help during this time. | | |
| Hope you are all well. Here at Springwell North, we put a big emphasis on nurture and making sure that all students feel safe, understood and able to communicate. We will be sending out a few things each week to help students and parents get through this difficult time.  You can send us pictures of your Theraplay sessions or Taskmaster entries to  [Northconcerns@springwellacademyleeds.org-](mailto:Northconcerns@springwellacademyleeds.org-) there will be £5 vouchers for the best examples we receive each week. Good luck! | | |
| **Theraplay!** | |  |
| Theraplay is a series of playful interactions and a natural way to foster positive interactions with young people. These revolve around 4 elements of Nurture, Challenge, Engagement and Structure.  At Springwell, the staff are all trained and have a fantastic aray of balloons, massage equipment and other toys avaliable to them. However, I will try hard to provide activies that can be done without all of these.  They may seem silly at first, but trust me, if you throw yourself in and have a go- the students really respond well and you should both be laughing in no time!! | | TASK ONE: Partners sit back to back, with their elbows linked, and try to stand up. This is great for anyone of any age. Remember to take this one slow at first to avoid injury!  TASK TWO: Children get into a crawling position and hold onto the ankles of yourself or another child infront of them. You can then try to move around the house in one piece. they can try added challenge like moving backward, or “going to sleep” anything that snakes do. Keeping together is the real task. |
|  | There are several rules of theraplay. 1- YOU (The parent!) are in control, but try to respond to how your child is reacting to these activities. 2- Remind the student that no-one should get hurt! 3- There should ideally be a snack at the end which you can enjoy together. 4- Have FUN! | |

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| TASKMASTER TASKS These are little tasks desgined to combat boredom and make the day just a little bit more fun!! | | | | | | | | | | | |
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| TASK ONE!  QUICKEST PERSON TO PLACE AN OBJECT ON THEIR HEAD WITHOUT USING THEIR HANDS AND HAVE IT BALANCE THERE FOR 10 SECONDS, WINS!!  If you want to video your attempts- please send your entries to: [northconcerns@springwellacademyleeds.org](mailto:northconcerns@springwellacademyleeds.org). We will pick our favourites and give you a shoutout and maybe even a prize! | | | | | | |  | TASK TWO!  WHOEVER CAN THROW A TEABAG INTO A MUG FROM THE FURTHEST DISTANCE WINS. | | | |
| Even without the Corona Virus lockdown it is extremely important to be able to monitor and manage our mental wellbeing and the wellbeing of the students. This section over time will hope to guide you through some useful resources and activities for you to use.  Firstly- please do not be afraid to talk about mental health openly. 10% of young people aged 5-16 suffer from a diagnosable mental health disorder and 11% - 32% of young people who identify as LGBT+ have attempted suicide in their lifetime. You are not afraid to talk about or get support for a physical injury such as a broken leg and how it is affecting you and the same should be the case for your mental health.  This may be difficult at first, so games such as the sheet below might help break the ice slightly. We will build on this over the upcoming weeks and go over specific issues and some positive coping strategies for you all to try.  If you are after some immediate help/support- the government website does have some good information. <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19> | | | | | | |  | **The Mental Health Zone** | | | |
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| Remember to stay safe, wash your hands and look after each other. | | | | | | | | | | | |
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|  | | | | Email address: | | | |  |
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