

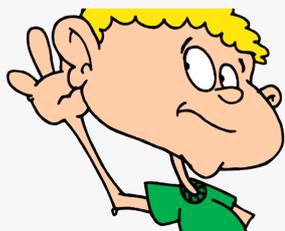
Just Talk To Me!

Share some facts about the situation
Talk about own thoughts and feelings
Reassure your child that they are safe and loved



Just Listen To Me.

Listen to concerns
Share positive thoughts
Value your child's viewpoints



www.kooth.com



Online support for young people—
safe, free, anonymous



newsround

MY SCHEDULE CLOCK



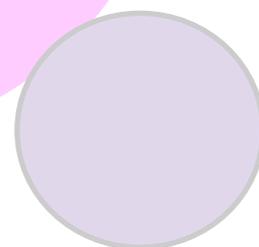
Regular Routines

Keep regular routine

Or

Make New Routines

Ensure there is plenty of time to relax
or speak with friends



Stay Safe, Feel Safe

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get back home
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze



Sing Baby Shark whilst washing hands



[NHS Coronavirus advice](#)

- Plenty of hugs and cwtches
- Share positive comments
- Suggest things to look forward to– chatting with friends, tasty snacks, watch favourite film, play a game.



2 Metres Away

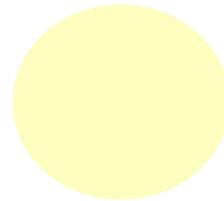
Show Love and Affection in a Positive Way

Speak kindly

Offer reassurance

Spend positive time together by playing a game or reading together.

Give Hugs and Positive Touches



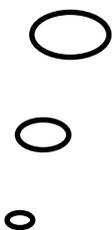
Using Positive Words

I'm here with you. You're safe.
We are on the same team, I can help you

I can see this is hard for you
What do you need from me?
Let's think brave, we can do this together



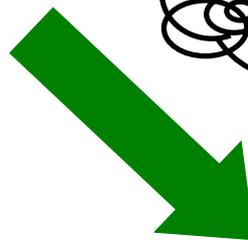
What you think!



What you do!



How you feel!



15 Self-care tips



FaceTime friends and family



Drink lots of water

Eat well



Exercise



Ask for a hug



Try something new



Mindfulness

Listen to music



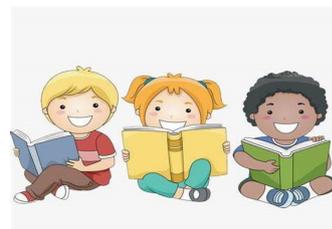
Take up a new hobby



Write down your thoughts & feel-

Have a duvet day

Get plenty of sleep



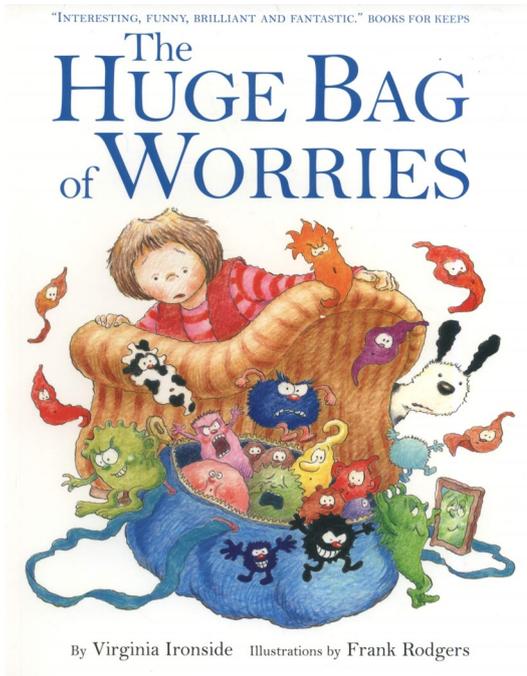
Read a book

Compliment yourself and others around

Spend time in your garden



A story to share together



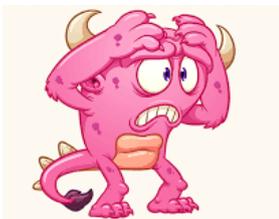
The Huge Bag of Worries written by Virginia Ironside is a brilliant book exploring emotions and well-being. *Worry* follows Jenny in a big blue bag, it's around wherever she goes, even when relaxing and watching TV! Will Jenny get the help she needs to rid of the worry?

[Huge Bag of Worries read along](#)

Draw a worry bag together and then draw some worry monsters and discuss worries that you both may have .



What will happen if I get the virus ?



When will I see my friends



Why can't I go outside?

Feel Grounded

FACE

- * **F** = Focus on what's in your control
- * **A** = Acknowledge your thoughts and feelings
- * **C** = Come back into your body
- * **E** = Engage in what you're doing

Start by **F**ocussing on what is in **Y**OUR control

- * You **can't** change the world
- * You **can** manage your home and workspace
- * You **can** focus on specific work
- * you **can** choose things

Acknowledge **y**our feelings

- * You will have emotional waves that feel out of control
- * Stop and acknowledge your feelings



Come back onto your body

- Stand up
- Press your feet on the floor
- Push your hands together
- Stretch body up.

Engage in what is around you

- * Be present
 - * What is in front of you - look at your hands?
- What can you smell?
What can you hear?

5 things you



4 things you



3 things you



2 things you



1 thing you



We all get Frustrated....

It's ok....

If you or your child gets Frustrated, you could try some of the following to regulate :



Puzzle



Kick a ball to each other

Card games



Playdoh



Squeeze a ball

Reduce time on social media



Roll a small ball under your foot or around your hand

Anger may look like....





Stomach: Squeeze Through a Fence
Now pretend that you want to squeeze through a narrow fence.

Enjoy a drink or a snack together



Play with playdoh/puzzles/board games



Simple Things to do to Help wellbeing

Blow bubbles



Build a model using building blocks



Physical Exercise



Useful YouTube Channels

[Cosmic Kids Yoga](#)

[Joe Wicks PE](#)



| 30 Day LEGO Challenge | | | | | | |
|--|--|--|---|---|--|--|
| Follow the instructions for each day. The only rule is to have fun and use your imagination! | | | | Day 1 You were hired by an amusement park to create a new roller coaster. | Day 2 NASA needs you to build a new rocket. | Day 3 Your parents want to build a new home and they want you to build it. |
| Day 4 Hollywood hires you to build a movie set for a new Star Wars movie. | Day 5 You enter a contest to build the world's tallest tower. Will you win? | Day 6 You are stuck on Mars and need to build a new ship to get home. | Day 7 Ford hires you to create the toughest pick up truck in the world. | Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home. | Day 9 Captain Hook needs a new pirate ship and wants you to build it. | Day 10 You and your friends decide to build a tree house. |
| Day 11 Prince Charming hires you to build a castle for him & Cinderella. | Day 12 Dr. Who hires you to build a new TARDIS. | Day 13 You are asked by the President to build a new monument to George Washington. | Day 14 Mr. Hilton hires you to build a new hotel. | Day 15 There is a circus in town. Build a place for the performance. | Day 16 Help your fellow pioneers build a wagon to make it across the country. | Day 17 Build the fastest car around and join the big car race. |
| Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene. | Day 19 The city wants you to build a bridge to connect one side of the town to the other. | Day 20 Pizza party! It is up to you to make a pizza for all the guests. | Day 21 You are hired to build a brand new hospital. | Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of. | Day 23 You are now in medieval times. You are commissioned to build a jousting arena. | Day 24 The local bank keeps getting robbed. Build a safe no one can crack. |
| Day 25 Design and build your dream bedroom. | Day 26 You are elected ruler. Build a flag for your land. | Day 27 Aliens are invading and you need to build a war robot to defeat them. | Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them. | Day 29 You are hired to build a house entirely out of yellow Legos. | Day 30 There is blizzard. You will need to build a snowmobile |  What was your favorite day? |

Spending quality time with our children - Let's strengthen Wellbeing!

Activities for children up to the age of 7;

Cooking • Share the preparation for a simple meal. • Peel and chop fruit and vegetables. • Make a sandwich with a choice of fillings. • Experiment with different flavours and textures.

www.bbc.co.uk/cbeebies/watch/five-ways-to-make-food-fun-for-kids

Set up a treasure hunt!

Make a den!

Play hide and seek

Make a nature collage



Activities for children from age 7 to 11;

Make a junk model from recycled items

Design a board game

Devise your own exercise routine

Write a kind note to your neighbour



Sing your favourite songs on Karaoke– using YouTube



Activities for children from age 11 to 16;

Create a conversation jar – everyone can add topics they want to discuss

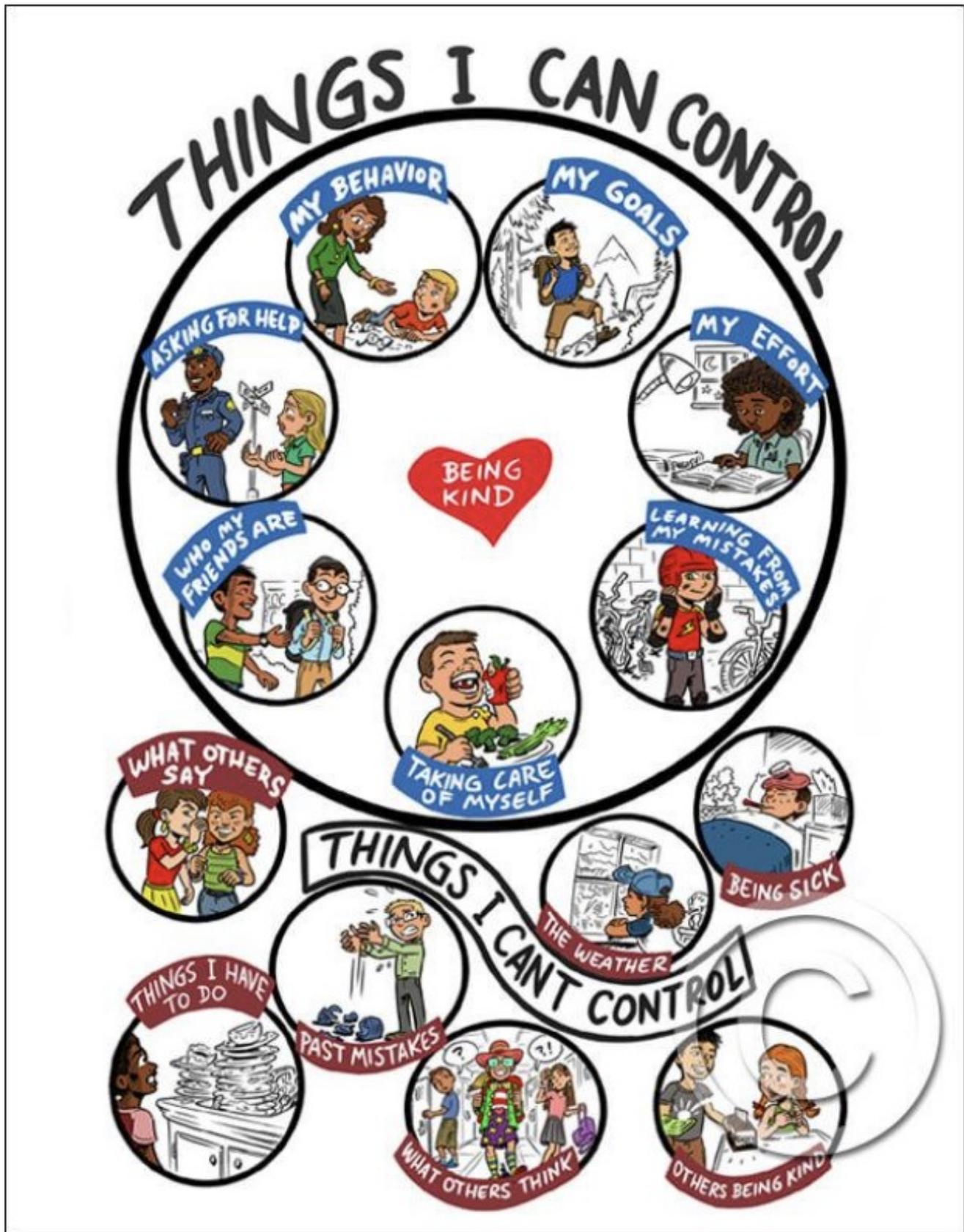
Have a family MasterChef or Bake off competition

Create a motivational item for your neighbour (Pebble, picture, card)

Create a family blog – “Our life in Lockdown



Just Remember.....



Emotional Health
and
Wellbeing Team