Fordham

Wellbeing Page

So we are all starting to create our 'new normal'! In our house, we've had a few challenges, and it's a work in progress! I think it's important to lower expectations, whilst we all adjust.

A PE lesson first thing this morning really helped set us up for the day. We followed Joe Wicks on Youtube, but there are so many options on-line to choose from.

Encouraging discussion and providing opportunities to express feelings has been helpful. You can encourage discussion in many ways, whilst keeping it relaxed. Here are a few ideas to try;

Roll-a-dice Chat

Make a list of questions from 1-6 which each person can answer when they role a dice. You can make this more interesting by using two dice and have a larger list.

Lucky dip question/talking topic

Choose a fun bag or box and fill it with different questions or talking topics. Take turns to take a dip in the bag! Can children carry on talking about a topic for a minute?

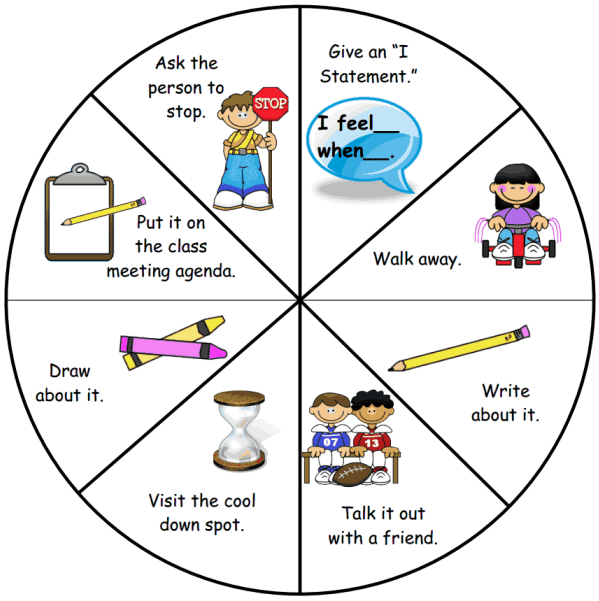
Review of the Day

Towards the end of the day (preferably when things are calm) invite family members to share something positive about the day and something they found challenging. It can help to reflect on the day, share feelings and look for possible solutions to problems.

Managing Disagreements

One of the current challenges is families having to spend a lot of time together in the same place, which can result in disagreements. It can help to involve children in finding solutions. One method is to create a 'wheel of choice'. There is an example below (which you can adapt for home use) although making one with your child's own ideas can make it more meaningful.

The Wheel of Choice



I wish you all the very best whilst adjusting to the current situation.

Do check the website from time to time, as I shall be adding weekly challenges!

Mrs Lawes