



Us Plus

Mental Health and Wellbeing Bulletin 14

Good morning everyone,

I hope you all enjoyed the long weekend and managed to get out into the fresh air and sunshine. Today's bulletin offers you the change to get involved with a film challenge and some wise words on kindness!

Mrs Taylor.



That's a WAP! Film Challenge

Location: Wherever YOU are!

Can you help HSKYOUTH make a film about their new Wellbeing Action Plan in lockdown?

Check out:

<https://www.startnowcornwall.org.uk/coronavirus/competitions/thats-a-wap-film-project/>

for more details.

If you'd like to enter they will need a consent form (from parents and carers if you're 13 or under) so sign up here if you'd like to take part and it'll take you to the consent form.

Any Questions? **Get in Touch.**

Living together with Kindness

After a few weeks of being inside the house together tensions can start to rise. A tense atmosphere can make it difficult to stay focused and be motivated, this can affect wellbeing. Working together as best as possible can only be achieved if any tensions are resolved constructively.

When resolving tension and defusing conflict key things to consider are how to make things C.A.L.M.E.R and be kind. This stands for:

- ✚ Consider: The need for respect and kindness about how others are feeling. Learn to empathise and see things from each other's point of view.
- ✚ Acknowledge: The time needed to address every person's problem. Let each person speak.
- ✚ Listen: To how everyone feels, their worries and fears and how they can feel better. This includes listening to and understanding body language.
- ✚ Manage: Provide support and empathy to each other.
- ✚ Enable: Support and help each other in the future. Establish some house rules for behaviour.
- ✚ Resource: What did you learn? Use your skills and knowledge to defuse conflict in the future.

C.A.L.M.E.R is a great technique to use at this time AND when we return to school!

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at ktaylor@penrice.org.uk

