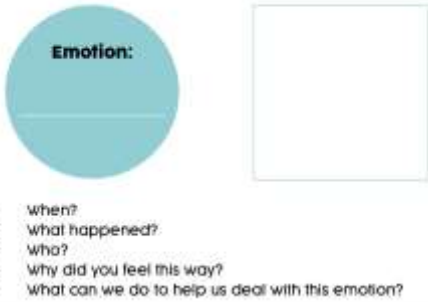
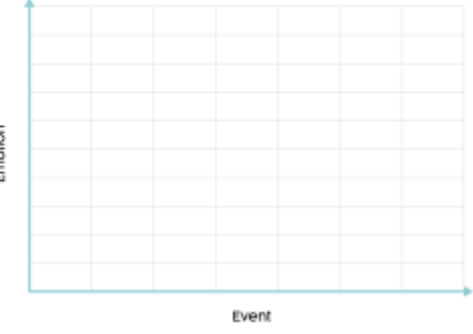


Children's Mental Health Week
Week Beginning 1st February: Theme – Express Yourself



Below is a range of different activities your children could try. It is important to always look after our Mental Health, not just during Mental Health week, so please refer to these ideas whenever you feel they may help! Please see overleaf for a reminder of some useful websites and apps.

<p align="center">Art</p> <p>Express yourself – in how many ways can you express your emotions?</p> <p>Drawing – splashing paint or taking your pencil for a walk?</p> <p>Sports - Running, football, gymnastics.</p> <p>Music – Singing, dancing.</p> <p>Being creative in other ways...</p>	<p align="center">How do I?</p> <p>What do you do when you are feeling sad or angry? What helps you?</p> <p>What do you do when you are feeling happy or proud?</p> <p>Remember these bits of advice for when a friend might need them.</p>	<p align="center">A-Z</p> <p>Can you name an emotion for each letter of the alphabet?</p>	<p align="center">What is mental health?</p> <p>https://www.youtube.com/watch?v=nCrjevx3Js&feature=emb_logo</p>	<p align="center">How can you be a good listener?</p> <p>Make a poster to help give some top tips about how to be a good listener.</p>
<p align="center">Identify</p> <p align="center">Things that make me feel...</p> 	<p align="center">Identify part 2</p> <p>Take some time to reflect: Can you pinpoint the 'trigger' for your emotion. For example: <i>I usually feel frustrated when I've forgotten where I've put my favourite toy.</i></p>	<p align="center">Writing</p> <p>Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write down negative things in it too. Or write a letter to yourself.</p>	<p align="center">Mindful walking</p> <p>Take the time to go on a 'mindful walk'. On your walk, try to only focus on what you can see, hear, smell and feel beneath your feet. If your mind wanders, try to bring it back to those senses. You could even try this walking around your home!</p>	<p align="center">Talking Time</p> <p>Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories. Talk about the things that are worrying you or you feel unsure about. It's good to talk.</p>
<p align="center">Emotion Tracking</p> <p align="center">Emotion chart</p> 	<p align="center">Letting off Steam</p> <p>What do you need to do when you feel like you need to explode? What strategies can you do in the classroom/at home that are still respectful? What strategies can you use when you're at home to let go?</p>	<p align="center">Random Acts of Kindness</p> <p>https://www.randomactsofkindness.org</p> <p>Scroll down where you'll find 'socially distanced kindness resources'. Find an idea you like. Can you show an act of kindness today?</p>	<p align="center">Cool down corner</p> <p>Make yourself a safe corner or space where you can feel your emotions. You might keep your favourite toy here to cuddle.</p> <p>https://classroom.thenationalacademy/lessons/cool-down-corner-6hjkae?activity=video&step=1</p>	<p align="center">Happiness Box</p> <p>Make yourself a box of all the things that make you feel happy and safe. You can look at this when you are feeling scared or worried.</p> <p>https://classroom.thenationalacademy/lessons/keep-calm-and-carry-on6cu34c?activity=video&step=1</p>

Pick some activities and videos to watch over the course of the week to help you, express yourself and keep calm.

Generic emotional well-being & mental health links

1. <https://www.camhs-resources.co.uk/> Website that has details of books, weblinks, apps, videos and contains resources around emotional / mental health
2. <https://www.healthyyoungmindsinherts.org.uk/parents-and-carers> Healthy Young Minds
3. <https://youngminds.org.uk/> Young Minds – Children and Young people’s mental health charity. Filled with information and have a parents helpline
4. <https://www.mentallyhealthyschools.org.uk/resources/> This is the website developed to support the work of the Princes and their Heads Together campaign.
5. <https://www.themix.org.uk/> The Mix is a young people’s website filled with info and resources on emotional and physical health.
6. <https://www.nhs.uk/conditions/stress-anxiety-depression/> Mood self-assessment and online audio guides

Anxiety

1. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties—helping-children-to-cope-for-parents-and-carers> For Parents
2. http://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/liiapt/Managing_Your_Worries.pdf
Managing Your Worries CBT guide for young people
3. <https://www.heysigmund.com/anxiety-in-teens/> Anxiety in Teens
4. <https://youngminds.org.uk/find-help/conditions/anxiety/> Young Minds information on anxiety
5. <https://nopic.org.uk/resources/> Many self-help and other resources looking at anxiety, phobias and panic attacks.

Bereavement

1. Winston’s Wish <https://www.winstonswish.org/> – Young People’s area <https://help2makesense.org/>
2. Child Bereavement UK <https://www.childbereavementuk.org/>
3. Hope Again <https://www.hopeagain.org.uk/> Website for bereaved teens
4. Grief encounters - <https://www.griefencounter.org.uk/>

Parents (Factsheets)

1. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties—helping-children-to-cope-for-parents-and-carers> Worries & Anxiety
2. <https://www.justtalkherts.org/media/documents/toptipsforparents.pdf>
3. Understanding Childhood (all age ranges) <http://www.understandingchildhood.net/our-leaflets/>
4. <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/> Parents guide to supporting anxiety

Apps for General Wellbeing

CALM

#1 App for Mindfulness and Meditation. (Available on iOS, Android & Web) https://www.calm.com/?gclid=EAlaIQobChMIkrGQ5u3e6wIVB_hRCh2oVgiEEAAYASAAEqJI4fD_BwE

Breathe2Relax

The relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health. (Available on iOS and Android)

<https://onemindpsyberguide.org/apps/breathe2relax/>

Stress Check by Azumio

This app takes you on a deep breathing exercise to promote calmness and can bring your heart rate down in five minutes. The app provides instant feedback with breath and pulse monitoring and tracks long-term progress. (Available on Android)

<https://www.stress.org.uk/individual-stress-test/>

Happify

The Happify app is a way to make a game of all the positive psychology tricks you know might work. You will start by taking a quick test that assesses the areas of happiness you should work on. Then, you’re presented with a few “tracks” that can help get you to your goals. (Available on iOS and Android)

<https://www.happify.com/>

