



Stockport Schools Relational Round Up

Welcome to May 4 of our Relational Round Up for Stockport Schools.

These newsletters are here to offer a regular well-being top tip for families and share good stories from our schools across Stockport during our current new ways of living.

As the days pass and we begin to learn more about how we are to start to move out of lockdown we are faced with a range of thoughts and feelings which can feel out of control and unmanageable. Our **top tips** this week focus on how we can become more at ease with our thoughts and feelings and look after our well-being.

EMOTIONS AREN'T "GOOD" OR "BAD"

EXAMPLES

STRESS

"I need to slow down. I need self-care."

SAD

"It's okay. I need love & to look for joy & gratitude."

ANXIOUS

"I need calm & grounding. I can remind myself I am safe & can manage this."



They are SIGNALS to us...

our body bringing our attention to something → Maybe letting you know that something is 'off-kilter' or out of balance.

ASK YOURSELF: "WHAT IS THIS FEELING TRYING TO TELL ME?"

As humans we are hard wired to feel a range of feelings and emotions. Recognising and accepting our feelings is key to positive well-being.

Each of our emotions has an important role to play in helping us to pay attention to something that we need to notice, so that we can learn more about the world around us and what we need to be safe and content.



These emotions are tightly connected to our thoughts and behaviours. Each aspect influences the other.

The more self-aware we become of our thoughts and feelings, the more we are able to create the future we would like to experience. So, it can be important to remember that

REPEAT AFTER ME...

NOT ALL THOUGHTS ARE TRUE

JUST BECAUSE I BELIEVE IT NOW, DOES NOT MAKE IT A FACT

FEELING THIS EMOTION DOES NOT MAKE MY UNHELPFUL THOUGHTS TRUE

I DO NOT NEED TO ACT ON MY THOUGHTS

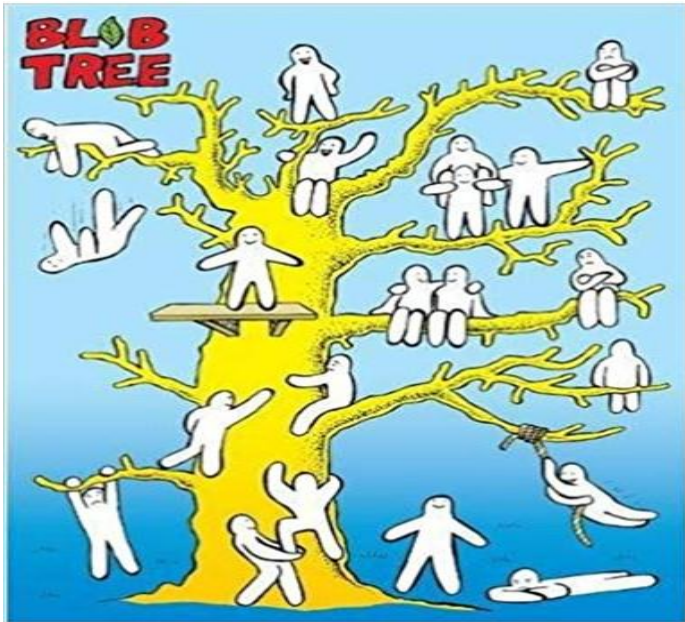
@journey-to-wellness



WHAT YOU CHOOSE TO FOCUS ON...

...WILL GROW





Our brains are naturally set up to keep us safe so will instinctively seek to identify risks and concerns.

Remember it is not about seeking to have perfect, kind and happy thoughts all the time. It is about not feeding the heavy and difficult thoughts. Let them pass without allowing them to take root and control your actions.

These uncomfortable/negative thoughts and feelings are important to notice and share. [Blob trees](#) and value lines can be useful ways to help explore and share how we are feeling about situations and events.

This sharing benefits from being met with compassion and understanding, along with seeking to normalise and regulate our responses to these thoughts and feelings.

Using positive self-talk and sharing this with our children will be key in helping support and prepare them for the return to our new way of being as we move out of lockdown.

Resources such as

[‘The day we returned to school’](#)

[‘Self-talk for hard times’](#)

[‘Ways to be brave.’](#)

can help support with this.



Builds Confidence 	The Power of Positive Self-Talk <small>www.thepathway2success.com</small>	
Improves Attitude 		
	Promotes Self-Love 	Helps Cope with Stress
Allows for Taking Risks 	Encourages Motivation 	Helps Work Through Challenges

WAYS TO BE BRAVE

1. Remind myself that I was made for this challenge.
2. Come up with a plan and work towards my goals one step at a time.
3. Keep on trying and get back up when I fall down.
4. Have the difficult conversation and share my thoughts, feelings, and boundaries.
5. Do the right thing even when it's hard and no one is watching.
6. Be creative and try something new even if I am afraid of looking silly or failing.
7. Talk to my fear and say, "Hey Fear, thanks for trying to keep me safe. But you don't have to work so hard. I can handle this now."

WHOLEhearted

SELF-TALK FOR HARD TIMES

It's okay if I don't feel okay.

This feeling is uncomfortable. But it won't last forever.

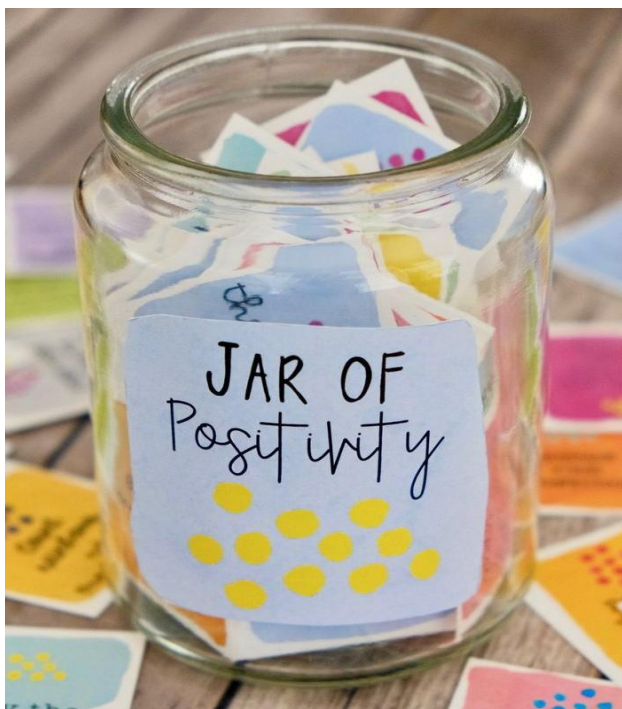
I can do hard things.

I just need to take it one step at a time.

I'd like something else, but I can handle this, too.

WHOLEhearted





Our well-being improves when we are able to experience more positive/comfortable feelings than the uncomfortable/negative feelings.

So, it is important to find ways to notice and maximise the positive/comfortable things that are happening around you. **Talk about the good things and make them bigger.**

Maybe build on our **gratitude prompts** from May 1 Relational Round Up and begin to ask each of you within your family to write little notes of positivity and happiness at the end of each day.

At times when any of you need a 'pick-me-up' take out a note for some positive family feedback.

Take some time to have fun together. This week's **Wild Well-Being** is a great way to start.

Games: The Bean Game



What you need:

- 2 or more players

How to play:

- 1 person calls out different types of Beans & everyone joins in with the actions:
- Jumping Beans - jump up and down
- Jelly Beans - wibbly wobbly bodies
- Chilli Beans - shiver and shake
- French Beans - Say 'Ooh La Laa'
- Microwave Beans - turn in a circle humming and then 'ping'
- Beans on toast - Lie face down on the floor

Extension ideas:

- This is a great way to warm everyone up on a cold day, a way to get your steps in and a way to tire people out.
- Think about different kinds of beans and invent your own calls!



We will be sending out the next Relational Round Up letter in the week beginning June 8th. If you would like to share a good story or show us something that you have been creating at home in our letter please tweet to @stockportRA.

