

Mental Health and Wellbeing

Doing the things you love
will make you feel happy.
Like riding your bike, playing with
friends or sliding down rainbows!



It's OK to Feel the Way You Do
www.joshlongley.com.au 12

This year's theme is 'Express Yourself!'

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity.

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves.

Children can do this through art, music, dance, drama and doing other activities that they enjoy.

What can you do?

- Build on existing interests (baking, drawing and/or dancing?)
- Encourage your child by noticing their unique interests and praising their efforts.
- Trying new things (there are lots of online tutorials and video demos)
- Focus on the importance of the process and the way it can make them feel (give encouragement for trying rather than for doing something well)
- Minimise distractions and give your child your full attention when you're spending time together
- 'Listen' to everything they are trying to tell you with their behaviour (children express themselves not necessarily with words)
- Let your child know that if they are worried about something, they should always talk to an adult they trust (someone in your family or an adult at school)
- If you're worried about your child's mental health you can talk to your GP or someone at your child's school

Organisations and free resources:

- <https://www.childrensmentalhealthweek.org.uk/media/1336/cmhw-microsite-draw-your-feelings.png>
- <https://bit.ly/3jJBdxV>
- <https://www.bbc.co.uk/teach/five-ways-to-help-childrens-wellbeing/zfb2d6f>
- <https://www.bbc.co.uk/teach/super-movers/pshe-super-mood-movers/zm2gydm>

Story books:

- The Worrysaurus <https://youtu.be/hUYiwTDTKuM>
- Lucy's Blue Day - A Children's Mental Health Animated Short <https://youtu.be/UmrUV8v-KQg#>
- Mr Men You Are Brilliant https://youtu.be/wjHpR_o49kI
- The Koala Who Could https://youtu.be/wjHpR_o49kI

Five Steps to Wellbeing



1. Connect

Connect with your friends, family, neighbours and people at work. Have a conversation, pass the time of day and make time for that chat.

2. Be Active

Find a physical activity that you enjoy, go for a walk and try gardening

3. Take Notice

Take the time to look at the day, the changing seasons and savour the moment.

4. Keep Learning

Try something new whether it's making a new recipe or crafting.

5. Give

Smile, do something nice for a friend or neighbour and make some time for others.

Scroll down for some fun activities that will support you to achieve the five steps.

Happiness cards

Write happiness cards that promote wellbeing, friendship, tolerance and empathy; post them through a neighbour's door, give to a shop worker or a delivery driver or make them poster sized and stick them in your front window for passers-by to see. You can use our ones and colour them in or make your own! We've left one blank for you to write your own message.



Thanks for being
ROARSOME!!



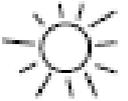
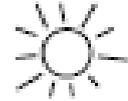
Here's a virtual
HUG from me
to you



Thank you for
everything you
are doing



You
super trooper
you



You're
amazing



Blank card for writing a message.

Scavenger hunts

One for a sunny day outdoors and one for a rainy day indoors. They include things you can pick up as well as things you will see.

Outdoor scavenger hunt

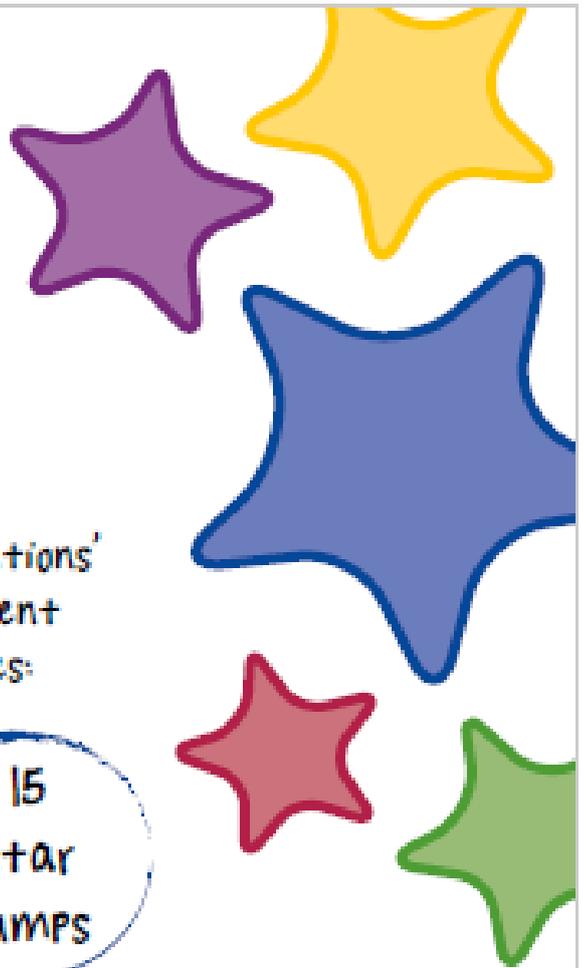
- | | |
|---|--|
| <input type="checkbox"/> A feather | <input type="checkbox"/> A daisy |
| <input type="checkbox"/> A jogger | <input type="checkbox"/> A 'Y' shaped twig |
| <input type="checkbox"/> A pinecone | <input type="checkbox"/> Someone on a bike |
| <input type="checkbox"/> Three kinds of leaves | <input type="checkbox"/> A spider web |
| <input type="checkbox"/> Something that smells nice | <input type="checkbox"/> A berry |
| <input type="checkbox"/> A weed | <input type="checkbox"/> A round road sign |
| <input type="checkbox"/> Something yellow | <input type="checkbox"/> A butterfly |
| <input type="checkbox"/> A crack in the pavement | <input type="checkbox"/> A wooden bench |
| <input type="checkbox"/> A bug | <input type="checkbox"/> A post box |
| <input type="checkbox"/> Something round | <input type="checkbox"/> A worm |

Indoor scavenger hunt

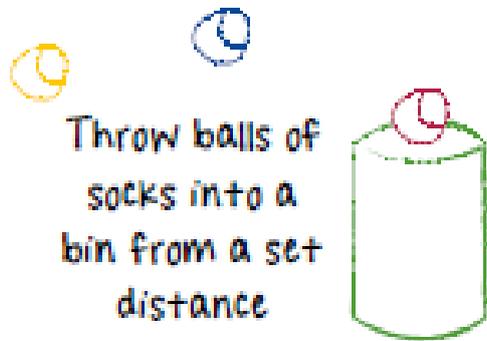
- | | |
|--|---|
| <input type="checkbox"/> A fork | <input type="checkbox"/> A ruler |
| <input type="checkbox"/> A brown crayon or pencil | <input type="checkbox"/> Something fluffy |
| <input type="checkbox"/> Something that has a nose | <input type="checkbox"/> A red lego brick |
| <input type="checkbox"/> A key | <input type="checkbox"/> A dice |
| <input type="checkbox"/> Something with your name on | <input type="checkbox"/> A penny |
| <input type="checkbox"/> A mixing bowl | <input type="checkbox"/> Something round |
| <input type="checkbox"/> A sock with yellow on it | <input type="checkbox"/> A hat |
| <input type="checkbox"/> A hard back book | <input type="checkbox"/> A hairband |
| <input type="checkbox"/> Something that has wheels | <input type="checkbox"/> A playing card |
| <input type="checkbox"/> A tissue | <input type="checkbox"/> Something orange |

Obstacle course

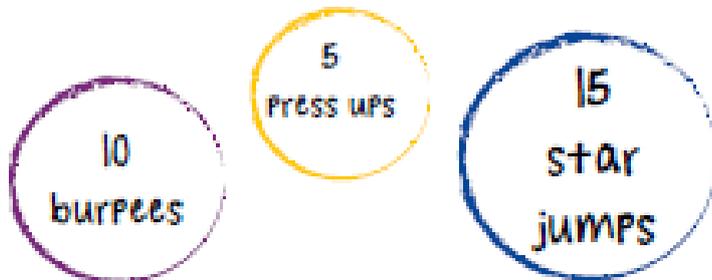
Try out a few of these ideas for creating an obstacle course inside or out!



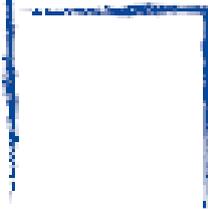
Throw balls of socks into a bin from a set distance



Set up 'stations' of different exercises:



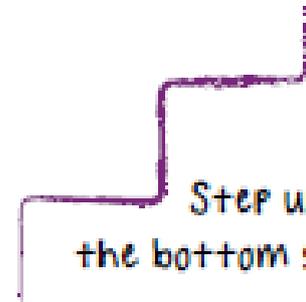
Circle round and round a chair 5 times



Use a pillowcase to hop along a set distance



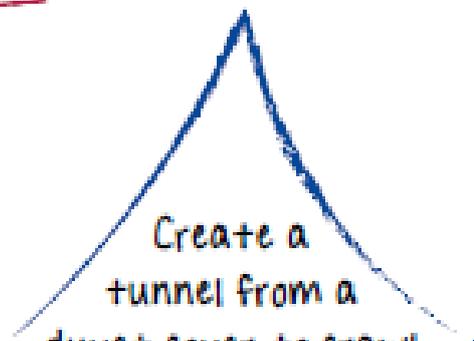
Step ups on the bottom stair



Create a hop scotch grid (use chalk outside or masking tape inside)



Create a tunnel from a duvet cover to crawl under



Keep learning

Learning things, developing new skills and achieving goals can help boost self-esteem and give a sense of purpose. Active minds are more resilient to intrusive negative thoughts. Learning can also be fun!



- Build a tower as high as you can with items you find round the house. How many items did you use? How tall was your tower?
- Recreate a scene from your favourite movie or book. Why not film it too?
- Do a quiz with your friends via video call. See [page 11](#) for our example quiz for you to try.
- Try and think of an animal that begins with each letter of the alphabet.
- Do a wordsearch. See [page 12](#) for our positive search.
- Find out what a limerick is and try to write your own.
- Make up a tune that you can sing your times tables to and practice it lots!
- Find out the meaning of your name (and your families' names too).
- Discover a really long word and find out what it means. Why not try and get it into a conversation!
- Write down as many colours as you can - how many of them can you see from where you are sitting?
- Design and make your own board game and play it with your family.
- Learn 1-10 in Italian:

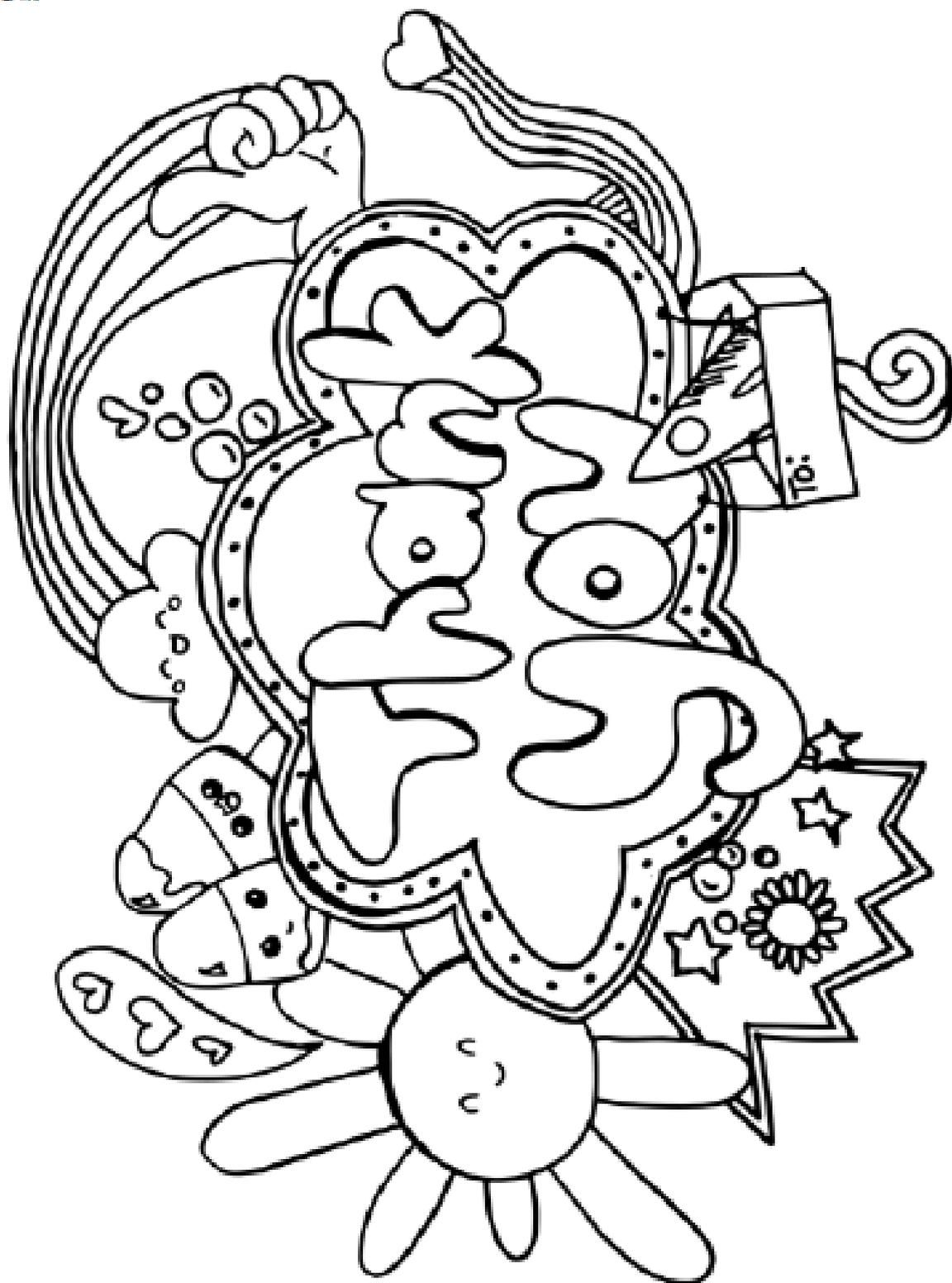
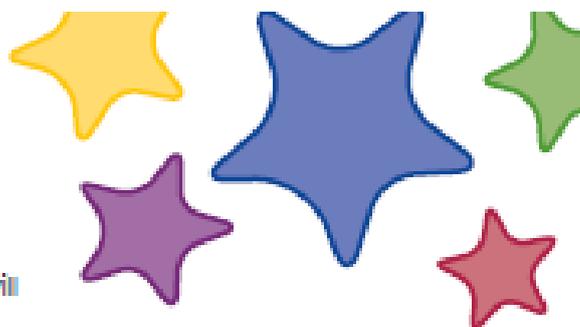
1 - uno (oo-no)	6 - sei (say)
2 - due (doo-eh)	7 - sette (set-eh)
3 - tre (tray)	8 - otto (o-ton)
4 - quattro (kwa-trow)	9 - nove (nor-veh)
5 - cinque (ching-kwe)	10 - dieci (di-etch-ee)



CWMT Wellbeing challenge 2020

Thank you!

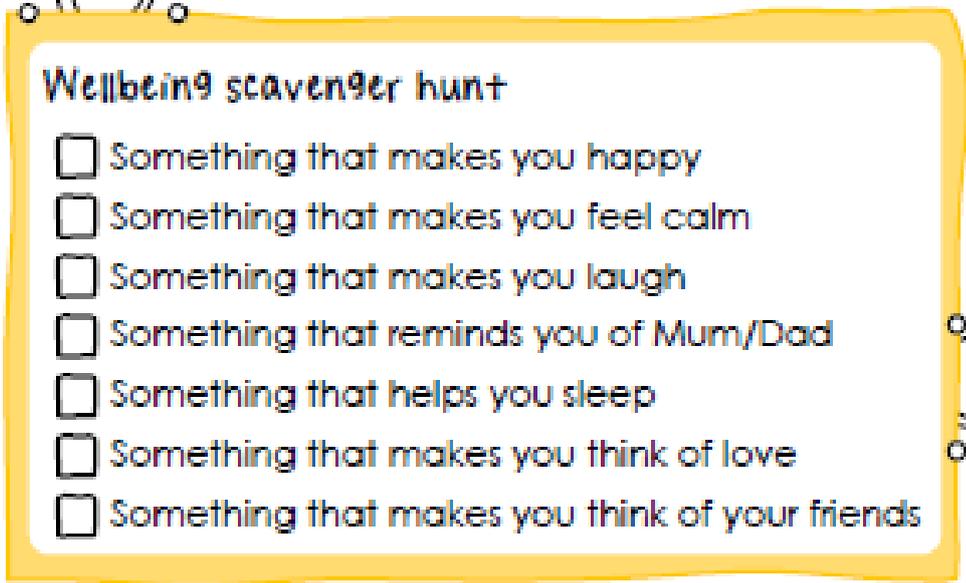
Say thank you to your bin collectors or postie by colouring in this poster and putting it up where they will see it.



CWMT Wellbeing challenge 2020

'Wellbeing' scavenger hunt

Here's a scavenger hunt with a difference! It's all about wellbeing and thinking about what helps us to feel happy, calm and positive. Feel free to add other items to this list, such as something that reminds you of other family members – grandparents, aunts, uncles, cousins – or a special friend, teacher or pet. You could also make it an activity for the whole family and turn it into a 'show and tell' session. You might find each other's items inspiring!



Wellbeing scavenger hunt

- Something that makes you happy
- Something that makes you feel calm
- Something that makes you laugh
- Something that reminds you of Mum/Dad
- Something that helps you sleep
- Something that makes you think of love
- Something that makes you think of your friends



ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 111 11) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

NHS

Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Additional resources:

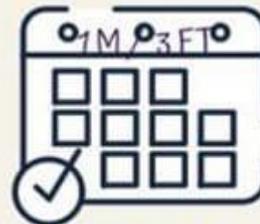
STRUCTURE & ROUTINE

When things are uncertain, this leads to anxiety. Young people with Speech, Language & Communication in particular require a more concrete and predictable world to feel secure. You can decrease the uncertainty and increase the feeling of security by creating structure and routine for them.



BUILD STRUCTURE INTO DAILY ROUTINE

You want your daily routine to be as structured and predictable as possible. This reduces anxiety. Regular routines that are already in place such as bed times should be continued.



USE A VISUAL SCHEDULE

Try to use visual schedules so they can see what's coming up next. These plot a route through the day for them, creating predictability.



KEEP ROUTINE HABITS THE SAME

Keep your familiar routines consistent between days. For example, going for a walk at the same time each day, or following the same route on the walk.



MANAGE TRANSITIONS

Switching from one activity to the next can be challenging. Make it easier by giving reminders that things are coming to an end and others are beginning. You can use a Now/Next board, or a timer to help prepare for the change.



THE STRESS RELIEF GIRAFFE



OUT OF
CONTROL

SCARED OF
LOSING
CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

