

Emotional Well-being



Welcome to our Emotional Well-being Page.

We aim to offer here support and advice for parents and our pupils, and some suggestions for activities.

Please seek help if you or your child are continuously experiencing:

- low mood
- panic, stress, worry and low-level anxiety
- problems sleeping
- repeated anger difficulties
- low self-esteem
- relationship difficulties with family or friends
- relationship problems at school or in the community (including bullying),
- Feeling overwhelmed by pressure e.g. in relation to school work.

If you or your children are feeling that you need help, the Childline page is a good place to start.

<https://www.childline.org.uk/>

There are telephone numbers to call if is urgent, but also a wealth of activities for boosting mood and staying calm.



your need
and ideas

advice

The Barnados website, similarly has tailored to families:

<https://www.barnados.org.uk/coronavirus-advice-parents/family-activities>

Young Minds 24 hour Parents Helpline : 0808 802 5544

The Anna Freud Trust has created some extra resources:

A **new toolkit** to help primary pupils reflect on 2020 and manage any anxieties they have carried over from last year.

An updated list of quality assured **apps delivering self-help strategies**, including Chill Panda, linked here:

More free resources for children also available by clicking on this link ELSA (Emotional Literacy)

Understanding anxiety - colourful guide from the Priory Group



Now that we have moved to remote learning, it is too easy for children to be spending a large proportion of the day on screens. Whilst we have live sessions that we need the children to log in to, and activities set on the computer, please encourage your children to get away from screens when possible. They also need physical activity, and mindfulness can be very helpful for them in coping with this difficult situation. All the teachers will also be setting some creative tasks as part of their learning – they would be spending time doing these in school!

Without wanting to encourage everybody to spend more time on screens, there are some wonderful resources below to help you through this period.

Mindfulness

Your Mindful Garden App for pre-schoolers and EYFS. (voiced by Stephen Fry)

Keeping calm activities for young children (CBeebies)

Cosmic Kids Yoga

Relaxation exercises for children

Fitter Future have a range of activities aimed at keeping our children physically and mentally fit from home, and include a range of mindful moments. (Free for families with this link)

Simple breathing activities and visualisation can be very beneficial e.g.
<https://childhood101.com/fun-breathing-exercises-for-kids/>

Mind of My Own Mindfulness Project

Headspace have started a new series on Meditation on Netflix (subscription required).

Headspace app - free for 7 or 14 days, free for anybody working in education
<https://www.headspace.com/educators>

Resources to help everybody stay active:

Indoor activities for kids - from Change4Life <https://www.nhs.uk/change4life/activities/indoor-activities>

Home workout videos - from NHS

Fitness studio exercise videos - from NHS

Chair based pilates exercise video - from NHS

10 minute workout video - from British Heart Foundation

Strength Exercise videos - From British Heart Foundation

Cycling

www.bikeability.org.uk <https://bikeability.org.uk/cycle-more/>

www.sustrans.org.uk

Covid-19 Information for Children and Families:

COVID-19 information for children, under the age of 7 - from Mindheart

Talking to your child about Coronavirus - from Young Minds

Coronavirus: A Book for Children, illustrated by Axel Scheffler

Coronavirus fact sheet for children - From Public Health England

You Tube video to accompany the factsheet - from Alder Hay Children's Charity

“While We Can’t Hug” - A short video clip from the creators of the internationally adored The Hug, Eoin McLaughlin and Polly Dunbar are thrilled to bring you a new story: While We Can't Hug.

Nurse Dotty resources- social story about **Dave the Dog** who is worried about coronavirus

Talking to children about illness - recent guidance from BPS

Resilience

Resilience Resources- a toolkit to help build resilience, cope with change and develop growth mindset.

Find your feet: Transition Tips for Parents – Tips for parents to help children to deal with changes by Young Minds

Bereavement

Winston’s Wish Bereavement Support- how to say goodbye

Further Guidance for Parents

COVID-19: guidance on supporting children and young people’s mental health and well-being - from DfE

Parenting during COVID-19 - pdf from Triple P

Triple P website - for parenting support

Care for the Family has specific information for parents and carers of children with additional needs as well as general parenting info.

Supporting parents and carers through disruption - video from the Anna Freud Centre

Mental Health Wellness Tips for parents from a psychologist to help during lockdown

The PSHE Association have created some Mental Health lesson plans which have been adapted for Home Learning.

These lessons are entirely **OPTIONAL**, and are only here in case you think your child might benefit from exploring them.

They advise reading the following guidance first:

[Guide for parents and carers educating at home](#)

For Key Stage 1 (Years 1 and 2):

[Feelings Powerpoint](#)

[Feelings Worksheet](#)

For Lower Key Stage 2 (Years 3 and 4):

[Expressing Feelings Powerpoint](#)

[Feelings match up worksheet](#)

[Feelings match up Pupil/Parent Guide](#)

[Body outline worksheet](#)

For Upper Key Stage 2 (Years 5 and 6):

[Keeping well and managing feelings powerpoint](#)

[Activities for health worksheet](#)

[Helpful for Mental Health list](#)
