



myHappymind

DROP – IN

FAMILY WORKSHOPS

EVERY TUESDAY

3.30pm – 4.30pm

With

Mrs Hargreaves

*This after-school drop in club is for children and their families if they would like to join us
(children can come alone or have a family member(s) also)*

*Each week we will focus on a different topic around helping us be the best that we can
be. There will be guest speakers and creative workshops for all.*

You can book onto any of the session by contacting the

School Office on 01723859359 or via Class Dojo

Date	Theme	Speaker
12 th Sept	myHappyMind introduction & Our Community Police Officers	Mrs Hargreaves will introduce myHappyMind to all the families and explore the App and what we plan to do in school Our Community Police Officers will be spending the afternoon in school helping us know how to feel safe. This will be a time to ask them questions and help you know you are safe.
19 th Sept	Good Nights Sleep	Stacey from the Sleep Charity will be coming to talk with us about the importance of a good night's sleep and share some tips on how to achieve this.
26 th Sept	Family Yoga	Becky Palmer from Little Yoga Stars will be on hand to share with us ways to help calm the nerves, breathe and relax through fantastic yoga movement.
3 rd Oct	Childrens Self Defence	Amanda Howes from AH Trilogy will be coming to teach us basic self defence techniques to help keep us safe and know when to use these moves correctly.
10 th Oct	Children's Massage	Claire Jackson is a certified clinical therapist and mum of three, She will introduce us to childrens massage and why it is good to help relieve stress, create healthy habits and support a calmer mind.
17 th Oct	Its Good to Talk	Nina Dowdeswell is a trained counsellor (with years of child minding experience also). She will come and talk to us about how important it is to talk about our feelings and find the right person to talk to whether you be a child, adult or family.
24 th Oct	What if I can't see?	Alan Banks and the gorgoeus Oscar will be coming to talk to us about what it is to loose your sight / feel different to everyone else and how a Guide Dog helps to be your best friend and look after you, so you can do what everyone else does.
HALF TERM		
7 th Nov	Phunky Foods – Pizza	Hannah from Phunky Foods will come and help us create amazing pizza's from scratch – the healthy way! Get ready to roll your sleeves up and prepare a healthy tea to take home.
14 th Nov	Animal First Aid	Caroline Jones our amazing veterinary nurse mum will be back in school to shows us ways to help look after our pets and look out for any signs that they may need some help.
21 st Nov	Family Bootcamp	Amanda from AH Trilogy will be back to have some fun with us all in a super Family Bootcamp session. So come on mums, dads, grannies and grandads – time for you to join in!!
28 th Nov	myHappyMind checkin	So lets take a moment to check-in and see how we are doing on this journey of self discovery. Would we like to do more of this and put together another schedule for 2024? If so, what would you like it to include? Mrs Hargreaves will be there to hear all your thoughts and suggestions.
5 th Dec	Meditation before the Christmas excitement takes-over	Becky Palmer from Little Yoga Stars will be back to join us at the start of this very exciting and busy time to help us just take a minute to focus on the present moment and stop feeling overwhelmed or anxious.
12 th Dec	Phunky Foods – Christmas Delights	Hannah will be back from Phunky Foods to help us create some wonderful healthy Christmas Treats to take home and enjoy for a tea-time treat.
19 th Dec	Party Time	Let's celebrate together how great we are feeling and the new skills that we have learnt this term with a Christmas Wellbeing party!!!!!!



I see you struggling, but I don't know how to help.
Why is it that you shout, scream and yelp?
I'm tearing my hair out I don't know what to do,
It should be my job to support and protect you.
I try to remain calm and let you know that I'm there.
I'm trying to show you how much I care
When I shout back at you, I know it's not right
But I just don't know how to win this fight.
I wonder if others are struggling to cope if they, like me are losing hope?

But everyone is silent going about their day
I wish someone would just stand up and say...
Having children is hard, you won't always get it right
But remember there are ways you can stop this fight.
You don't have to get angry, you don't have to shout
Your child is struggling to get their words out!
Step back and breathe, tune in to your child,
Their head is full of feelings, which are all going wild!
If you can help your child understand their brain,
Maybe neither of you will be feeling this strain.

There are 3 functions of the brain you should know about,
To help you understand why your child screams and shouts.
The Hippocampus stores memories and experiences we've had
Including anything which made us feel good or bad.
The Amygdala keeps us safe; it has one job to do
This part of the brain is designed to protect you.
The Prefrontal Cortex helps us to decide,
With logic and reasoning acting as its guide.
When all work together they perform at their best,
But problems occur when we feel sad, worried or stressed.

The Amygdala takes control, by reacting to danger
This is when our brain becomes a game changer!
It shuts down our memories and blocks out our thoughts
Leaving us to feel vulnerable, fragile and fraught.
Fight, flight or freeze are its options for now,
We need to send a message to its friends, but how?
We need to get the oxygen back to the brain,
To help make the three functions work together again.
But how do we do this, I hear you say?

Take some deep breaths and it will find its way.
Breathing helps to unblock our thoughts,
Restoring our memories so we no longer feel fraught.
We can begin to understand when we feel a certain way
Helping us control our emotions and continue our day.
Imagine all children mastering this skill,
Building self-resilience, wouldn't that be brilliant?
Children feeling safe, calm and happy,
Parents no longer shouting or snappy!
Sometimes in life, we have to see beyond the clouds,
Let's swallow all that pride and speak out loud!