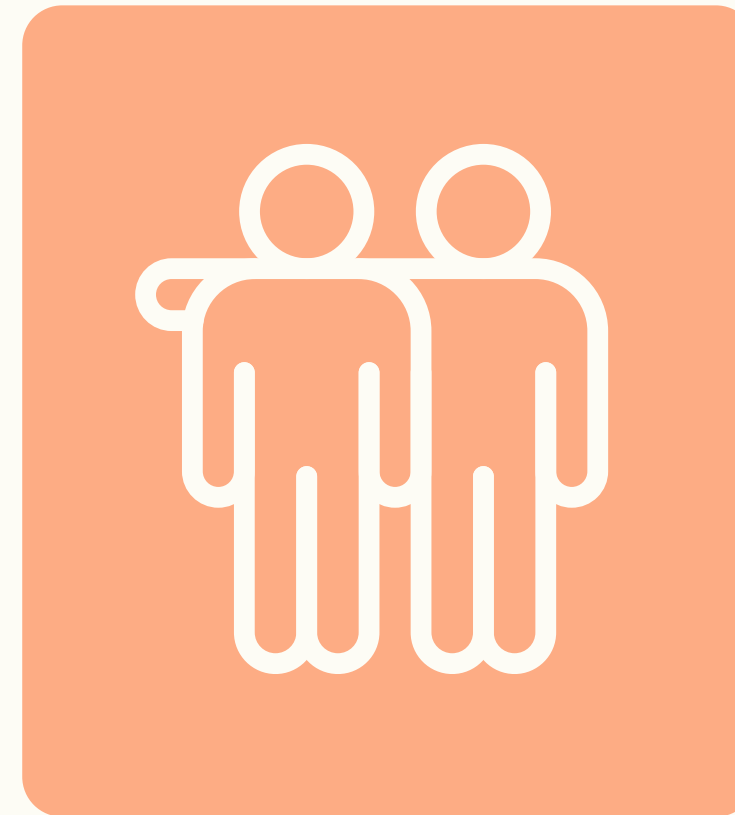


Seeds of Wellbeing



Lovington C of E Primary's Wellbeing Guide -
Issue Spring 2026





Welcome

Welcome to the Spring edition of Seeds of Wellbeing. This newsletter is designed to support you in nurturing the wellbeing of your children both at home and at school. Each issue will offer practical tips, creative ideas, and resources to help foster a happy, healthy environment for your child to grow and thrive. We'll also share updates on courses and workshops that might be of interest, giving you tools to support your family's wellbeing journey.

Together, we can plant the seeds of kindness, resilience, and positivity that will flourish in our children for years to come.

We look forward to growing together.



Quick Links



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Place2Be - Art Activity



<https://youtu.be/QHRaeZePGyg>

To celebrate Children's Mental Health Week 2026, Place2Be is happy to share an activity to explore this year's theme **This is My Place**.

Belonging is the feeling of being a valued part of the groups and places that are important to us. It means feeling cared for and comfortable to be ourselves. This resource encourages children to explore their sense of belonging by creating a personal map, which can include places, groups, or activities or something not physical, where they feel they belong.

ACTIVITY AIMS

- Increase personal sense of belonging and connection.
- Foster understanding of belonging and its importance to wellbeing.



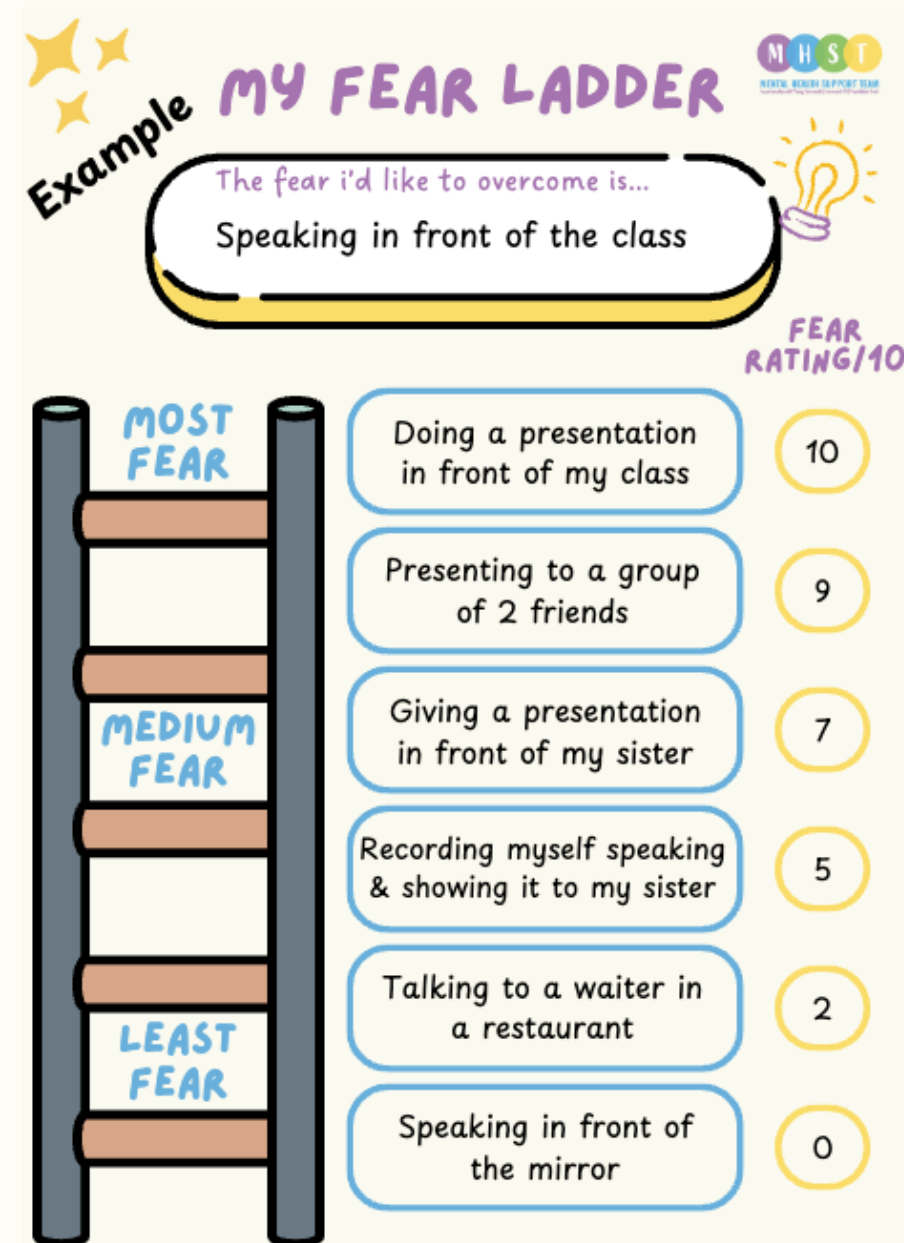
Download your guide here:



Sometimes we wish we could do something, like go to a party or put your hand up in class. But sometimes we feel so worried about what might happen we hold back and avoid doing the things we want to do.

But it's not as easy as just forcing ourselves to do something. What we can do is break it up into smaller steps or goals and work our way up gradually until we can do the things we want to do without feeling overwhelmed.

Download the template here.



Facing fears...



HOW DO I DO IT?

1

THINK OF A GOAL

Is there something you want to be able to do but you're too worried? Think of a goal and put it in the top box by the ladder. Find someone who you can talk to and can support you using your fear ladder.

2

BREAK IT DOWN INTO STEPS

This bit can be difficult. First, think about something related to your goal that is a 0 or 1/10 for worry and put this in the bottom box. Add steps in between, giving each a rating out of 10 of how scary it is.

3

START FROM THE BOTTOM

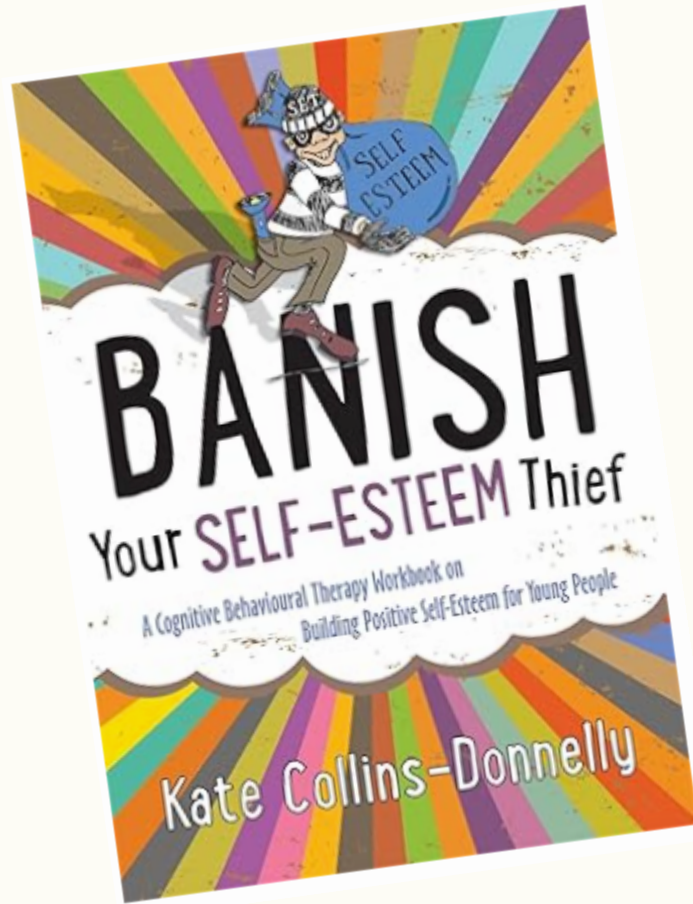
Now its time to try it out! Start with the action at the bottom and repeat it until you no longer feel nervous doing it. Gradually work your way up until you're comfortable at each step.

4

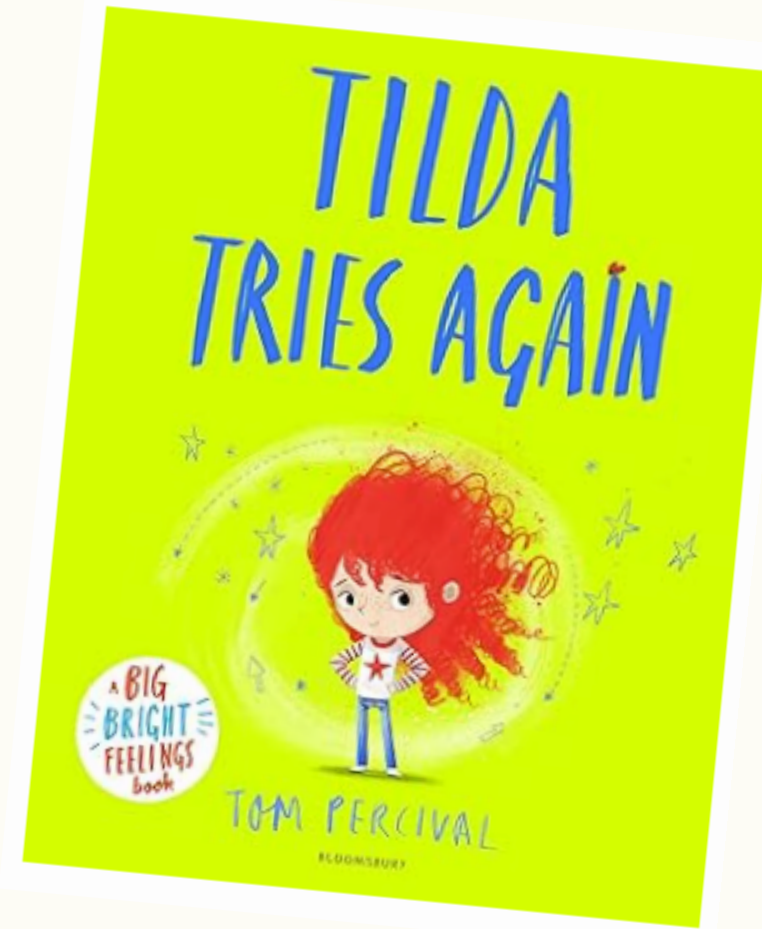
PRACTICE, PRACTICE, PRACTICE!

Remember, its better to go slow than too fast. If you are struggling with a step, try take a step back or add another step inbetween. Keep checking in with a person you trust and see if they can help you.

Book Recommendations



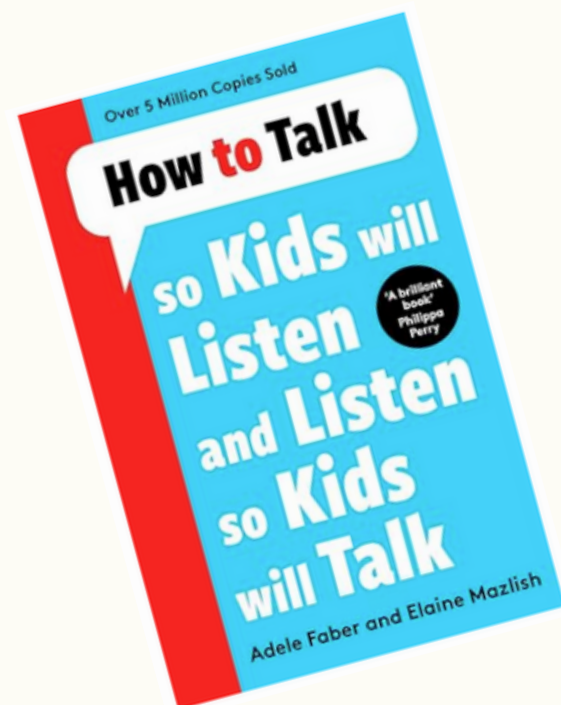
Banish Your Self-Esteem Thief - Kate Collins-Donnelly. Build confidence and self-esteem with this fun and effective workbook for young people. Look out - the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how! Fun, easy to read and full of tips and strategies, this is an excellent workbook for young people aged 10+ to work through on their own or with the help of a parent or practitioner.



Tilda Tries Again- Tom Percival
Tilda's world is just as she likes it . . . until one day, it turns completely UPSIDE DOWN. All of a sudden, everything is topsy-turvy, and nothing feels right. Things that were once easy now seem incredibly challenging.

Can Tilda discover a new way to approach her problems and believe in herself?

Bold, bright and empowering, this is an inspiring story about coping with difficult situations. It's the ideal book for helping children to build resilience and embrace a 'can do' approach to life.



How to Talk so Kids Will Listen and Listen so Kids Will Talk.

How to Talk so Kids Will Listen and Listen so Kids Will Talk is the go-to guide designed to transform your relationship with your child.

- Learn how to set clear boundaries and engage your child's co-operation
- Find out how to overcome a pattern of arguments
- Swap ineffective punishment for positive parenting
- Prioritise a respectful and sympathetic approach to conflict resolution

Including accessible and helpful case studies, How to Talk So Kids Will Listen and Listen So Kids Will Talk is packed with practical advice for parents and carers.



Co-Regulation: A creative strategy



Co-regulation is the process by which a parent/caregiver helps a child manage their emotions, behaviours and responses to stress. It involves providing consistent emotional support, modelling healthy regulation strategies, and gradually helping the child develop their own self-regulation skills.

Watch this video to find out more.
<https://youtu.be/UJrfyy6BMOM>



Free Webinars



FREE WEBINARS FOR COUPLES

The greatest gift you can give your child is a strong relationship between the two of you

ALL WEBINARS ARE 7PM - 8PM



Communication skills for busy parents

27 January: <https://www.eventbrite.co.uk/e/1974673837605?aff=oddtcreator>

4 March: <https://www.eventbrite.co.uk/e/1974743709594?aff=oddtcreator>

Conflict without chaos for couples

3 February: <https://www.eventbrite.co.uk/e/1974715728903?aff=oddtcreator>

11 March: <https://www.eventbrite.co.uk/e/1974745720609?aff=oddtcreator>

Parenting together without drama

25 February: <https://www.eventbrite.co.uk/e/1974766585015?aff=oddtcreator>

3 March: <https://www.eventbrite.co.uk/e/1974842014627?aff=oddtcreator>

More information on the Eventbrite links or contact:

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Understanding your child: from toddler to teenager

13 Stages

English | Voiceover | Certificate available

Learn more



Understanding your child with additional needs

14 Stages

English | Voiceover | Certificate available

Learn more



Understanding your child's feelings (a taster pathway)

7 Stages

English | Voiceover | Certificate available

Learn more



Understanding your child's mental health and wellbeing

2 Stages

English | Voiceover | Certificate available

Learn more

Preteen to teenager



Understanding your teenager's brain

9 Stages

English | Voiceover | Certificate available

Learn more



Moving up to secondary school for children with additional needs

2 Stages

English | Voiceover | Certificate available

Learn more

Adults



Understanding your relationships

11 Stages

English | Voiceover | Certificate available

Learn more



Understanding your own trauma

11 Stages

English | Voiceover | Certificate available

Learn more

Online Emotional health learning



Big feelings, how the brain works, and relationship ideas for happier lives. Togetherness pathways for parents, carers, grandparents, and young people.

Find your journey for stronger relationships and enhanced emotional wellbeing. Follow evidence-based educational content developed by clinical psychologists, health practitioners, and psychotherapists. Tried and tested by parents and young people.

Access the website here and enter the code for Somerset 'dragon'



An example of some of the learning available for FREE.

Useful Resources

ChildLine: For 18s and under 0800 1111

NSPCC: 0808 800 5000

YoungMinds Parent Helpline: 0808 802 5544



Mind – Somerset

Somerset Mind:

<https://www.mindinsomerset.org.uk>

Mental Health Toolkit

Somerset children & young people

https://www.cypsomersethealth.org/mental_health_toolkit

Youth Wellbeing Directory:

youthwellbeing.org