



# The Crescent Primary School

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15<sup>th</sup> May 2026

Dear Parents and Carers,

This week has been Mental Health Awareness Week, which provides us with an important opportunity to reflect on the ways we can support positive mental health and wellbeing for both our children and ourselves.

In light of this, we would like to share a selection of mindful activities that you may wish to try at home as a family. These simple activities are designed to encourage relaxation, connection and emotional wellbeing.

With SATs taking place this week for some of our pupils, we recognise that children may be feeling particularly tired or overwhelmed after a busy and sometimes stressful week. We hope these activities will also offer children a chance to wind down, relax and recharge.

As a school, we strongly believe in the importance of promoting good mental health for our children, as well as for the adults who care for them. Taking part in mindful activities together as a family can be a really positive way to support emotional wellbeing, encourage quality time together and create opportunities for open conversations.

Attached to this letter you will find a range of resources, along with information about local upcoming events and workshops that families may find helpful and supportive.

Please remember that we are always here to talk and support the whole family — not just the children. If you would like any advice, support, or simply someone to talk to, please do not hesitate to get in touch.

Thank you for your continued support.

Warm regards,

Miss Bush

Mental Health and Wellbeing Lead

## Activity Suggestions:

- **A Family ‘Jabber Jar’**
  - Each class in school has what we call a ‘Jabber Jar’. The children have all contributed questions and conversation starters that they would like to discuss. As a class, we take time to choose a slip of paper from the jar and simply... talk!
  - This gives children the opportunity to explore topics they may not have thought about before, encourages open conversations and helps children feel listened to and valued.
  - Creating a ‘Jabber Jar’ at home could be a lovely activity for families to try together, especially as the children are already familiar with the idea from school.
- **A Gratitude Jar:**
  - A Gratitude Jar is a simple but meaningful way to encourage children and families to focus on the positive moments and things they are grateful for. Family members can write down things they are thankful for — big or small — and place them into the jar to read together at a later time. This could be adapted for younger children in the form of drawings.
  - Practising gratitude can help children develop a more positive mindset, improve emotional wellbeing and encourage reflection on the things that bring them happiness and comfort, as well as celebrating the small moments that are often easy to overlook in busy daily life.
- **Mindful movement**
  - Activities such as stretching, yoga, getting outside for a walk, dancing, or simple breathing exercises can help children regulate emotions, release tension, and feel calmer and more focused. Mindful movement encourages children to connect with their bodies and feelings in a positive way.
  - There are great resources on Youtube for instance, Cosmic Yoga.
- **Send a letter**
  - Writing a letter, card, or note to someone special can help children reflect on positive relationships and express gratitude, kindness, and appreciation. Feeling connected to others is an important part of good mental health.
- **Create a self-soothe box**
  - A self-soothe box is filled with comforting items that help a child feel calm and safe during difficult moments. Including favourite scents, textures, photos, fidget toys, or positive notes can support emotional regulation and self-awareness. (CAMHS video with more information can be found below).
- **Create a belonging island drawing**
  - Children can draw an “island” filled with the people, places, activities, and things that help them feel safe, happy, and connected. This activity encourages mindful reflection and helps children recognise the importance of belonging and community.



## Breathing Techniques:

As part of each school day, children take part in a mindful breathing exercise, either led by an adult or by one another. These exercises vary across the school depending on the children’s ages, but they have become an important pause in the day — a moment to slow down, breathe, and help calm the nervous system.

Through these activities, children are developing an understanding of how breathwork can support both their physical wellbeing and emotional regulation. Practising mindful breathing at home can help children apply these skills to everyday situations and challenges outside of school.

Helping children recognise when they need to regulate their emotions, and giving them simple strategies to do so, is an important part of building emotional wellbeing and resilience.

Here are some of the breathing techniques we use in school:

[Rainbow Relaxation: Mindfulness for Children](#)

[The Body Scanner! Mindfulness for Children](#)

[Belly Breathing: Mindfulness for Children](#)

[Breathing Exercise for Kids | Yoga for Kids | Hot Chocolate Breath | Yoga Guppy with Rashmi Ramesh](#)

[5 finger breathing technique](#)

Avenues of help and further support:

Emotional Regulation Workshop delivered by MHST at school – June 15<sup>th</sup> 9:30am

[Children's Mental Health Support Pack](#)

[Exploring The Zones: Understanding Emotional Regulation](#) - Online Workshop: 20<sup>th</sup> May 3:30pm – 4:30pm

[DROP IN SESSIONS – June 2026 – Winchester – CAMHS](#) – Advice and support from CAMHS Clinicians

[PACE Basingstoke, 25 June 2026 – CAMHS](#) – a free event covering a multitude of topics relating to children's mental health and neurodiversity

[Mental Health Support | Health and social care | Hampshire County Council](#)

[Self-Soothe Box – CAMHS](#)

Reach for the Stars

