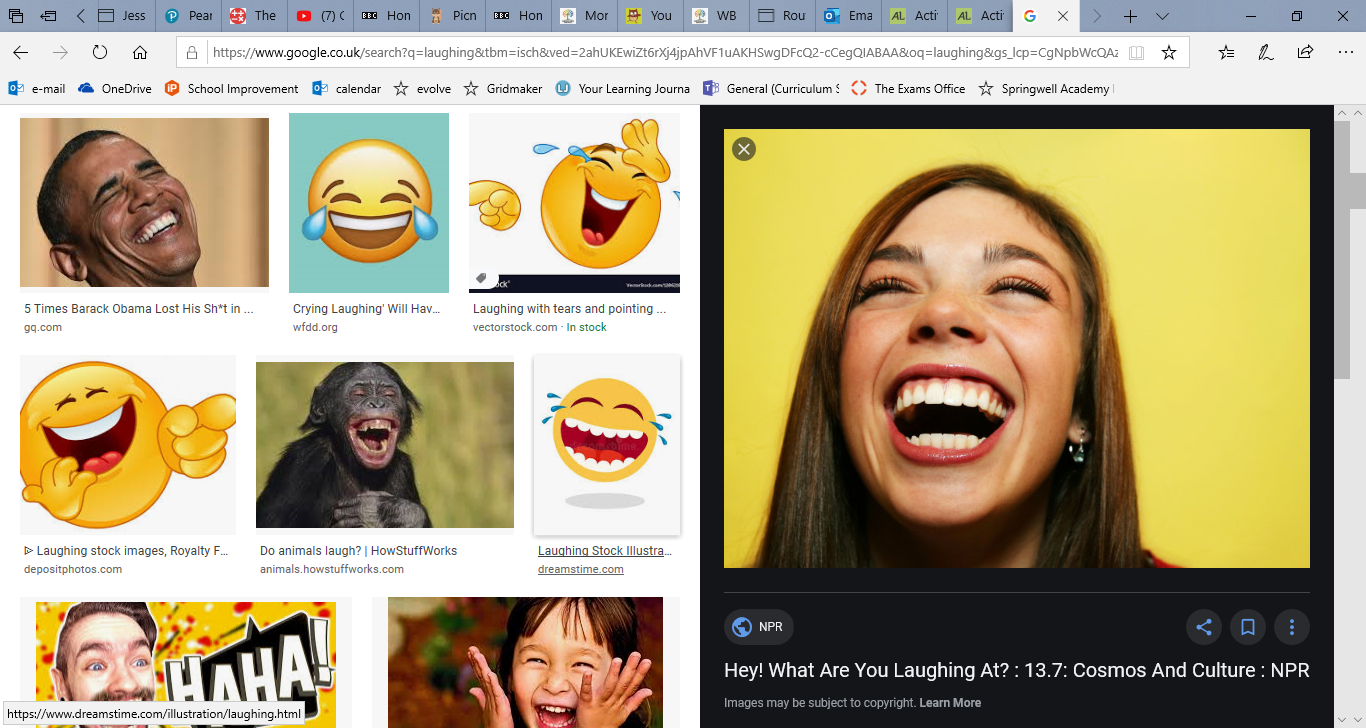
**Springwell Leeds East Wellbeing Newsletter.**

We hope you are all well. Here is our second newsletter which aims to focus on nurture and helping our pupils to feel safe, understood and to be able to communicate well. These newsletters will continue to be delivered with pupil work packs to help our pupils and parents/carers to get through this difficult time.

**Theraplay Games to try.**

**A reminder**….. 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. They may seem

silly at first, but give them a go and you’ll have fun and be

laughing in no time!

**Game 1**: **Steer the Car**! Child closes eyes.  Parent stands

behind their child with their hands on their child’s shoulder

and steers their child through the room to the couch/door.

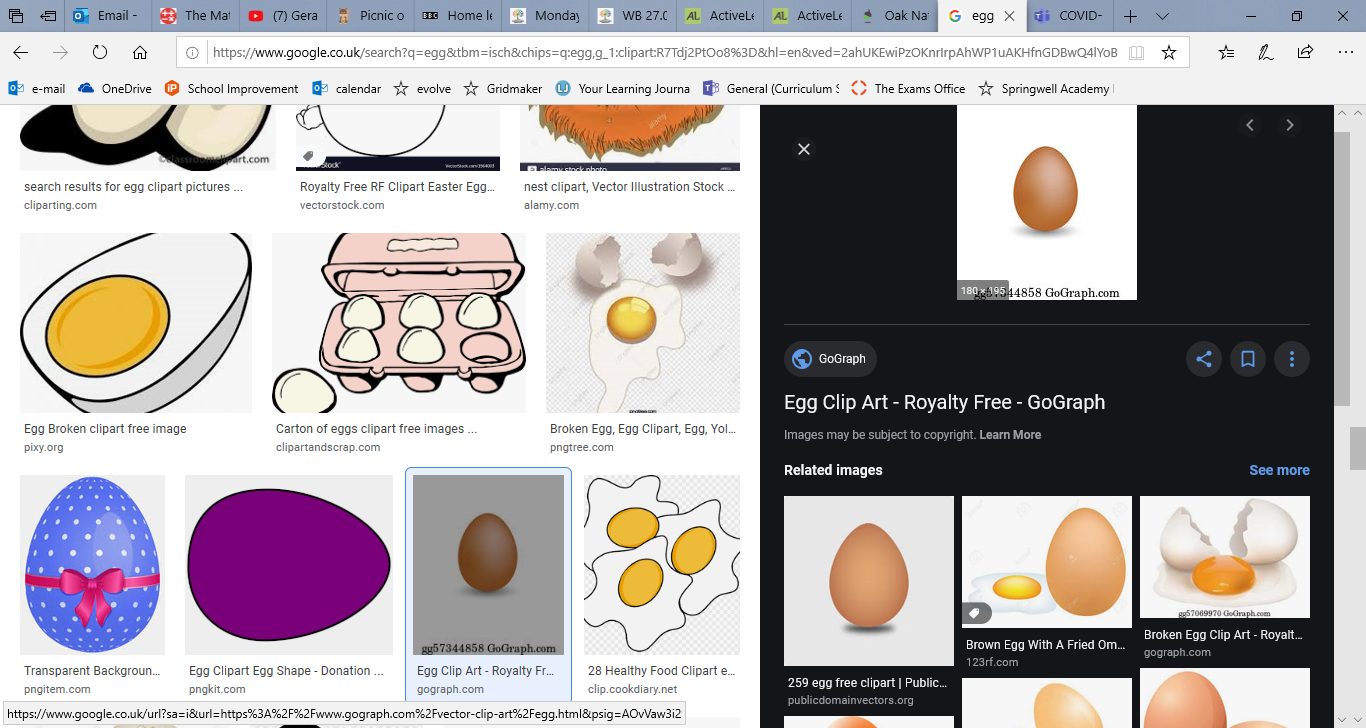
**Game 2**: **Jumping to pillows.** Line up pillows in a line.

Have your child jump to the next pillow on your cue.

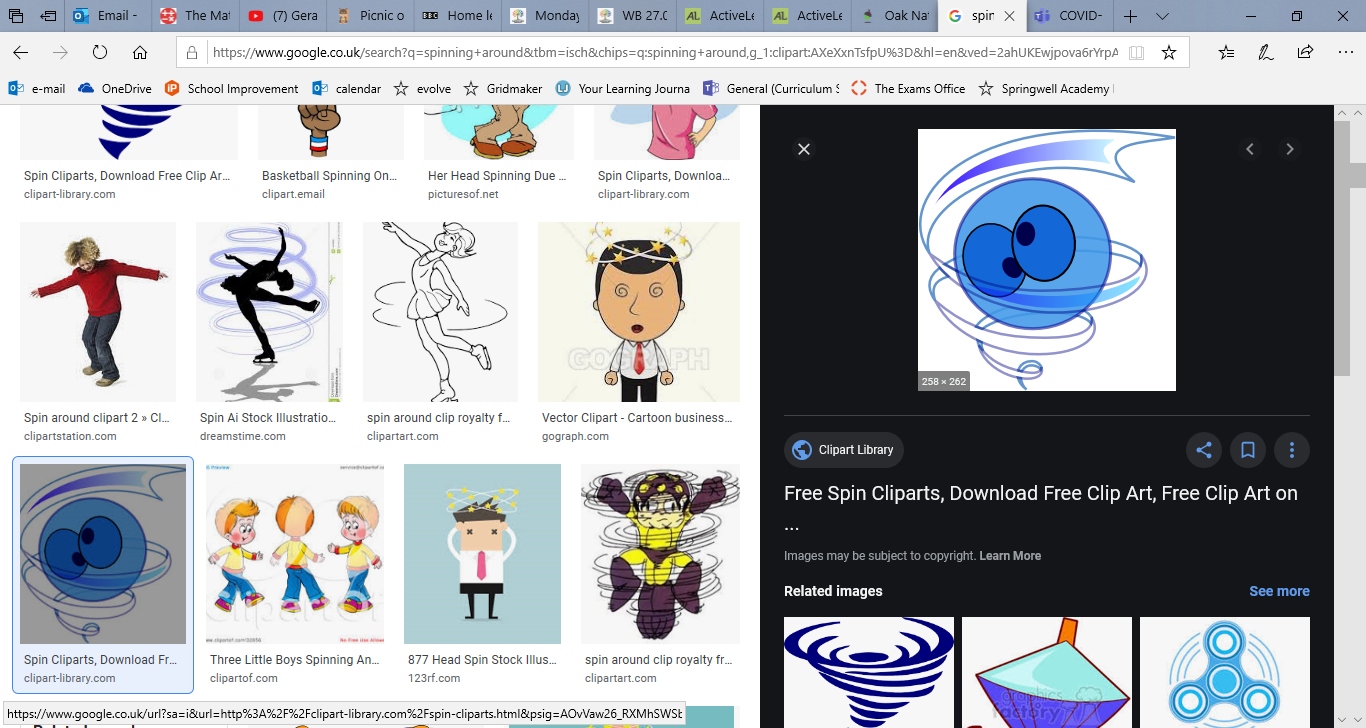
Simple cues can be “ready, set, go”.  More complex cues could

be asking your child to wait to hear his/her favourite colour as you call out a series of colours in a row.

**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 your child that no-one should get hurt! 3- There should ideally be a snack at the end which you can enjoy together. 4- Have FUN!



**Taskmaster Tasks.**

Some further tasks to help to overcome boredom and to have a little bit of fun!

**Task 1:** Get an egg as high as you can without breaking it.

**Task 2:** Make something spin for the longest amount of time.

**The Mental Health Zone.**

We all know that it’s really important to look after our metal health all of the time. Supporting our mental health, as well as our physical health, has become even more of a focus during these extraordinary circumstances. You could try to use some of the techniques below with your child if you feel that you or they need a moment of calm at any point during the day.





All of the home learning resources can also be found on our school website; **springwellacademyleeds.org.**

Remember, we would love for you to send photos of our pupils working or taking part in different activities and games. To do this e-mail: [**eastconcerns@springwellacademyleeds.org**](mailto:eastconcerns@springwellacademyleeds.org)**.**

**Emotions Board Game.**

Roll the die and move your game piece that number of squares. Read the emotion written in the square and say a time when you have felt this emotion eg I feel happy when I am riding my bike. The game can be for 2-4 players. The first player to end the game wins!

