

haggeye jnr

and friends



Haggeye Jnr is RNIB Scotland's project for children with sight loss aged 5 to 12 years old. Haggeye Jnrs will organise fun activities and events for members, their siblings, parents and carers.

Issue 3 Winter 2016

Welcome!

Hi everyone, and welcome to issue three of Haggeye Jnr and friends. In this issue we are discussing feelings, and how keeping fit and healthy can make you feel happier.

We will discuss various aspects of health and wellbeing. There are activities about emotions, I tell you about my visit to the dentist, and Kate discusses how to talk about your feelings in her article “Feel well, be well”!

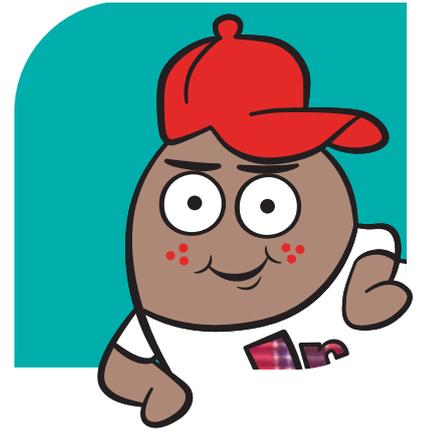
Happy reading!

Haggeye Jnr

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News and Views



It has been a busy time these past few months raising money; whether it's been during October with "Wear Dots Raise Lots" or raising money for talking books.

People have been participating in all sorts of activities some include: sponsored cycles, walks, and bake sales, and Haggeye Jnr has been raising funds through Haggeye Jnr's Just Giving Page for a children's talking book! By raising money for RNIB, people have been able to help change people's lives just by being sponsored and having fun! To find out how Jnr's fundraising is going, or to help Jnr to fundraise head to:

www.justgiving.com/fundraising/Haggeye





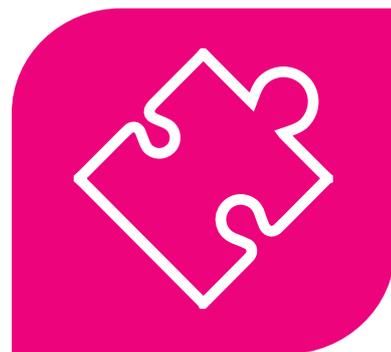
Fun events!

In 2017 there will be more fun filled events for children, families and young people. If you wish to find out about the up and coming events then please do not hesitate to contact us using the details on the back page. We look forward to seeing you in 2017!

Fun Facts: Health and Wellbeing

The amazing thing about exercise is that it helps us feel happy and gives us more energy. When we exercise it increases endorphins in the brain that help us to feel happy. The human body has over 640 muscles – laughter is so powerful it relieves tension and relaxes these muscles. Any form of exercise is good for you, even walking! Focus-sing on your breathing can help you become calmer. Singing and talking can also help you have a more positive mood when you might not be feeling so happy. Why not try it?

Funzine Jnr puzzle



Matching the emotion! Can you match the word describing the emotion with the picture of the emotion?

Surprised

Sad

Happy

1



2

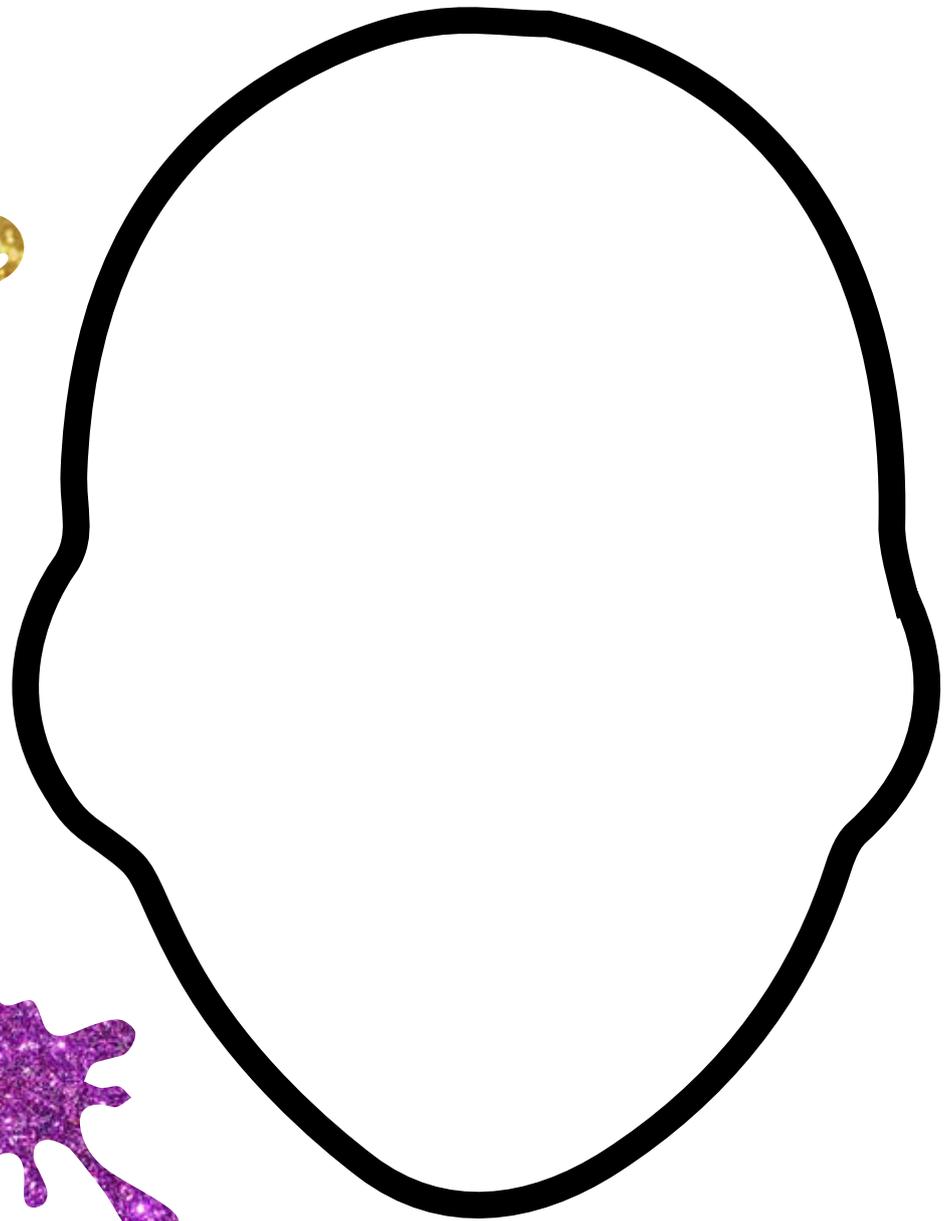
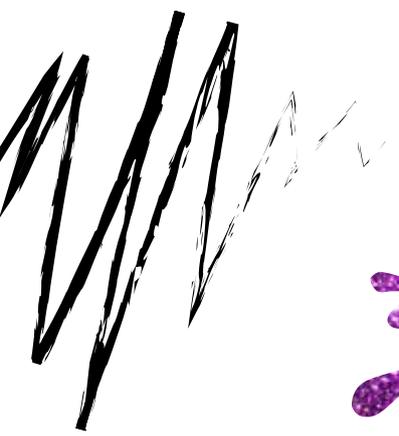
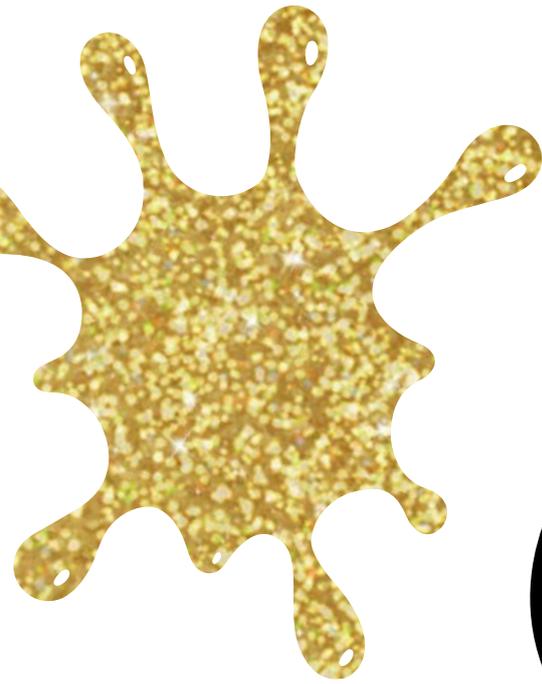


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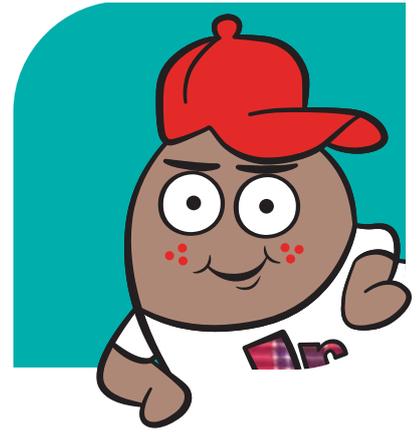
Draw an emotion



Draw a face using crayon, pencils, smelly pens and glitter. Why not have fun together and decorate the face with an adult? Why not use the face again changing the emotions depending on how you feel each day?

Funzine Jokes!

- **How does the moon cut its hair?**
He eclipse it!
- **Why can't a bike stand up by itself?**
Because it's two tired.
- **How do angels greet each other?**
They wave halo.



Funzine Teasers

- **What starts with T, ends with T and is full of T?**
A teapot
- **What runs around a farm but doesn't move?**
A fence.
- **There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.**



Source: www.kids.niehs.nih.gov/games/jokes/index.htm Oct 2016



Jnr's Wellbeing Quiz



What can relieve tension and relax your muscles?

What can an increase in endorphins do to your mood?

Why is exercise good for you?

How many muscles are there in the human body?

Answers can be found in Fun Facts!

Jnr's Journal and Top Tips



Hi everyone today was my six month check-up at the dentist.

When I got to the dentist I was feeling scared. The lady at the desk said "Take a seat, it won't be long but we are running a bit late," I took a seat but before I knew it the dentist called "Haggeye Jnr, please". My jaw opened, I could not believe that it was my turn already!

I calmed my nerves and I followed the dentist to the room, the room was painted with white dots, like dancing white fluffy clouds.

“Take a seat,” said the dentist. Following those instructions I sat down. I was feeling really anxious. “Open wide”. Nervously I opened my mouth. The dentist explained what was happening and every time he told me what he was doing I felt a bit better. The check-up only took 10 minutes and the dentist reassured me that everything was fine, but just to remember to keep brushing my teeth thoroughly twice a day and avoid sugary snacks and drinks where possible!

The dental nurse allowed me to choose a sticker; I chose a red sticker to match my cap. Proud and happy I went down stairs. I left the dentist and I was allowed to buy a treat from the shop (a healthy one of course!)

Visiting the dentist was a positive experience and the dentist was really friendly and put me at ease.

I don't think I will feel quite as nervous next time I go. I learned that it helps to go regularly to prevent anything that might be wrong getting worse, but also to make sure my mouth and teeth are healthy.

I hope your adventure to the dentist is as happy as mine!

Top Tips!

For support and advice visit:

rnib.org.uk/services-we-offer-advice-and-support-services/sight-loss-counselling-team



Friend's Focus

In this issue of 'Friend's Focus' Kate Bolan discusses strategies on how to feel well, be well in all aspects of life.



Feel well, be well



Circle Time and Fist to Five are two of many ways of sharing your feelings in school. Circle Time is when everyone sits in a circle and has an opportunity to say how they are feeling. It can be used to say how you are feeling after break or lunch and talking about how your weekend has been. Many teachers use this with younger children but also sometimes with older ones.

Fist to Five can be used for some of the same reasons as Circle Time. For example five could be the best break time and zero (your closed fist) could mean the worst break time. Fist to Five is a way to show your feelings with your hands it is also used to show something is wrong but you don't want to share it with the rest of the class.

It is quite similar to thumbs up, thumbs down or thumbs in the middle to show if you understand something.

Circle Time and Fist to Five are easier to use for kids with eye sight conditions because you don't have to see anything, that's the teacher's job.



It's always good to share your feelings in and out of school especially if you are upset, scared or worried about something because someone will always be there

to make sure you are okay and you can cope with everything.





If you want to tell us what you think or just get in touch use the contact details below.

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Supporting people
with sight loss