



VIBES & MINDS

Monthly Newsletter

Welcome!

VIBES & MINDS Wellbeing Newsletter

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VIBES & MINDS Retreat Day was a great success. We are truly honoured to hear how much you loved YOUR day.

For us it was magical to see YOU (Parents and Children) coming together and "BEING YOU"

Watching everyone relax and enjoy the outside space and activities was so wonderful. It has been fantastic to hear how much you all loved your day.

Thank you to: Tanya Kate Hasking; Sally-Ann Masters; Emma Jelf; Grace Dalgleish; Fiona & Rich at Found Outdoors

You all made it a fabulous day for everyone. Our next Retreat Day is already being planned for August!

Expressing Yourself

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity.

When children can find creative ways to share their feelings, thoughts, or ideas it can help them feel good about themselves and who they are.

Children can do this through art, music, writing and poetry, dance and drama, photography, and film, and doing activities that they enjoy.

It is important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Given that the past few years will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is more important than ever.

Ways you can encourage your child to express themselves:

1. Could you build on existing interests or passions? Think about what has helped them get through the past few years. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and videos that you and your child could be inspired by... Could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they have shared and acknowledge their feelings.
5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.



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Anxiety and Feelings.....

What is Anxiety?

It's normal for children to feel worried or anxious from time to time.

But for some children, anxiety affects their behaviour and thoughts every day, interfering with their school, home, and social life.

Anxiety is a feeling of unease, such as worry or fear, which can be mild or severe. Everyone has feelings of anxiety at some point in their life. Feeling worried and anxious about sitting an exam, going into a new school year group, changing schools, moving to a new area etc.

How To Help Your Anxious Child

If your child is having problems with anxiety, there's plenty you can do to help. Above all, it's important to talk to your child about their anxiety or worries.

Many children at different ages may have anxieties that will go away after a while, with your reassurance.

Below are a few self-help tips for parents of anxious children:

Going Through My Senses

Spend some time concentrating on things you can see, touch, and feel to help you stay in the moment.

Look around you and slowly try to find:

- 5 things you can see
- 4 things you can touch and feel
- 3 things you can hear
- 2 things you smell
- 1 thing you can taste

Breathing Exercises to Help Children with Anxiety

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Breathing exercises are a good way to relax, reduce tension, and relieve stress

Bumble Bee Breathing

Breathe in through the nose. Exhale slowly and in a controlled manner while making a deep, steady humming sound like that of the bumble bee. The humming sound should be smooth, even, and continuous for the duration of the breath out.

Drawing

First draw a square, star, and a triangle on a piece of paper.

SQUARE - follow the sides of the square, breathing in for 4 counts on one side and out on the next side for 4 counts again.

Continue round the square.

STAR - use your finger to follow the sides of the star. Breathe in. Hold your breath on the tip and breathe out on the other side. Continue until you have been all the way around the star.

TRIANGLE - take a deep breath for 3 counts on side one. Hold your breath for 3 counts on the next side and finally out for 3 counts on the final side.

Do these drawing exercises for a few minutes at a time.

Playing With Bubbles

Playing with "bubbles" is a great way to help regulate deep breathing. It is also something that can be done together with the rest of the family.



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Upcoming Events & Workshops

Vibes & Minds Day Retreat

August (Date TBC) 10am - 4pm

@ Found Outdoors, Townsend Wood,
Great Cheverell SN10 5TW



Vibes & Minds Weekly Workshops

Good Vibes Workshops

Monday from 4.15 - 5.15pm

Age Range: 5—10 years

@ Raydown Offices, Edington BA13 4NW



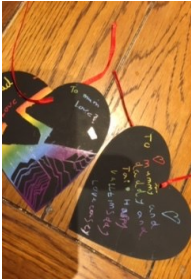
Express & Connect Workshops

Sunday from 6 - 7pm

Age Range: 10—16 years

@ Raydown Offices, Edington BA13 4NW

Vibes & Minds Monthly Workshops



Parenting & Child Workshops

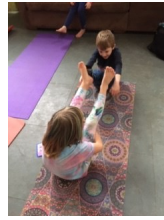
Sunday from 10.30am—12pm

@ Raydown Offices, Edington BA13 4NW

Parenting Workshops

Sunday from 1—2pm

@ Raydown Offices, Edington BA13 4NW



FEEDBACK

We would love to know if this newsletter has been useful to you or if there are any other support ideas you might need.

Please let us know via email to debs@vibesandminds.org

Take care, stay safe and well

Debs

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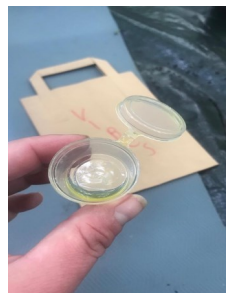
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