

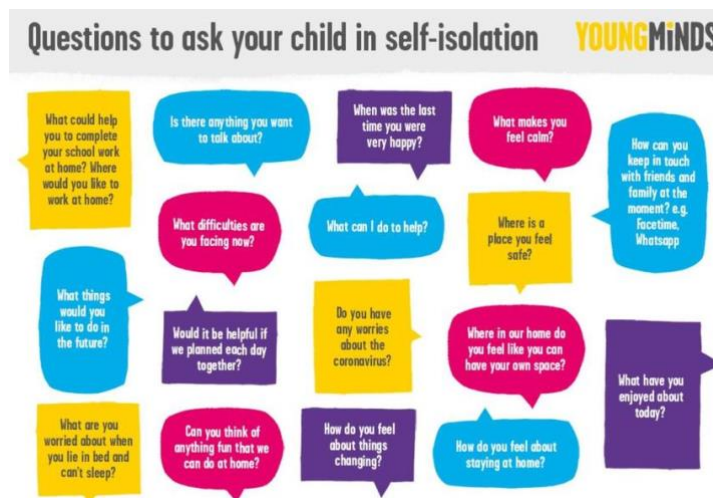


'Love one another as Jesus loved us' (John 13 v 34-35)

Wellbeing support and resources during school closure

If you're worried about the impact of coronavirus on your mental health, or the mental health of a child or young person in your life, you are not alone. The COVID-19 pandemic is a new and uncertain time for all of us and will affect our mental health in different ways. While most of the attention has understandably been on physical health, it is more important than ever that we make sure to look after our mental health and the mental health of our loved ones. Below we have included resources that hopefully will be helpful for those children still in schools, as well as to equip parents and carers with children at home.

YoungMinds



Helpful questions produced by [YoungMinds](#) to start the conversation with children during this period of isolation



'Love one another as Jesus loved us' (John 13 v 34-35)

Health Mind Platter



This [Healthy Mind Platter](#) from Dr Dan Siegel is a great way to structure daily routines and make time for activities to boost wellbeing.

ELSA website

ELSA SUPPORT 14 day Home Challenge

Click the BLUE writing to take you to a resource which you can download and print.

<p>Happy Jar Booklet</p> <p>Look at the five things you can do each day to help you feel happier. Developing relationships with others can be done by telephone or video chat. It could also be done by writing a letter or by making a card for someone.</p>	<p>Jar of Courage</p> <p>Make a jar of courage with help from an adult. Put the labels on your jar and fill it up with the positive quotes. Take one out each day and read it. Believe it!</p>	<p>Hug in a Mug</p> <p>Give yourself a hug in a mug. Decorate the mug and add all the things that make you feel happy in the pieces of marshmallow.</p>	<p>Star Breathing</p> <p>Learn how to do star breathing so that you feel nice and calm when you feel either anxious, angry or upset. I bet you could draw your own star too. See if you can copy the poster and draw your own.</p>	<p>Self-esteem Bookmark</p> <p>Colour your own Self-esteem bookmark and read it every day to remind yourself how amazing you are. You can use it when you read your book. You can do lots of reading at this time.</p>
<p>Mindful Flip Flop</p> <p>Some lovely mindful colouring today. I wonder if you can manage to colour all the sections and think about the words. Can you find time to really relax today? Enjoy opening and closing your flip flop!</p>	<p>Happiness Challenge</p> <p>There are five days worth of activities here but I bet you could do them all in a day if you set your mind to it. Lots of lovely happiness fun!</p>	<p>Mandala Wishes</p> <p>Today you need to draw your picture in the centre of the mandala and then think about your wishes. Write them in the petals and then do lots of lovely mindful colouring.</p>	<p>Mindful Rainbow Walk</p> <p>You might only be able to go into your garden if you have one but you could do this around your house and by looking through the windows. What do you notice?</p>	<p>A-Z of Self-care</p> <p>What can you do to look after yourself today? Read through the poster and then make your own A-Z of self-care.</p>
<p>Doodle a Day</p> <p>Doodling is relaxing. Try filling this all in today. What creative doodles can you do?</p>	<p>20 Faces</p> <p>Can you fill in all the faces with different expressions? Think about all the emotion words you know and try and put a face to each one.</p>		<p>Mindful Challenge</p> <p>There are five days of activities here but I bet you can do them all in a day if you set your mind to it. Have a lovely mindful time!</p>	<p>My Perfect Day</p> <p>What would your perfect day look like? Fill in this comic strip with all the things that would make it just perfect.</p>

ELSA support

[ELSA website](#) has some great resources for assisting children with their wellbeing at home.