









# Stockport Schools Relational Round Up

Welcome to May 2 of our Relational Round Up for Stockport Schools.

These weekly newsletters are here to offer a regular well-being top tip for families and share good stories from our schools across Stockport during our current new ways of living.

It is only natural that as we share space together during lockdown there are going to be times when we make mistakes, get things wrong and fall out with each other. Fall outs happen in all relationships. It is normal. The important thing is how we handle it. Here are some **top tips** to help ourselves manage our mistakes and fall outs in a healthy way.

**Choosing words wisely.** Remember we all make mistakes. All of us have good and bad days. Try to use words that recognise that mistakes are ok and focus on the solution you are after rather than the problem that you are experiencing. Tell children what you want them to start doing. By telling children exactly what you want them to do, you are helping them know what is expected of them.

The problem	Instead of ...	Try ...
<b>LITTLE MISS LOUD</b> 	Stop shouting!	Please can you use your quiet voice.
<b>MR. MESSY</b> 	What a mess! Tidy this up now.	It looks like you've had some fun here. How can we start to clean this up?
<b>LITTLE MISS STUBBORN</b> 	I asked you to do this yesterday!	Tell me what you are finding tricky about this? Maybe I can help you find another way?
<b>MR. MISCHIEF</b> 	Stop right now!	You seem to be struggling to keep safe. I think you need a break to calm down.
<b>MR. GRUMPY</b> 	Stop being so grumpy!	It looks like you're having a difficult day. How can I help?
<b>LITTLE MISS NAUGHTY</b> 	How rude! Don't talk like that.	That is unkind. How can I help you to use your kind words?



**Notice you own mood.** Are you having a good day or a bad day? Are you reacting to a behaviour today that yesterday wouldn't have been an issue?

This can be very confusing for children and they don't know what behaviour is expected. Be kind to yourself and be kind to your children, this is a really strange time and nothing like we normally experience. If it's odd for us, imagine how it might feel for your children.

Remember our **Top Tips for Tuning in**, in our [April 2](#) issue.





### I FEEL...

	lonely disappointed sad
	silly excited hyper
	frustrated annoyed angry
	tired sick hungry
	worried anxious scared
	happy calm focused
	shy confused embarrassed
	brave proud hopeful

### I CAN...

- TAKE DEEP BREATHS
- TREAT MYSELF & OTHERS WITH KINDNESS
- CREATE ART OR BUILD SOMETHING
- USE POSITIVE SELF-TALK
- ASK FOR HELP
- EXERCISE
- FOCUS ON THE GOOD
- STRETCH OR DO YOGA
- BRAINSTORM SOLUTIONS & TRY AGAIN
- GET A DRINK OF WATER
- TAKE A BREAK
- TALK OR WRITE ABOUT IT

**Managing feelings.** Being stuck at home all day long can lead to us feeling overwhelmed. Modelling to children how to take time out for yourself, taking a purposeful pause for your feelings to settle, will help them to learn this skill too; eg: 'I'm feeling a little frustrated, I am going to go to take a break and make myself a drink.' Download your [I feel...I can poster](#).

**'I learnt so much from my mistake today I think I'll make another one tomorrow'.** We all recognise that mistakes are part of being human and are a source of learning but we don't always model this to our children. Try to use the ideas on the poster below to help normalise mistakes and to develop shared ways as a family to respond when you have a fall out.

Download your [What to do when I make a mistake poster](#).

## WHAT TO DO WHEN I MAKE A MISTAKE

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Learn from it.

Brainstorm ways to do it better next time.

Take responsibility for what I did.

Make amends if I hurt someone else.

Talk about it with others to avoid getting stuck in shame.

Apologize.

Remember that I am not a mistake.

Keep things in perspective.

Breathe. Regroup. And try again.

Be honest with myself and others.

Forgive myself.

Remind myself that I am human. And that's what us humans do. We make mistakes.

Recognize that I am one step closer to getting it right.

THIS







Use this week's [Wild Wellbeing Link](#) activity from our BSS Forest School team to help with those fall outs around sharing.

# Experience: Sharing is Caring



## What do we do?

- This is a useful activity for when more than one child wants to use the same resource at once and tension is rising.
- Supportive adult (SA) needs to remove the object that is causing tension and keep it in their possession.
- SA to explain calmly to the children that they will maintain possession until a 'sharing system' has been agreed.
- Children to take the lead in suggesting ideas. SA help them to refine ideas and check all parties agree.

## Risk / benefit analysis:

**Benefits:** Children develop conflict resolution skills & autonomy. Adults become facilitators working 'with' children.

**Risks:** intense feelings of frustration initially.

## Extension ideas:

Ideal extensions may be to practice **impulse control** games such as 'Blast Off'.  
Ask children to quantify what a 'turn' is.

## Resources:

- A supportive adult
- Willingness to try sharing
- Ideas
- Consistency
- Child led approach
- Honesty
- Trust
- Respect
- Calm voices
- Solution focused attitude





## Let's share some good stories from across Stockport Schools



**St Simon's Primary School** have been celebrating the home working from across the school.



There has been some Game Board tournament and climbing fun being had at **Hursthead Junior School**.



Check out the toilet roll challenge at **Oak Tree Primary**  
<https://vimeo.com/411429991>

There has been some fantastic mini-beast work completed at home by **Arden Primary** school children



We will be sending out the next Relational Round Up letter in the week beginning May 11th. If you would like to share a good story or show us something that you have been creating at home in our letter please tweet to @stockportRA.

