

# William Harding School Wellbeing Newsletter

Autumn 1  
2021



WILLIAM HARDING SCHOOL  
Aim high... Work hard... Be kind...



## USING POSITIVE LANGUAGE AROUND CHILDREN

It's easy to forget the impact our words can have on children. Everything we do as adults is subconsciously absorbed by the children around us. This isn't restricted to words, it's our body language as well. It's becoming more recognized that children's self-esteem and resilience is affected by what is called negative language. Phrases such as 'stop doing that' cause confusion in children as it

doesn't explain what they're doing wrong, why they shouldn't do it or what they should do instead. This also means that the behaviour or action is repeated because the child doesn't understand what is expected from them. By changing our negative language to positive language, we can promote good behaviour by showing the child what we do expect of them. Below are some more examples of positive language

### SELF CARE SUNDAYS

*Plan a fun activity and make time for it.*

*Give yourself permission to say no to things.*

*Be active outside and give your mind and body and nature boost.*

*Find a caring, calming phrase to use when you feel down.*

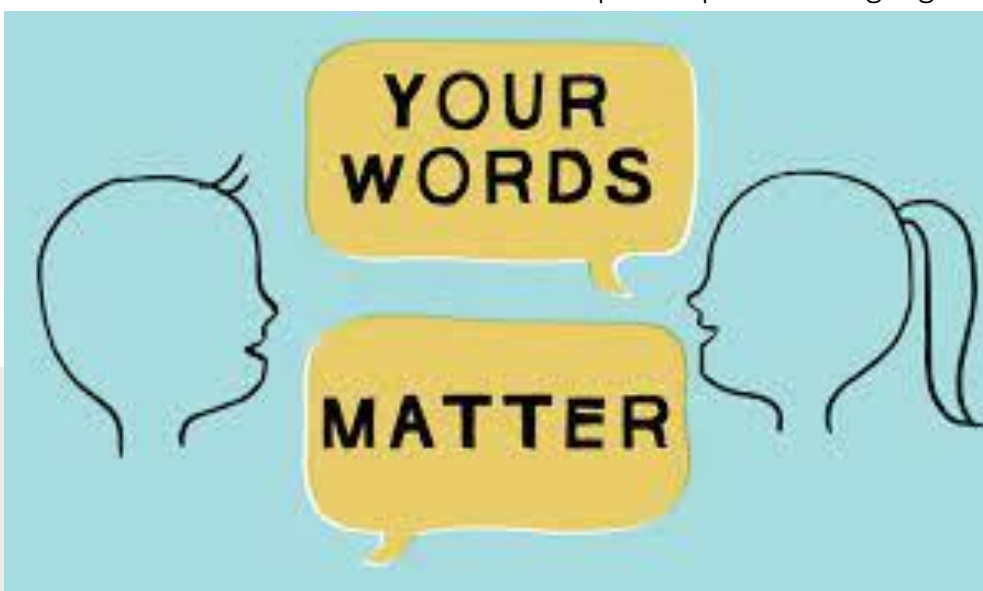
*Choose to see your mistakes as steps to help you learn.*

*Be kind to yourself as you would to a loved one.*

*Let go of negativity and speak to yourself kindly.*

*Enjoy photos from a happy time.*

*If you're busy, allow yourself a break.*





# POSITIVE LANGUAGE ALTERNATIVES

When using positive language remember to emphasize what you do expect from the child and explain why.

Your words have power, use them wisely - Unknown

Be quiet



Can you use your inside voice, we don't need to shout?

Do I need to separate you two?



Could you do with a break?

Stop yelling



Take a deep breath and tell me what happened.

Don't hit



Please be gentle, use your kind hands so we don't hurt.

Don't be naughty



Please make good choices.

Stop crying



I can see this is hard for you, it's ok to be upset.

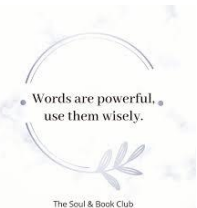
Stop whining



Please use your words so I can understand you.

## POSITIVE WORDS THAT CAN CHANGE HOW YOU SEE YOUR CHILD

❌	✅
STRONG WILLED	SPIRITED
STUBBORN	PERSISTENT
WILD	ENERGETIC
EMOTIONAL	CARING
DRAMATIC	EXPRESSIVE
UNPREDICTABLE	SPONTANEOUS
QUIET	A THINKER
FORCEFUL	DETERMINED
CLINGY	LOVING
BOSSY	A LEADER
LOUD	EXPRESSIVE
DREAMY	IMAGINATIVE
HYPER-SENSITIVE	RESPONSIVE
SHY	REFLECTIVE
FUSSY	SELECTIVE
SERIOUS	CONTEMPLATIVE
RESTLESS	ACTIVE



The Soul & Book Club



### Hello Yellow - World Mental Health Day

Thank you so much for supporting us as a school and celebrating World Mental Health Day. It was wonderful to see the children with their splashes of yellow around the school.

Check out [this YouTube video](#) by Miss Has Positive Focus who talks about how parents and teachers can use positive language to improve children's behaviour and boost their confidence.