



Wellbeing for Education Recovery - Supporting Children and Young Peoples Wellbeing

For **Children's Mental Health Week 2021** we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas. What works for you might not work for others. There are lots of different ways you can express yourself, so you can try out different ones until you find something that works for you. The main thing is to find things you enjoy. Playing football, listening to music, cooking or reading. **Here are a few things to get you started:**

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| <p>1. Let's start by creating a "feel good list". The good news is there's no right or wrong answer; your list is completely based on your needs and your needs alone. For me, its things like walking my dog, meditating and journaling. As you can see, these are very simple things. They don't cost money. They don't take a lot of time. They're just simple activities to express myself. Once you're finished, you can put it on the fridge, your mirror, a wall, or anywhere that you know you'll see it frequently.</p> |
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| <p>2. Create a playlist of all your favourite tunes that fill you with joy and make you want to move your feet</p> |
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| <p>3. Gratitude: Each day write or doodle one thing that brought you joy. E.g. Today it felt good to watch a movie with my sister!</p> |
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| <p>4. Get your body moving, try to keep an inflated balloon off the floor for five minutes or do a cart wheel.</p> |
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| <p>5. Try a mindful activity: Finger breathing
First, with your hands on your lap or on the table, tune in to the feeling of your breathing. Try and feel the in and out movements of your breath. Feel the moment when it starts to go in and starts to go out. Next, hold one hand up to face you and trace with a finger from the other hand up and down the fingers. Begin to move your finger to the rhythm of your breath. The breath will tell you how fast to move your finger. If you can, let the finger pause at the tip of your finger at the end of the in-breath and at the base of your finger at the end of the out-breath. Repeat this twice.</p> |
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Everyone has times when they feel like they're struggling. It's ok not to be ok and it is natural to feel discomfort when this level of change occurs in our life.

If you have big feelings that are getting in the way of your learning and life or you feel that you can't cope, please find someone to talk to. Don't bottle it up! You could talk to your friends and family about how you are feeling or speak to a teacher or tutor that you get on well with.

If you feel you'd like some further support:

- Go to 'Do I need help' at: <https://www.mymind.org.uk/about-mymind/young-people/do-i-need-help/>
- For more ideas and resources to support your wellbeing try: <https://www.mymind.org.uk/about-mymind/young-people/>
- Click here to find more ideas for activities to boost your wellbeing.
 - <https://www.annafreud.org/media/12101/final-selfcaresummer-secondary.pdf>
 - <https://www.annafreud.org/media/12113/final-selfcaresummer-primary>.
- To find out more about Wellbeing Workshops to express yourself go to www.visyon.org.uk/groups. Visyon can offer free, confidential help through Open Access sessions. Phone Visyon on 01260 290000 or text your name and phone number/email address to 07508 074748 (please just use this number for text, we can't take voicemails on it). There's lots more advice and information on the Visyon website at www.visyon.org.uk.
- As a direct response to the COVID-19 crisis ThinkNinja have updated this app with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the crisis. <https://www.healios.org.uk/services/thinkninja1>

NSPCC Helplines

- You can contact Childline about anything. Whatever your worry, its better out than in. Childline can support and help you find ways to cope. There are lots of different ways to get in touch with us. [Under 12's click here](#) or you can call 0800 1111 for free from 9am - 3:30am. For Young People **12 years and over click here** or Call Childline on 0800 1111 for free from 9am - 3:30am.
Help for adults concerned about a child. Call 0808 800 5000

For urgent support for your mental health:

- Please call the mental health helpline on 0800 145 6485 and a dedicated local staff will support you to access the help you need. The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people. The phone line is now the first port of call for mental health help – it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be re-directed to this local service – so call 0800 145 6485. *Please note, A&E and 999 are not the best places to get help for the majority of mental health problems. You should still call 999 or go to A&E if you have an immediate, life-threatening emergency requiring mental or physical health assistance*