



Looking after your emotional wellbeing at home.

Dear families,

The support that we give each other during these challenging and uncertain times is prevalent to our happiness and health. Being within our homes for such long periods of time is likely to begin affecting our emotional wellbeing and mental health.

I have therefore included some online resources and links for both you and your children to assist you during these weeks ahead.

If anyone has any further worries about their or a family member's wellbeing in the coming weeks please do email the school and we will seek to signpost to you services that may be able to help.

Top tips:

- I. Keep talking. Communication is so important at a time such as this. There are a number of video apps that your family can use to keep in touch with others from afar. Video calls enable you to see a loved one's body language which will support your understanding of each other's mental state. Seeing them laugh will also encourage laughter on your part.
- II. Virtual game apps such as Uno and playing games at home.
- III. Label and discuss emotions and behaviours. Children will experience an array of emotions even though they are not in their usual routine, discuss these with them. Allow them to label what they think they are and how they would like to manage them.
- IV. Have time out. Take it in turn to have some quiet time away from others in your home. Perhaps create a calm or quiet zone for this.
- V. Have a daily routine. A regular sleep pattern and daily exercise will really support the brain!
- VI. Choose an activity from the tear off below.

Helpful links with online resources

Young people self care suggestions—Why don't you shuffle the page and choose a self care activity?

<https://www.annafreud.org/on-my-mind/self-care/>

Parents/Carers

Some guidance for you:

<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Mindfulness and yoga

<https://www.cosmickids.com/category/watch/>

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.twinkl.co.uk/resources/keystage2-ks2/ks2-class-management/keystage2-ks2-pastoral-support-and-well-being>

Someone to talk to

<https://www.childline.org.uk/get-support/contacting-childline/>

Please choose a mindfulness activity.

Practise your 'Dragon Breathing'. Breathe in through your nose for 3 seconds, hold, breathe out through your mouth for 3 seconds.

Choose a mindful colouring activity and spend some time just colouring in, whilst listening to some calming music.

Think of something kind to share with someone in your family. Spread kindness and ask them to repeat the action with someone else.

Ask your family to switch off all social media, and technology for 20 minutes whilst you all enjoy family time. This could be dinner, a game etc

Share your favourite story with someone in your household.

Using some feelings cards. Talk to a grown up about which feeling relates to how you are feeling now and why.

Write down 5 reasons why you are just amazing. What makes you proud, What you are good at, When you help others?