



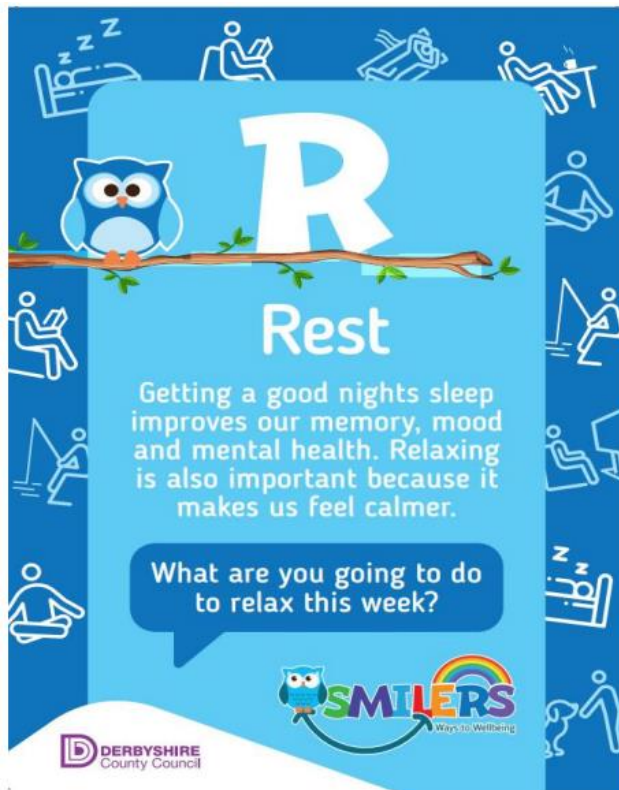
SMILERS

SMILERS is a whole school approach to wellbeing.

It is a way of helping children understand that they can make choices to help them feel better mentally and help them stay emotionally strong and well.

We will use the SMILERS formula to help us develop healthy habits for life and to look after our own wellbeing

This month's focus is: **R for Rest**



- Schedule in a rest time each day for your child. Even if they no longer nap, they will benefit from an hour of quiet time reading, listening to mellow music, or quietly playing with toys.
- Quiet time can act almost as a time of meditation, helping children to recharge and their minds to rest.
- Turn off all devices and limit access to only 1 hour a day.
- Have a regular bedtime

REST / Relaxation

Rest, relaxation and meditation are all ways of helping our body feel calm. Research has found that the growth hormone is secreted when your child is in a deep sleep, that's why rest and sleep is vital for children's growth. It is also important for children to have opportunities for down time to relax and research has shown meditation is also supportive for children's mental health. Learning and memory are at their best in well rested children, improving academic achievement. Exercise is equally important, playing a vital role in physical health and wellbeing by promoting muscle and bone strength, controlling body weight and decreasing the risk of certain diseases and health conditions. The research tells us that rest, in addition to sleep, supports a child's learning, development and wellbeing. Meditation and Yoga have also been found to not only support children's mental health but also their posture for writing and physical dexterity

SMILERS Challenge:

Your challenge is to login to Cosmic Yoga for kids and have a go at calming your body with yoga, stories and fun.

<http://www.youtube.com/@CosmicKidsYoga>