

# 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 eg 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.

The Barnados website, similarly has tailored to families

<https://www.barnardos.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:

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

## **Mindfulness**

**Your Mindful Garden App** for pre-schoolers and EYFS. (voiced by Stephen Fry)  
<https://www.youtube.com/watch?v=8LrnKLVsMSs>

**Keeping calm activities for young children** (CBeebies)



your need  
and ideas

advice

## Cosmic Kids Yoga

### Relaxation exercises for children

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>

### **Activity Resources:**

**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](http://www.bikeability.org.uk) <https://bikeability.org.uk/cycle-more/>

[www.sustrans.org.uk](http://www.sustrans.org.uk)

### **Resilience**

**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**

**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.