

WELL-BEING NEWSLETTER



SURVIVING THE SUMMER HOLIDAYS

THIS WEEK'S NEWSLETTER IS FULL OF TIPS AND IDEAS TO HELP PARENTS AND CHILDREN ENJOY THEIR WELL DESERVED SUMMER HOLIDAY. HAVE A FABULOUS BREAK, SEE YOU ALL IN SEPTEMBER.

ENTERTAINING CHILDREN THROUGH THE HOLIDAYS CAN BE HARD, BY EMBRACING SOME SIMPLE STRATEGIES LIKE THE ONES LISTED BELOW YOU CAN NOT ONLY SURVIVE THE HOLIDAYS BUT ALSO HAVE SOME FUN TOO.

1) PLAN AHEAD

GET THE CHILDREN TO GRAB A BIG SHEET OF PAPER AND SOME COLOURED PENS, AND BRAINSTORM POSSIBLE SUMMER ACTIVITIES. AIM TO INCLUDE A MIXTURE OF FREE OR CHEAP THINGS, LIKE PLAYDATES AND CRAFT ACTIVITIES, AS WELL AS SOME DAYS OUT. STICK IT ON THE FRIDGE DOOR AND CROSS OFF ACTIVITIES AS YOU DO THEM, LIKE A SUMMER BUCKET LIST.

2) DON'T BE AFRAID TO SPEND TIME AT HOME

IT DOESN'T REALLY MATTER TO CHILDREN WHETHER YOU'RE IN BARBADOS OR THE BACK GARDEN! STOCK UP ON CHEAP AND EASY THINGS THAT'LL FILL THE TIME AT HOME, SUCH AS PAVEMENT CHALKS, WATER BALLOONS AND BAKING INGREDIENTS, AND DON'T UNDERESTIMATE HOW MUCH FUN CAN BE HAD WITH A BIG EMPTY BOX!

3) GET TOGETHER WITH FRIENDS

TRY ARRANGING A FEW GET-TOGETHERS, EITHER WITH SCHOOL MATES OR WITH FAMILY FRIENDS THAT YOU DON'T GET A CHANCE TO SEE IN TERM-TIME. IT'S A GOOD WAY TO PROVIDE YOUR CHILD WITH COMPANY, AND YOURSELF WITH SOME ADULT CONVERSATION.

4) TAKE SOCIAL MEDIA WITH A PINCH OF SALT

AS PARENTS WE PUT A LOT OF UNNECESSARY PRESSURE ON OURSELVES. ONE OF THE PERILS OF FACEBOOK AND INSTAGRAM IS THAT YOU'RE PERMANENTLY BEING REMINDED OF HOW PERFECT OTHER PEOPLE'S LIVES ARE. BUT TRY TO REMEMBER THAT EVERYONE PAINTS AN AIRBRUSHED PICTURE OF THEIR FAMILY LIFE ON SOCIAL MEDIA, AND OTHER PEOPLE REALLY AREN'T HAVING 100 TIMES MORE FUN THAN YOU.

5) RELAX

ENJOY SOME LAZY DAYS RELAXING AND RECHARGING. DON'T FEEL GUILTY IF YOU SPEND THE ODD DAY IN YOUR PYJAMAS WATCHING MOVIES WITH THE CHILDREN, IT'S A REALLY GOOD WAY TO BOND, FEEL SAFE AND FEEL COSY. WE ARE ALL HUMAN AND DESERVE DOWN TIME.

PLEASE TAKE A LOOK AT OUR ELSA PAGE ON THE SCHOOL WEBSITE. YOU WILL FIND ALL OUR PREVIOUS NEWSLETTERS COVERING TOPICS SUCH AS ANXIETY, WELLBEING, RESILIENCE, ANGER, AND TRANSITIONING. TOWARDS THE BOTTOM OF THE PAGE YOU WILL ALSO FIND LOTS OF RESOURCES YOU CAN USE AT HOME TO HELP WITH CHILDREN'S EMOTIONS.



CLICK ON THE PICTURE TO FOLLOW THE LINK TO THE ELSA SUPPORT SUMMER CHALLENGE. THIS HOLIDAY WELLBEING CHALLENGE IS FOR YOU TO PRINT OFF TO GIVE TO YOUR CHILDREN. THERE ARE 30 CHALLENGES WITH A DIARY SHEET FOR EACH. THIS DIARY WILL HOPEFULLY HELP CHILDREN TO STAY POSITIVE OVER THE HOLIDAYS IN A MINDFUL AND FUN WAY. THEY ALSO GET A CERTIFICATE ON COMPLETION!