



Wellbeing

Focus: Anxiety

What is anxiety? A feeling of worry, nervousness or unease about something with an uncertain outcome.

Ways to support anxiety in children...

- Demonstrate calm - model a calm and measured response.
- Create time for conversation.
- Emphasise and validate the worries.
- Check in and monitor progress

Mental Health Facts

50% of all mental health problems start by the age of 14

39.2% of children have experienced a deterioration in mental health since the pandemic.

“No act of kindness, no matter how small., is ever wasted”

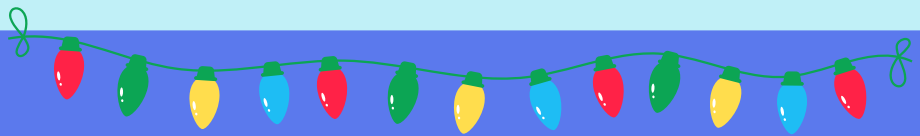
5 Ways to wellbeing

Connect

Ask someone how their weekend was and really listen when they tell you.



Be Active



Take a walk around the neighbourhood and view the Christmas lights

Take Notice

Have a clear out, clear your room or junk drawer ready for the new year.



Learn

Explore a colossal cave

<https://www.nationalgeographic.com/news-features/son-doong-cave/2/#s=pano65>



Give

Give a homemade gift to someone you love



OUR SCHOOL VALUES:

INCLUSION, PERSERVERANCE, HONESTY, RESPECT,
RESPONSIBILITY AND COLLABORATION,