

Wellbeing in tutor time

March to April – Be active

Hobbies, exercise, getting involved

Nov to Dec – Keep learning

Focusing on our learning habits

Sept to Oct – Connect

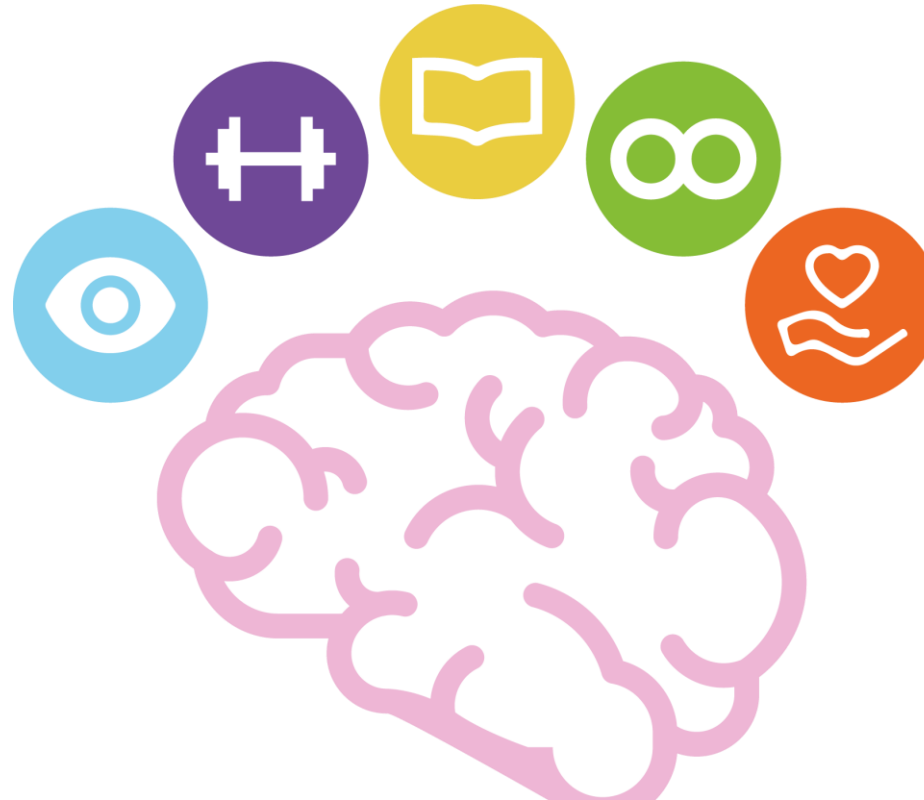
Creating a sense of belonging

May to July – Take notice

Reflecting, reviewing, planning

Jan to Feb – Give

Self-care and care of others

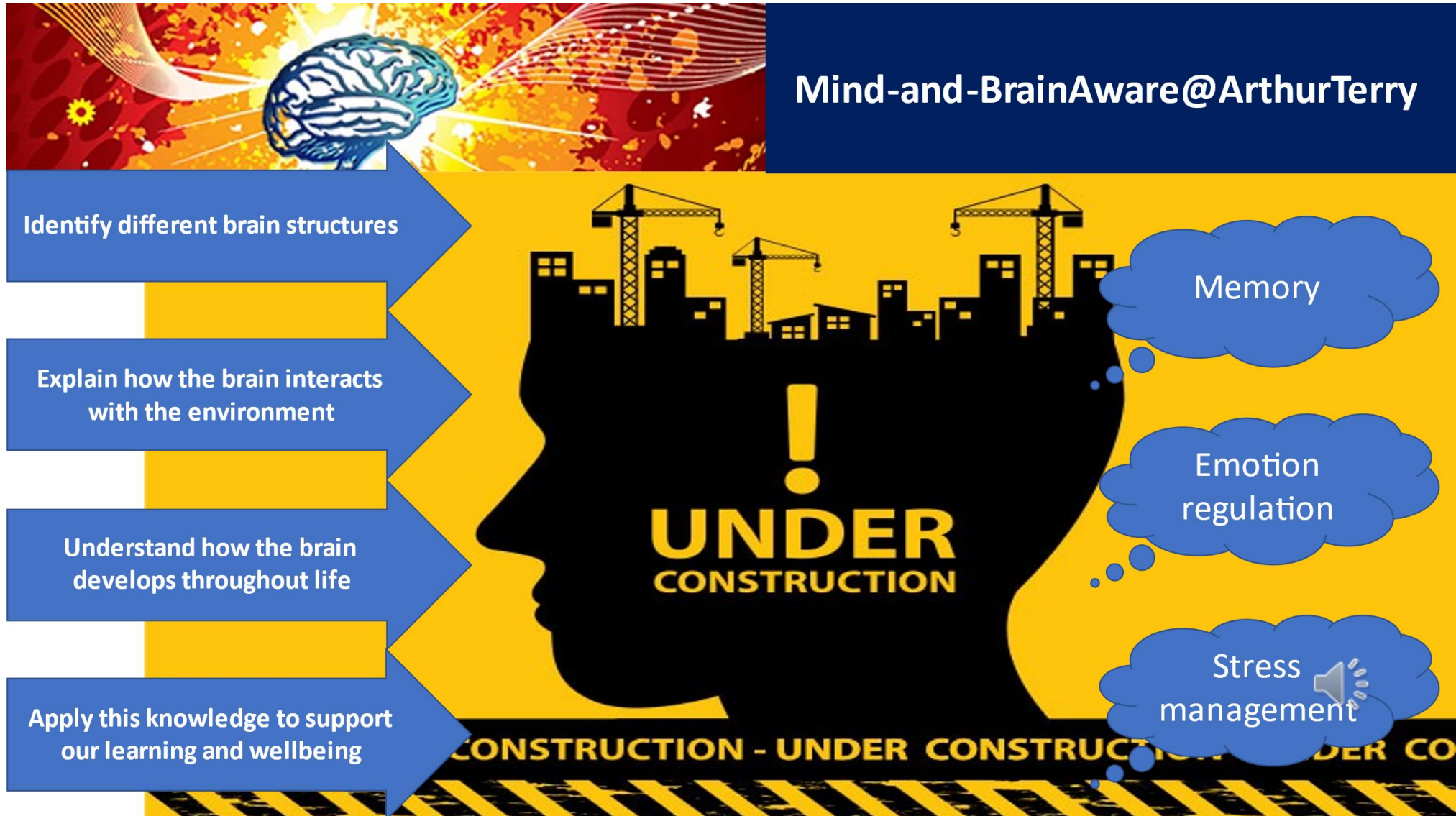


Strengths based.

Solution focused.

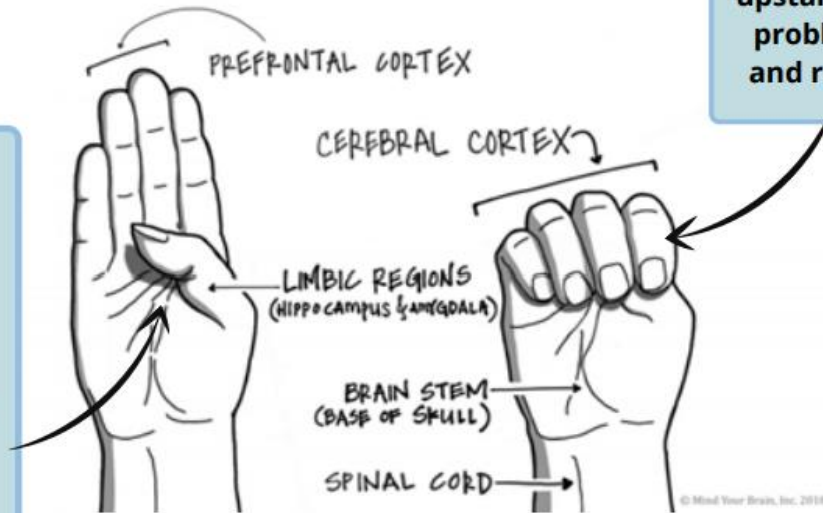
Normalising emotional experiences.

Being aware and **connecting** with our emotions is extremely important for positive mental health and wellbeing.



The Hand Model of the Brain.

Here, your thumb represents the limbic regions which has also been called our **'downstairs brain'**. This part of our brain is the emotional part and is in charge of our **big feelings**. It really cares about **protecting us and keeping us safe**.



The fingers covering our thumb represents the cerebral cortex, or our **'upstairs brain'**, where our **problem solving, logic and reasoning** occurs.

What Happens When You Flip Your Lid?



Prefrontal Cortex Is Engaged:

Calm, rational thought, mental flexibility.
Able to make good decisions.

Lid Is Flipped Amygdala Is Engaged

Big emotions arise -
anger, fear, anxiety, sadness.
Unable to make good decisions
or calm down.



Self-Regulation



How Might You Feel?
Sad
Tired
Bored
Moving Slowly

How Might You Feel?
Nervous
Confused
Silly
Not Ready To Learn

How Might You Feel?
Angry
Frustrated
Scared
Out Of Control

What Might Help You?
Talk To Someone
Stretch
Take A Brain Break
Strand
Take A Walk
Close My Eyes

What Might Help You?
Talk To Someone
Count To 20
Take Deep Breaths
Squeeze Something
Draw A Pictures
Take A Brain Break

What Might Help You?
Stop What I'm Doing
Make Sensible Choices
Take Deep Breaths
Ask For A Break
Find A Safe Space
Ask For Help

The downstairs brain (thumb) is like a security guard, scanning the environment for threats and reacting by going into protection mode. It takes over the upstairs brain and puts you into fight, flight or freeze response. The upstairs brain is not engaged, and you act in the moment, struggling to listen to reason, consider consequences or seek solutions.



The downstairs brain also activates your brainstem. This means when it feels threatened, you may feel your heart rate and breathing speed up, your face get warmer, and you may experience an aching stomach.

These physical sensations can be overwhelming. Using breathing and grounding techniques can help reduce this stress response and begin to re-engage the downstairs and upstairs brain.

Being able to recognise the emotions you are feeling and regulate the intensity of the emotional response helps re-engage the upstairs and downstairs brain.

When these areas are in communication again, you can reflect on what happened, how you acted and the outcomes of your behaviour. It is also time to learn, grow and repair.



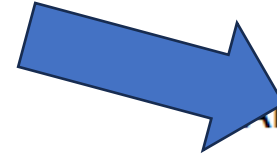
THE 3 RS
REGULATE
RELATE
REASON

R

Regulate- help the child
to feel calm and safe

Relate - validate the
child's feelings,
connect with them

Reason- once the child is
calm, help them to think
things through & come
up with alternative
strategies for the
future



Emotion Coaching

