

FROM THE SOCIAL WORKER'S DESK

Did you know?

Worry often shows up in the body before a child even knows what they're feeling - like a sore tummy, a racing heart, or restlessness. Social workers guide students in identifying what worry feels like, developing calming strategies, and learning how to talk about their emotions



Wellbeing Tips for home

1.5 Senses Grounding 🦶

Help your child name:

- 5 things they can see
- 4 things they can touch
- 3 things they can hear
- 2 things they can smell
- 1 thing they can taste



2. Smell the flower, blow the candle 🌸🕯️

Teach deep breathing using visuals — pretend to smell a flower (inhale) and blow out a candle (exhale).

3. Teach your child to notice what worry feels like in their body:

- “Does your tummy feel tight?”
- “Are your hands sweaty?”
- “Is your heart beating fast?”

Worries Shrink when they are shared. Be kind to yourself!

*Warmly, your Kingston
Social Worker, Ruth*

