



Tonwell St Mary's CE Primary School

Parent Forum

Tuesday 26th January 2021



Supporting our children's wellbeing



- The current situation
- 5 ways to wellbeing
- Zones of Regulation
- 30 day wellbeing challenge
- Further information



The Covid generation

'Scarred for life': Sage experts warn of impact of Covid policies on the young

Government accused of failing to protect generation Z from harm caused by pandemic response

● [Generation Z and the Covid pandemic: 'I have pressed pause on my life'](#)

● [Coronavirus - latest updates](#)

● [See all our coronavirus coverage](#)



Amelia Hill

11:00 Tuesday, 20 October 2020



[Follow Amelia Hill](#)

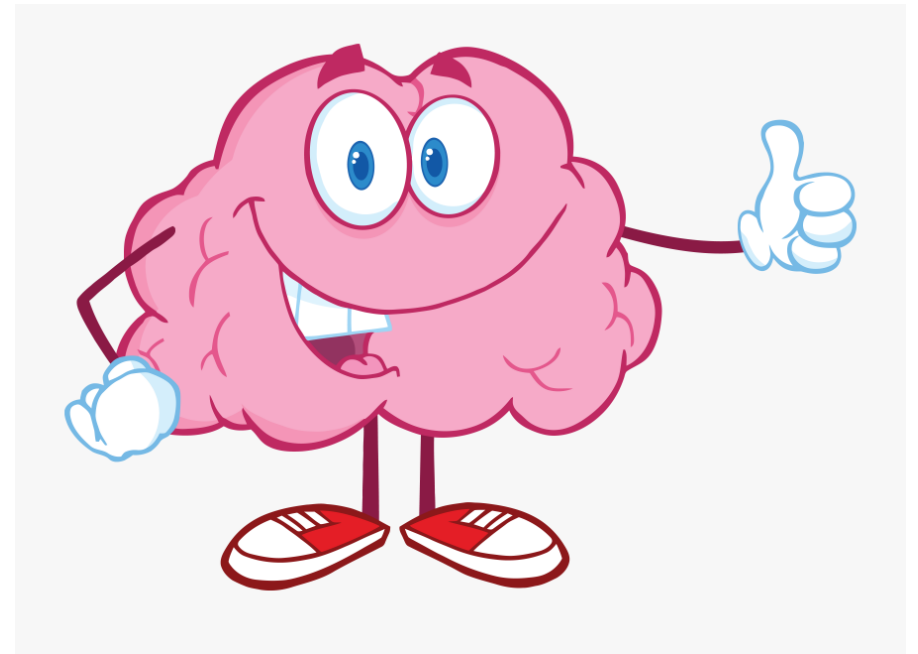
Children and young people are at risk of becoming a "lost generation" because of the UK government's pandemic policies, members of Sage have warned.

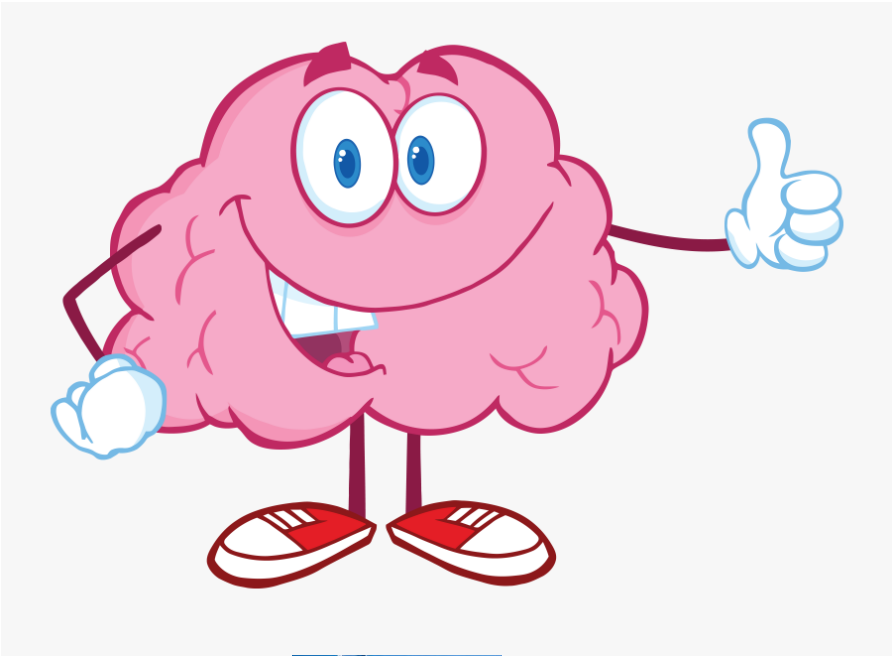
SAGE advisers warn that Generation Z (7-24yo) are at risk of damage as a legacy of the pandemic

Minister for Mental Health, Nadine Dorries said:

'This global pandemic has brought challenges, disruption and uncertainty to many lives and has impacted not only our physical health, but our mental health and wellbeing too.'

*What helps to keep our minds healthy
(good mental health and wellbeing?)*





How I am feeling?

		
Happy	Angry	Upset
		
Silly	Nervous	Surprised
		
Frustrated	Hungry	Affectionate
		
Sleepy	Thoughtful	Sick





Five ways to wellbeing

Five Ways to Wellbeing

Connect: Spend time with family and friends. Enjoy doing things together and talking to each other.





Be Active: Physical activity is good. It keeps you physically healthy, and makes you FEEL GOOD!

Keep Learning: Try something new. Try a new hobby, learn about something just because it interests you.

Take Notice: Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

Give: Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

What Zone Are You In?

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

<https://schooladvice.co.uk/jamiepeacock/>

Hi! I'm Jamie Peacock. I am a former Rugby League Champion player. In my rugby career, I played over 500 games, including over 50 times for England and Great Britain.

I've also won: 11 Super League Grand Finals, 4 Challenge Cups, 4 World Club Challenges, and I was selected for the Super League Dream Team World Best 13.

I didn't start out as a champion. But I believe everybody has a champion within them. Over the next 30 days we'll go on a journey to discover your inner champion.

I was able to excel in my career because of my focus and understanding of the importance of wellbeing. If you don't know already, wellbeing consists of 4 areas:

Positive Mindset

Sleeping Well

Physical Activity

Eating Healthily



Useful Websites

<https://healthyyoungmindsinherts.org.uk/schools>

[Every Mind Matters](#)