HEALTHY MINDS TEAM

Children's mental health and emotional wellbeing pack

During this time of uncertainty and recommendations to distance yourself from others, you may w orry about how you will cope.

Here are a few ideas about how you can protect your Mental Health & Emotional Wellbeing

If you are in need of urgent mental health care, call the Crisis Team on **0191 5665500** or free via **111**

NHS
South Tyneside and Sunderland
NHS Foundation Trust

HMT
HEALTHY MINDS TEAM

It is very important to talk about and share your feelings.

Everyone feels anxious, worried or scared at times. During these times it is important to take notice of your feelings. This booklet contains advice and activities to help you manage your feelings and wellbeing, either on your own or with the help of an adult in your home.

Ways to be kind to yourself

- **Accept what is in your control**
- **Notice your thoughts –**
  Do you speak kindly to yourself?
- **Treat yourself like you would treat a friend**
- **Forgive yourself**
  – we all get things wrong and have off days
- **Enjoy the good days**
- **Accept who you are and your worries**

Circle of control

When our worries aren't real ones that can't be problem solved, it might help to think about the circle of control. Most things in life that we worry about are things we cannot control.

We are more likely to find an answer to the problem if we focus on things that are within our control.

Make your own circle of control

Write down the things that you can't control

When things are not in our control, we can control our reaction to them.
Write down your reaction to one of the things that are not in your control.

Changing our thoughts

We spend a lot of time listening to our thoughts. These thoughts are automatic and are usually about ourselves, what we do and what is going to happen in the future. Sometimes when we think about a situation, we have unhelpful, or 'red' thoughts that can make us feel anxious or sad. Helpful or 'green' thoughts help us think and act more calmly.

Can you colour the helpful thoughts green and unhelpful thoughts red?

I'M RUBBISH AT MATHS

I CAN'T DO THAT WITHOUT MAM OR DAD

I'LL DO MY BEST, IT DOESN'T MATTER IF I MAKE A MISTAKE

MAM OR DAD WILL HELP ME IF I GET STUCK

I'M GOOD AT LOTS OF THINGS

NO ONE LIKES ME

Worry Jar

These unhelpful thoughts can make us worry more.
When you're feeling worried it can be difficult to share these worries with the people around us.
Write down your worries inside this jar. If you have an empty jar at home,
ask someone at home to help you make a real worry jar.

Now you have your jar, think of a nice quiet time you can think about these worries. This is usually at the end of the day. Try your best not to think about these worries till then. This 'worry time' is when you can make your worry list.

WORRIES THAT MIGHT HAPPEN

WORRIES THAT WILL PROBABLY NEVER HAPPEN

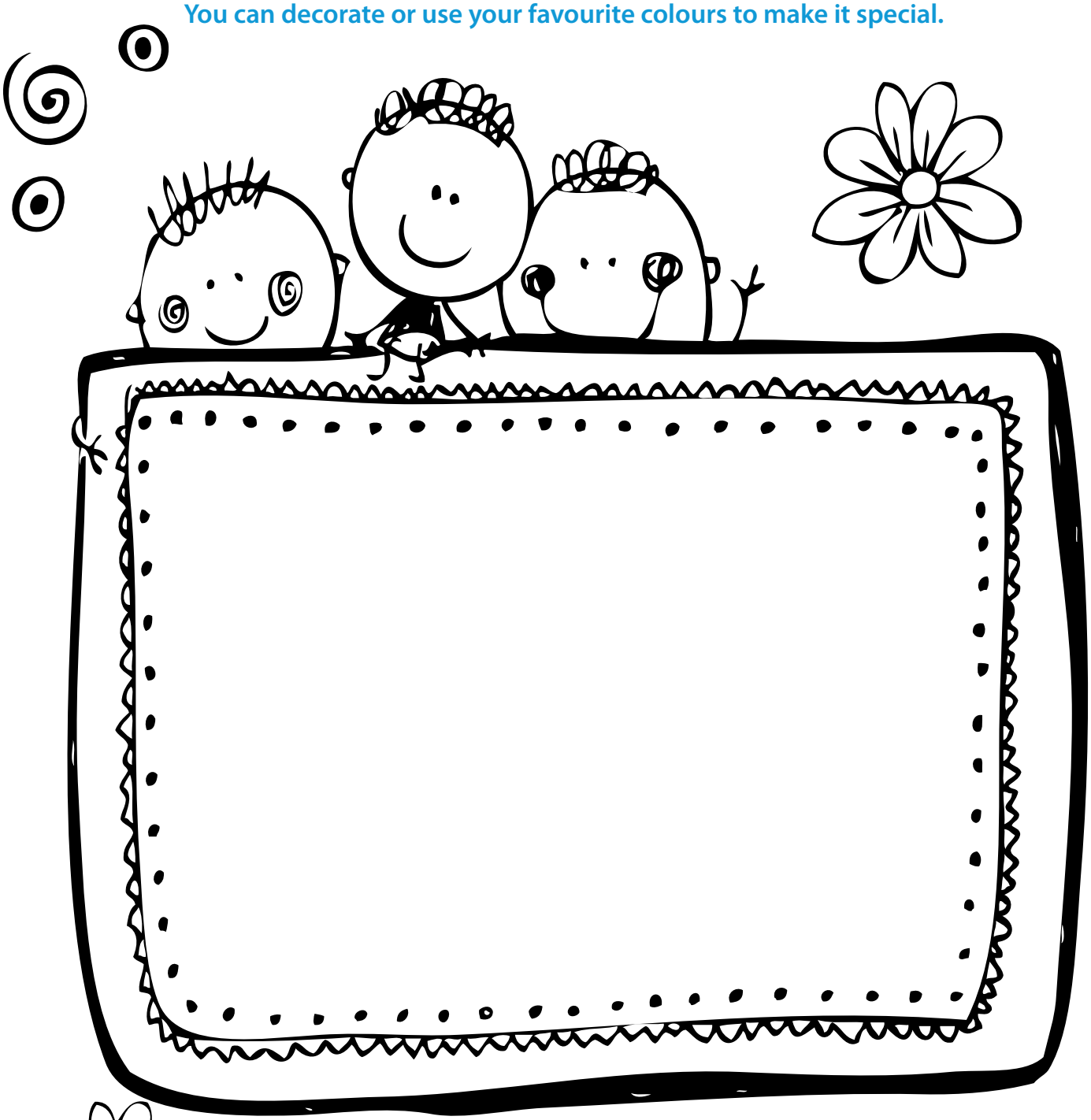
YOU CAN MAKE A PLAN TO FIGHT THESE WORRIES

REMIND YOURSELF THAT REALLY BAD THINGS DON'T OFTEN HAPPEN

Activity

Now you have your worry time, why not make a worry time sign so everyone in your home knows this is your special time.

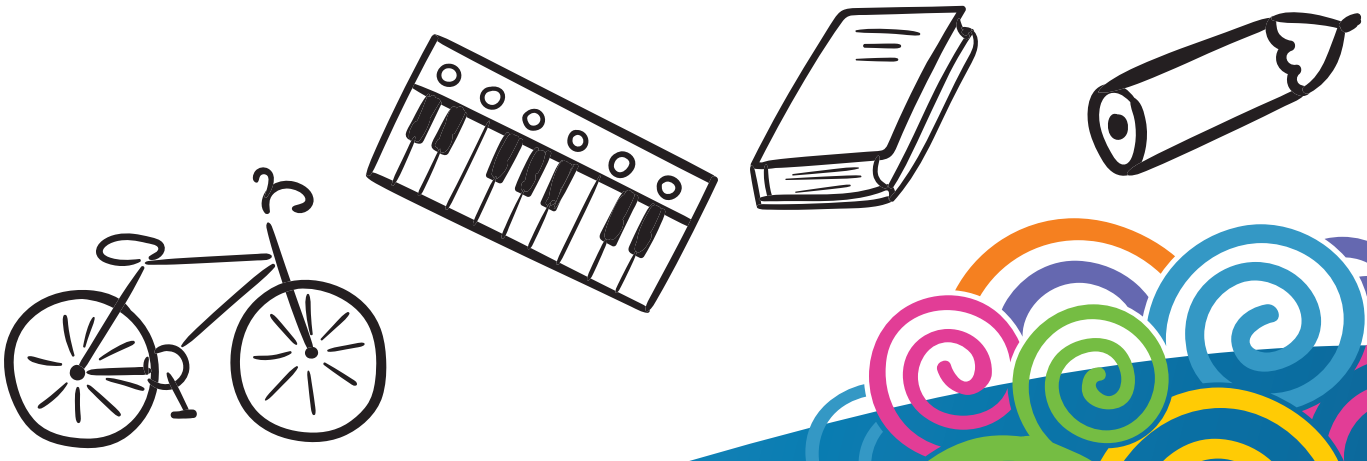
You can decorate or use your favourite colours to make it special.



Coping Chart

To help us forget our worries that we can't make a plan for, it is important to keep busy. You can choose three actions daily from this chart, or if you have another jar make an activity jar to pick three things from each day. Add five of your own activities.

Play a game you enjoyed when you were younger	Do something kind for yourself	Get Active – Even if you're indoors you can move and stretch	Try a new book or TV Show	Call a family member or friend to catch up
Play your favourite music	Take five minutes to sit still and notice your breathing	Help to cook your favourite meal	Notice five things that are beautiful in the world around you	Send a letter to someone you can't be with
Drink eight glasses of water today	Complete a mindful colouring activity	De clutter your bedroom	Connect with nature – notice signs of season	Look at old family photos
Write down 5 things you are grateful for	Set a goal – how will you achieve it?	Try a new food	Notice your sleep – are you getting enough?	Make sure you get your five a day



Time to Connect

It is good to take time to connect with your family and friends.

Sometimes you may not be able to play out or interact with your friends as you would like, but you can still have contact with them.

Can you think of ways that you can talk to your friends and family without actually meeting up with them? Try and list 3:

1) .....

2) .....

3) .....

Here are some suggestions to add to your list:

- **Telephone –** it's good to talk – being able to talk to your friends and family is good for your wellbeing.
- **Video calling –** some apps on your phone or computer allow you to video call – this is a great way of keeping in contact – Remember to check with your parent/carer first before you do this.
- Playing a game online with your friends and family
- Playing board games/cards with your family at home
- Watching a movie together
- Learning something together as a family – i.e. a new hobby, language.

Time to Learn

Time to learn – we need to help our brain grow and stay healthy as well as our body.
Also, learning new things can be fun and may make you more confident.

What things can you and would you like to learn from home?
Try and list 3:

1) .....

2) .....

3) .....

Ways that you can do this are:

- Completing any homework
- **Learning how to cook –** if you need an adult to help please ask their permission beforehand. Learning to cook is not only fun, it helps with your maths – i.e. measuring quantities and managing time, the end result is that cakes or biscuits are tasty too. You could then share these with your family and could give yourself a tick in the 'Time to Give' section too.
- **Learn a new language**
- **Learn to play music –** how creative can you be with pans, paper, jars, elastic bands, combs…..
  Give it a go REMEMBER to always ask a grown-up beforehand.

Time to get Active

Time to be active – we need to help our body stay healthy by exercising.
Exercise can make you feel both physically and mentally healthy.

Can you think of ways that you can stay active in the house?
Try and list 3:

1) .....

2) .....

3) .....

Some ways to stay active at home is by:

- Walking up and down the stairs
- **Dancing to your favourite music** – You could learn a new dance routine and could give yourself a tick in the 'Time to Learn' section too.
- If you have a computer or tablet/smart device you could ask a parent to log you on to some online children exercise classes
- You could create your own little circuit class with different exercise stations. You could do:
  - Ten sit ups at one
  - Ten star jumps at another one
  - Ten squats and the next one
  - Ten Push ups

Remember to drink lots of water when you're exercising, it's important to stay hydrated!

Time to Notice

Mindfulness can help you slow down and help you to notice what is going on around you. It can help you to live in the present moment in time – not worry about the past, not worrying about the future – but appreciating what you have at this present time, and being grateful for what is around you.

An example of this could be noticing the birds singing in the garden… have you ever stopped, listened and noticed how beautiful the Blackbirds song is in on a morning or evening?

The Blackbird can sing beautifully as it controls its breathing when singing out aloud. We can take notice of our breathing and try to practice breathing mindfully that can help you to stay calm in stressful situations.

Can you list 3 things that you have noticed during your time off that you have never noticed before?

1) .....

2) .....

3) .....

Back to Mindful Breathing why not give this a go...

First of all, you need to take a deep breath in all the way from your tummy...

keep taking a deep breath in for 1…2……3…

and… hold..... for 1…2…3…

now release for 1…2…3…

Try that 2 more times and write down how you feel after you have tried this

.....

.....

A good way to help you with your breathing technique is when breathing in imagine you are smelling a beautiful flower, and when you release you are slowly blowing out a candle.

Your senses

Another great way to take notice of your body is to use your senses….

Can you list your senses? (There are 5 in total):

1) ……..

2) ……..

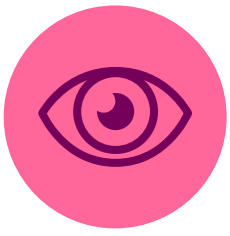
3) ……..

4) ……..

5) ……..

Take 5

Now take a deep breath in and use your senses to notice



Five things you can SEE

Four things you can TOUCH

Three things you can HEAR

Two things you can SMELL

One thing you can TASTE

Time to Give

Giving does not just make you feel good inside but it can bring a smile to other people too.

Giving doesn't have to cost any money, just by giving someone your time, or by asking how their day went is a great way to make someone else feel good and improve their wellbeing as well as your own.

Can you think of ways that you can give to others?
Try and list 3:

1) .....

2) .....

3) .....

Here are some other ways that you could give:

- Help tidy your bedroom
- Help to set the table at lunch time without needing to be asked
- Smile at someone – they say that a smile is infectious… Pass on that smile
- Pass on kind words
- Thank your parent or carer for cooking you your favourite meal
- Save your last sweet or chocolate and offer it to someone in your home

Pass on the kindness and count how many people you make smile today

My Wellbeing Daily Tally Chart

Colour in the Tally every time you carry out one of the following wellbeing tasks during your day, using the associated colours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Connect							
Be active							
Take notice							
Keep learning							
Give							

Vitamin D

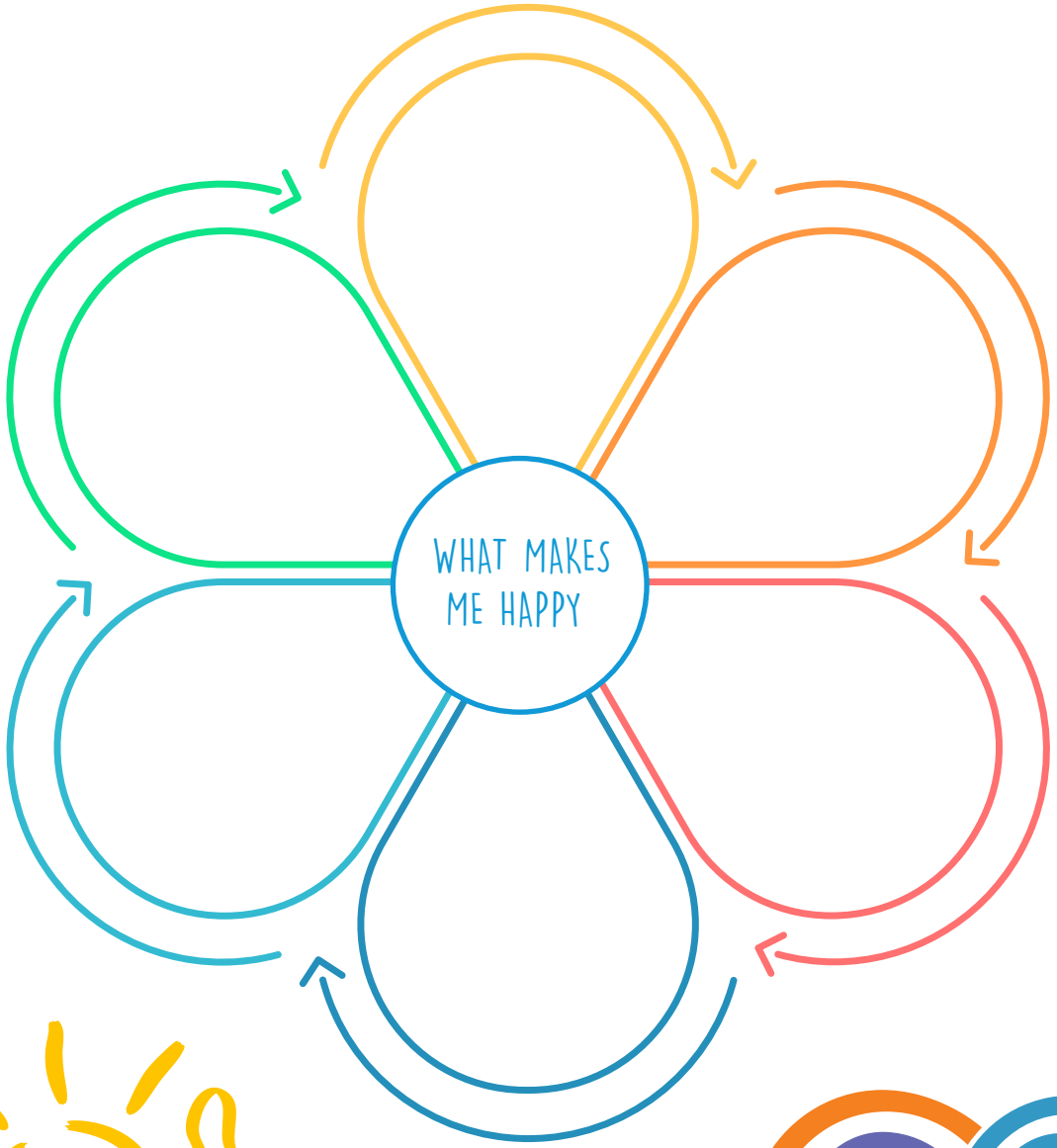
Have you ever noticed how people often seem happier when the sun is shining?

One of the reasons for this is that the sun helps our bodies produce Vitamin D which may change important brain chemicals, like serotonin, which affect our mood.

When we can't get outside to get enough Vitamin D from the sun, we need to be careful to make sure we help keep our mood up in other ways.

For many people, regular exercise can help with this, as does keeping busy doing things which are important to you. It might be that you enjoy learning an instrument, dancing, doing puzzles or even teaching your dog to do new tricks (your dog will be happy about this too).

Think about what things are important to you and what makes you happy.
Write or draw them in the petals.



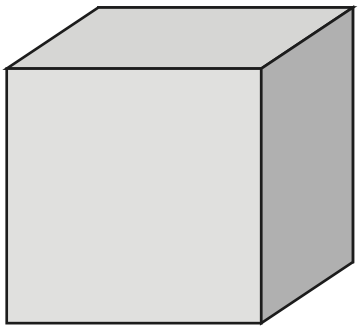
Look at your petals on the previous page.. How often do you do these things?
Can you do more of them? People often have good intentions but don't stick to them.
One way to help you stick to what you said is to plan it in to your week and write it down, perhaps in a diary. If you have your own then you could use that or, if not, you can use a simple planner like below.

Remember to tick the things off when you have completed them so you can see quickly how much you have achieved – this is a sure-fire way of giving yourself a mini pick-me-up!

	AM	PM
Monday	e.g. walk the dog	
Tuesday		e.g. video call with friends
Wednesday		e.g. Spending time with family
Thursday	e.g. practise guitar	
Friday		e.g. Exercise
Saturday		
Sunday		e.g. cooking

Take a Brain Break

Cut out around the outside of the net below (ask an adult if you need help) and fold/glue to make into a die. Give it a roll if you're feeling a bit sad or angry, and see if it helps.



GLUE HERE

SING OR LISTEN TO YOUR FAVOURITE SONG

GLUE HERE

DO 10 JUMPING JACKS

NAME 3 THINGS YOU ARE THANKFUL FOR TODAY

GLUE HERE

NAME 2 PEOPLE YOU CAN TALK TO IF YOU FEEL SAD

DRAW A PICTURE OF YOUR FAVOURITE PLACE

GLUE HERE

DO SOMETHING NICE FOR SOMEBODY ELSE

GLUE HERE

Free, safe and anonymous online counselling and support

“I don’t think I could’ve spoken to someone face-to-face.”

Chat to our friendly counsellors

Read articles written by young people

Join live moderated forums

kooth

www.kooth.com

Parent Notes

1. Circle of Control

In times of uncertainty it helps to revisit which things in life are within our control. Encourage your child by naming personal examples. This open dialogue eases anxiety and makes children feel secure.

2. Changing our Thoughts

These activities are based on a Cognitive Behaviour Therapy (CBT) approach, which examines the link between thoughts, feelings and behaviours. During periods of change we often notice the behaviours first. Acknowledging that these behaviours can be caused by our critical inner voice impacting on our feelings can be the first step in changing behaviours. For primary age children we refer to these as 'unhelpful' thoughts.

3. Worry Jar / Worry Time

Normalising worry is important with young children. Creating a 'worry jar' will help this process. Having a specific time to worry will take time to implement but is a proven strategy to help young people manage their worries (The Huge Bag of Worries is an excellent book to support Key Stage 1 children, Starving the Anxiety Gremlin is suitable for Key Stage 2).

4. Coping Chart / Activity Jar

Predictable routines help children feel safe, reduce stress and prevent changes in behaviour.

5. 5 Ways to Wellbeing

The five ways to wellbeing are a set of evidence based actions which promote young people's emotional wellbeing. Evidence shows us that if we do the following five things listed below, wellbeing will be influenced positively.

WINNING WAYS TO WELLBEING

CONNECT

TALK AND LISTEN
BE THERE
FEEL CONNTECTED

GIVE

YOUR TIME
YOUR WORDS
YOUR PRESCENCE

TAKE NOTICE

REFMEMBER
THE SIMPLE THINGS
THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW
EXPERIENCES
SEE OPPORTUNITIES
SURPRISE YOURSELF

BE ACTIVE

DO WHAT YOU CAN
ENJOY WHAT YOU DO
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS

Parent Notes

6. Online Resources

If your child is 10 or over, KOOTH is available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis.

Young people can access regular booked online counselling sessions as needed. Outside of counselling hours young people can message our team and get support by the next day.

To find out more visit **www.Kooth.com** where young people can register and others can find out more about the service.

There are lots of helpful links that you may find useful, for example MindEd for families **www.mindedforfamilies.org.uk/young-people**

You may find that you are struggling with your own mental health or emotional wellbeing, you can access support for yourself by visiting **www.southtynesidelifecyclementalhealth.nhs.uk**

If you feel that your child requires a personal intervention or access to internet therapy, please call South Tyneside Lifecycle Talking Therapies on **0191 2832937** to discuss this further.

If your child is experiencing mental health crisis requiring immediate response from the Crisis Team, please telephone **0191 5665500.**

For more information visit

www.southtyneside.gov.uk/youngpeoplementalhealth

South Tyneside Council

HMT
HEALTHY MINDS TEAM

NHS
South Tyneside
Clinical Commissioning Group