

# Stronger Together Newsletter



Dear Caregivers

A very warm welcome to 'A Confident ME'. It has been a real pleasure getting to know your child during our first workshop.

This week we have explored how we are all awesome and unique and the importance of seeing ourselves this way. We have also introduced your child to the key concept that runs throughout our workshops that **our thoughts create our emotions and our emotions often drive our behaviour.**

## Workshop One.

I am AWESOME, I am ME. Celebrating who you are.



### Brain Box

It is our thoughts about situations that create the emotions we are experiencing. These emotions have the power to de-motivate or to drive us, they can create helpful or negative behaviours or attitudes.

By simply understanding this concept of thought/feeling/behaviour we can begin to see how we can use ANY emotion to our advantage, enabling these emotions to drive us in the right direction in order to thrive.



### Try it, Teach it

- 1) Students have been asked this week to keep a thought tracker. Help them by drawing attention to any uncomfortable emotions or behaviour you can see your child displaying. **Calmly** ask if they can tell you what they are thinking at that moment. Then, compassionately point out that it is these thoughts about the situation that are creating the emotions they are experiencing, and these are leading to the de-motivating, unhelpful or angry behaviour.

At this stage we are simply **NOTICING**. We are not expecting your child to be able to shift into 'positive thinking' just yet. This noticing stage is very powerful and your child being able to draw their attention to this is a vital skill.

When big emotions are felt, some children become experts at 'bottling them up' so you may find that talking about these thoughts can create further upset and discomfort. At this stage it is important to sit with your child, to empathise and reassure them that being with you is a safe place to talk, without being judged or being pushed to move on from the moment too quickly.

- 2) Your child will also be sharing with you a 5 finger breathing technique. A great way to activate the bodies calm response.



### You Do It Too

As parents we often feel our job is to solve every problem for our child, but helping our children to build emotional resilience is one of the best things we can teach our children. If negative thoughts have led to your child feeling big emotions, rather than attempt to move past the situation too quickly it helps to spend time with your child acknowledging the feeling. You have to 'feel it to heal it.'

Things to say to your child in these moments;

- "I hear what you are saying."
- "It's rubbish when you feel like that."
- "I understand."
- "It's okay to feel ..... Some people or situations make me feel like that too."
- "I last felt like that when ...."
- "What do you think ..... was feeling like in this moment."



Take a look at your child's 'I am Awesome' sheet that they have brought home. We are sure that there will be more awesomeness, can you add to it too?