



Dear Parents, Carers and Children,

As you know we practise Decider Skills at Janvrin school, and I want to remind you to try and use some of these skills in these difficult times if you need to.

Please send me an email if you want any more details on using Decider Skills

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Mrs George

Most importantly at this time, we need to remember Decider skill 2 – **It will pass**



Sometimes there is no option – we must keep going but it will pass.

Other Decider skills that you may find help if you feel overwhelmed or anxious are: -

Focus on: -

- 5** things I can **see** right now
- 4** things I can **hear** right now
- 3** things I can **touch** right now
- 2** things I can **smell or taste** right now
- 1** **deep slow breath** – focus on your breathing, in this



Opposite action skill encourages us to do the opposite to our emotional urge to react.



Look after yourselves by getting enough **Sleep**,
Eating, exercising, **Looking for challenges**
and trying to find **Fun!**

