

# SEMH Team Newsletter



Newsletter No 2.



## Welcome to our second SEMH Team Newsletter!

We hope that you are all continuing to keep safe and well. The SEMH Team remain here for you to support you and your children and young people via email and telephone and via this, our regular newsletter.

## Relationships

In this newsletter we are sharing some 'Relationship Based Play' activities suitable for children and young people of all age groups. This is simple fun that can really make a difference to our relationships when we are all cooped up together at home. We hope that you will have a go at the activities and enjoy them.

### What is Relationship Based Play?

Relationship Based Play is just that : play that supports children and young people to build more secure and effective relationships with adults and peers, and enables them to have increased self- esteem and resilience. It can also be a wonderful way of helping them to feel calm and settled during this time of change. The SEMH Team have chosen their favourite activities that we often use in schools to share with you so that you can use them at home if you would like to do so.



### Make a pizza - on the back.

Using massage-like, slow movements, simulate the steps of making a pizza on each others' backs. including knead the dough, roll the dough, make the base nice and round, squirt on and spread sauce, sprinkle on the cheese (wiggly fingers), add toppings (draw shapes on the back), put it in the oven (warm hands on the back and wiggle fingers for bubbling cheese), gently chop it up and share. You can make some really imaginative pizzas if you fancy. I will have a chocolate and marshmallow pizza with sprinkles, please!



## Fun for all the family!

### Free-Throw

Divide into two teams. Using cotton balls, marshmallows or newspaper balls, each team throws the balls at the other, trying to get rid of all balls onto the other's side. Players might set up a 'shield' with pillows or cushions.



### Lotion Prints. -Make a handprint with hand lotion and talcum powder.

Have fun massaging hand lotion onto each others hands then press down onto dark card or paper. Pop a little talc onto the print and jiggle it around until the talc covers the print - what do you notice about the print?



## Games that do not need resources.

These games do not need any resources so they are great to play at home without having to prepare. When we are allowed out and about again in the future, they are also great for helping children to keep occupied and calm when queueing or waiting in places like cafés.

### Straight Face Challenge:

- ◇ The child has to keep a straight face while you try to make him/her laugh, either by gently touching them, (avoid sensitive spots or prolonged tickling) or by making faces.

### Special Handshake:

- ◇ Make up a special handshake together, taking turns adding new gestures, e.g. high five, clasp hands, wiggle fingers, and so on.

### Mirroring:

- ◇ Face the child, move your arms, face, or other body parts and ask the child to move in the same way. For a very active child you can use slow motion or vary the tempo. Take turns being the leader.

### Zoom-Erk:

- ◇ Sitting in a circle, or around the table, the word “zoom” is passed around quickly. When one person stops the action by saying “Erk” the “zoom” reverses and is sent back the way it came.

### Stack of Hands:

- ◇ Put your hand palm down in front of the child, guide child to put his hand on top. Alternate hands to make a stack. Take turns moving the hand from the bottom to the top. You can also move top to bottom. This can be made more complicated by going in fast or slow motion. The adult can control the speed.

### Jelly and Ice Cream :

- ◇ Say “jelly” and have the child say “ice cream” in just the same way. Repeat five to ten times varying loudness and intonation. You could also use fish and chips or other pairs of words. This is also useful for trying to remember words and phrases.



## Newspaper Games

Newspapers are an excellent and low cost resource for Relationship Based Play - especially great if you have a free one delivered each week. Here are two newspaper based activities -

**Newspaper Punch-** Stretch a single sheet of newspaper tautly in front of the child. Ask the child to punch through the sheet when given a signal ( you can make your own signals e.g. a silly word). You must hold the newspaper so firmly that it makes a satisfying ‘pop’ when the child punches it. To extend the activity, you can add a second sheet of paper, or get the child to use the other hand.

### **Basket Toss:**

For the basket toss crush the torn newspaper into balls. Have the child throw the ball into a basket you make with your arms.



## Cups!

Cup Stacking is now a sport governed by the World Sport Stacking Association! It may sound tricky, but it isn't, as there are lots of games that you can play with just a stack of plastic cups and our teachers love them. You'll need about 12. Why don't you have a go?

- ◆ Build a pyramid of cups. Start with a line of four to make the base. On top of these, above the gap between the cups, place another three cups, each resting on two cups below. Repeat this with a line of two cups on top of that, and a final cup at the top. Collapse the pyramid into a single stack of cups. Instead of doing this one cup at a time, you can take the top cup and carefully work it down one side of the pyramid, collecting one cup at each level, then take that stack back up to the new top cup. Then continue collecting cups!
- ◆ Build an upside-down pyramid of cups using index or playing cards:- put a card on top of a cup. On the card, place 2 cups, then on top again, you place more index cards followed by 3 cups. Keep going until the pyramid collapses.
- ◆ Use an elastic band with strings attached (one for each member of the group) to build and then deconstruct the pyramid without using hands, one cup at a time.
- ◆ Build a tower of upside-down cups that is four cups high, with an index card or playing card between each cup. From the top card to the bottom, remove the index cards so that the cups fall onto each other in a stack.
- ◆ Scatter cups around your playing area, with half facing up and half facing down. Individuals/teams race to turn cups to their designated direction within a specified time. Further 'sanctions' can be imposed e.g. only use non-dominant hand, only touching one cup at a time etc.



If you enjoyed these, how about a challenge? How about learning the moves in "Cups", made famous in the film, 'Pitch Perfect'. Search for "The Easiest Cup Song Tutorial" on YouTube.

## Bubbles!

Blowing bubbles can be a powerful way to help us all to feel settled and calm. You could just blow them and watch them float, but here are a couple of variations that may be fun!

Blow a bubble and catch it on the wand. Have the child pop the bubble with a particular body part, for example, finger, elbow, shoulder, ear.

When you blow the bubbles ask your child to pop all the bubbles as quickly as they can, when you say 'Go!' or a funny word instead, like "Sausages!".



## Progressive Pass Around:

Sit in a circle, while one person passes an action or a gentle touch to the next person (such as a nose beep, or pat on the back). The second person passes the action or touch to the third plus one of her own. Each person adds a new touch. Everyone helps each other recall the sequence of touches.



Any questions? Please contact the SEMH Team via Jane Shaw  
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