

EMOTIONAL HEALTH & WELLBEING



We are all going through something that none of us have experienced before and during these uncertain times, it is so important to look after the emotional wellbeing of ourselves and our families. We will provide some resources that will support you and children through their class home learning pages each week. There are some stories which help to explain the Coronavirus in a child friendly way as well activities to promote relaxation and ease anxieties. This will be regularly updated. If you feel that there is a specific concern about your child's wellbeing or a way in which you think we could support you further, please do not hesitate to contact us.

Remember, we are all in this together! We are here for you!

Useful Websites:

[Resources for parents and carers - Partnership for Children \(partnershipforchildren.org.uk\)](https://partnershipforchildren.org.uk)

[Super Movers - BBC Teach](https://www.bbc.com/teach/super-movers) great ideas for learning whilst keeping your children active

[Home - Cosmic Kids](#) yoga and mindfulness fun for children

[Home - GoNoodle](#) movement and mindfulness for the whole family

[Free Home Learning Packs | Classroom Secrets](#)

[Wellbeing activities for kids stuck indoors | 5 Minute Fun](#)

[Every Mind Matters | One You \(www.nhs.uk\)](https://www.nhs.uk/one-you)

[Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#)

[Wellbeing activities: being kind to yourself | British Red Cross](#)

[Yoga at home \(maudesport.com\)](https://maudesport.com/yoga-at-home)

[PE at home \(maudesport.com\)](https://maudesport.com/pe-at-home)

Supporting a child who may feel anxious at this difficult time:

1. Recognise their anxiety

Everyone gets anxious sometimes. We know that children tend to worry about different things at different ages, and their anxiety is influenced by what's going on in the world around them. Every child is different, but you are the experts at recognising when your child is anxious. Do they want to stay closer to you than usual? Do they ask lots of questions and seek reassurance? Do they get tearful, or cross and grumpy? Do they talk about 'feeling ill', and having headaches or tummy aches? Recognising that your child is anxious is the first step to helping them.

2. Create a space to talk

Let your child know you are available to talk, but don't force them to. Children and young people often find it easier to talk while doing another activity, like drawing, doing some baking, or playing a video game together. Avoid big conversations about worries at bedtime, which is a time for calming down and going to sleep. But if this happens, encourage them to make a note (maybe in a 'worry box') so you can both talk about it the next day. Then move on to a calming and distracting activity to help them settle for the night.

3. Model a calm response

Parents and carers get anxious too! We worry about the impact of coronavirus on the world and on those we love. We know that children are good at noticing when others around them are anxious, and will watch the behaviour of others to work out whether they should be anxious themselves.

4. Be curious and listen

There is a real pull in parents to want to protect our children from difficult feelings - to tell them there is no need to worry, and to jump into finding solutions to make them feel better. But first, spend time listening to your child, asking questions, and being interested in how things are from their perspective. Be accepting of their worry, anger and sadness about how things are at present. Let them know that their thoughts and feelings are understandable. Explain that, although the physical feelings we get in our bodies when we are anxious can be unpleasant, they are normal.

5. Think about thinking

A worry is a thought, not necessarily a fact. Listen to your child and try to understand exactly what they are worried about. What is the bad thing they worry might happen? How likely is it to happen, and what would it mean if it did? Would it help to explore alternative ways of looking at things, which might help them to draw less anxiety-provoking conclusions?

6. Manage external stresses

Constant exposure to news and social media, and changes to routines, increase anxiety in children. Keep an eye on what your child is reading, watching and listening to. Be aware if they hear news reports which they might find upsetting. Try to keep to a routine, with activities across the day (e.g. schoolwork, exercise, relaxing, keeping in touch with friends, sleep). Don't add to the pressure if they seem overwhelmed. Instead, emphasise the importance of being kind and looking after themselves.

7. Emphasise their strengths

Supporting a child who may feel anxious at this difficult time:

7. Emphasise their strengths

Anxiety in children is reduced if they believe they have the ability to cope with difficulties. You can help by showing your child that you are confident they can manage. Help them to problem-solve where there are solutions to be found. But also help them learn to manage worries that you can't do much about (e.g. by distracting themselves in fun and absorbing activities).

Emphasise that things will eventually get back to normal.

8. Look after yourself

These times are stressful for everyone, and you need to look after yourself so you can best look after your children. Think how you might be able to apply the above steps to yourself. But also, think about how you can get support from those around you. By supporting one another, we are stronger and can get through this together.



