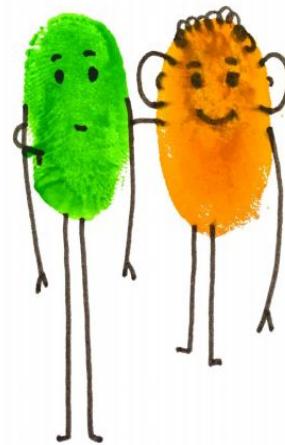


Promoting Children's Emotional Wellbeing Resource Pack



Looking after your child's emotional wellbeing

CONNECT

**BE
ACTIVE**

**TAKE
NOTICE**

**KEEP
LEARNING**

**CREATIVITY
& PLAY**

Looking after your child's emotional wellbeing

Why?

Children who notice their feelings can begin to manage them with your support.

When worries are building up, it is useful to also take notice of the things that are going well and notice our strengths to help gain a balanced perspective.



What can I try?

Offer time to talk about feelings and a variety of ways to express feelings.

Encourage your child to focus on all their strengths and qualities to balance out worries...

Think together...

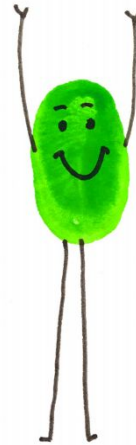
**My super
strengths
and
qualities!**

I try really hard
at football!

I'm kind and
very good at
sharing!

I'm in charge
of feeding
the cat!

I'm funny...
I know lots
of jokes!

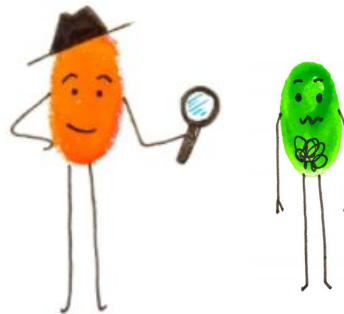


Top tips for talking...

- Seize the moment
- Start small
- Use their language and then build on it

Paying attention to behaviours can tell us a lot:

- Notice the behaviour, **be curious** about what is happening for them.
- **Wonder aloud** about what might be happening for your child
- **Name feelings** around events



Feelings thermometer

- This a useful tool to encourage children to share how they are feeling.
- It can support them to learn to manage the feeling, or seek support before they get too high on the thermometer.
- You could support your child to create their own feeling scale if this would be more appropriate.



Drawing

Where in
your body do
you feel it?

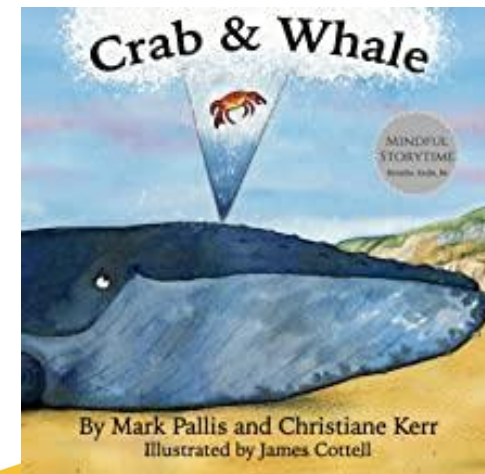
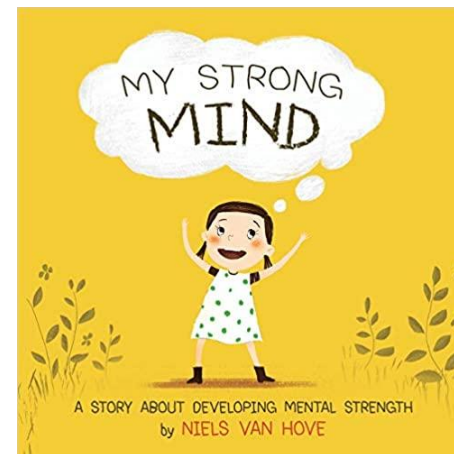
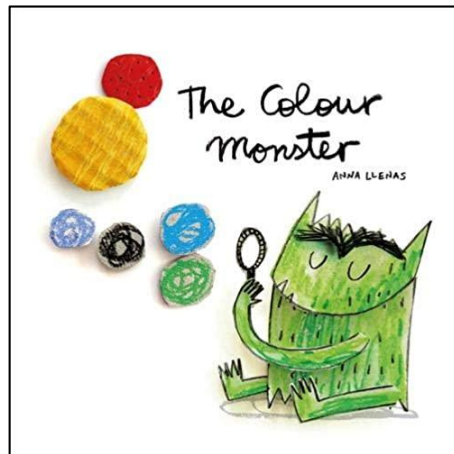
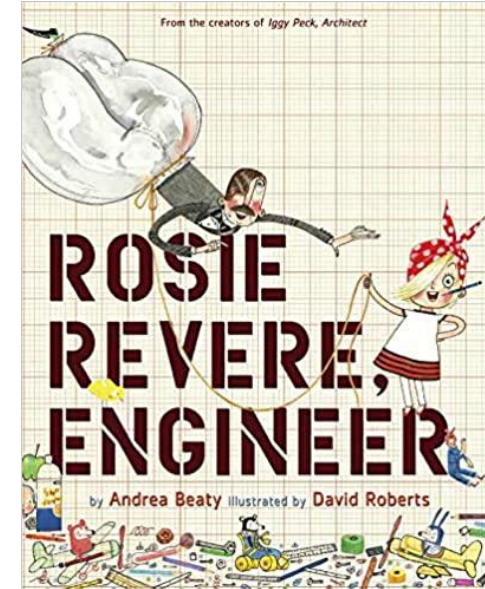
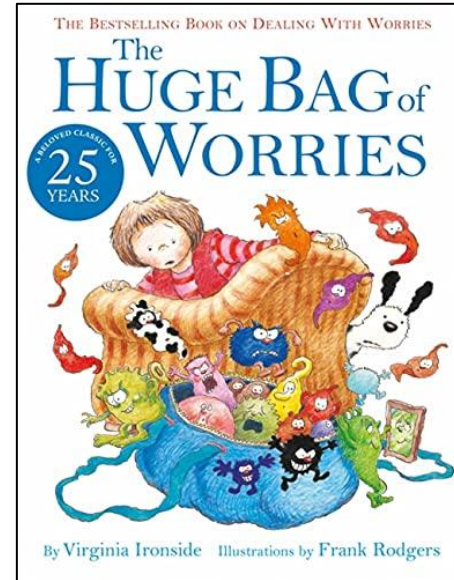
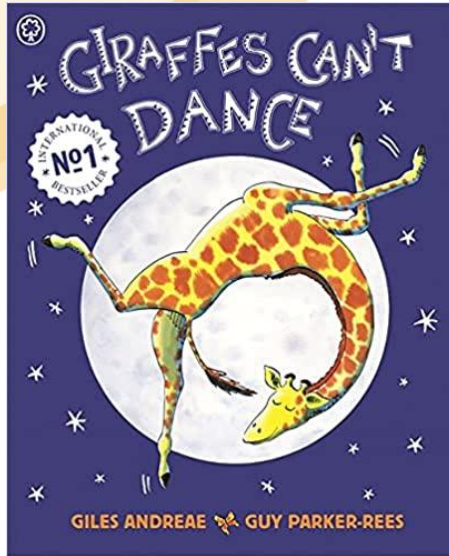
What shape
is it?

What colour
is the
feeling?



Stories

Check
your
local
library...



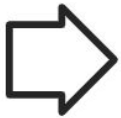
Zones of Regulation

How can you help yourself?

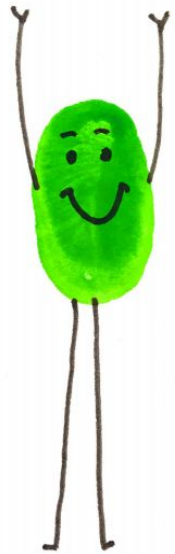


The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
  	  	  	  
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

Techniques that might help move towards green zone



Relaxation strategies



Relaxing stretches

When we feel worried it's common for our body to become tense. Doing some stretches can help our body relax.



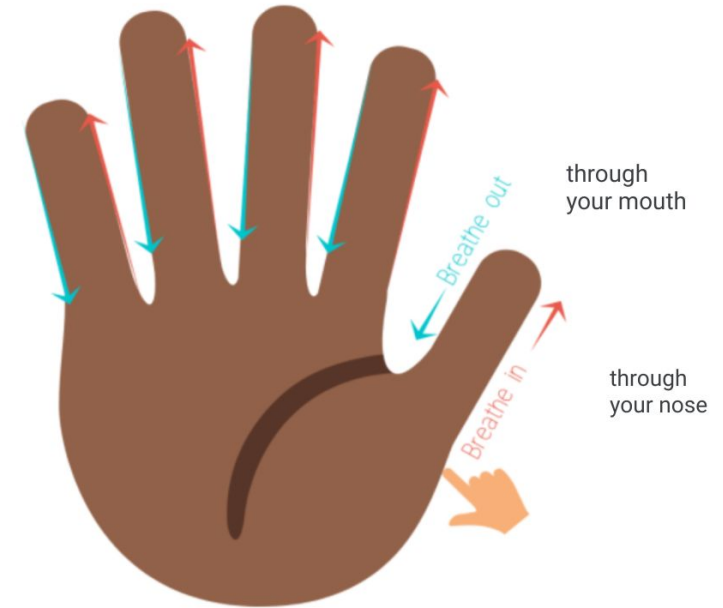
Stretch your hands - Imagine you're squeezing the juice from a lemon, clench your fingers into a fist and then relax your hand.



Stretch your arms - Imagine you're reaching up to get an apple from a tree, reach your arms above your head



Stretch your neck - Imagine you are a tortoise and bring your shoulders up to your ears



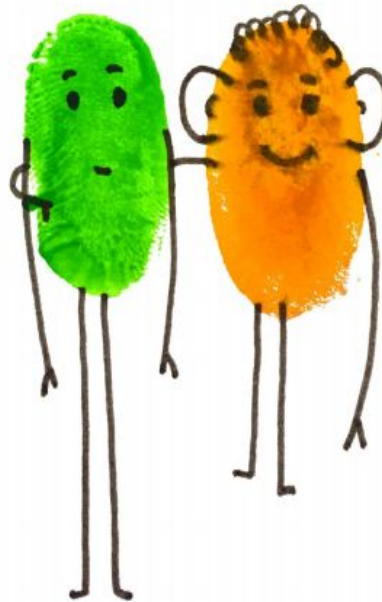
Hand breathing

Looking after your child's emotional wellbeing

Why?

Friendships help us to feel that we belong, that we have purpose

They also reduce levels of stress and improve our sense of confidence and self-worth.



What can I try?

Support your child to learn about what makes a good friend, how we can reach out to others and let them know we care

Model positive relationships at home.

Try the friendship recipe and the kindness challenge...

♥ Kindness Challenge ♥

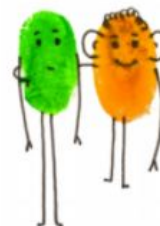
A little kindness goes a long way. This week why not have a go at performing one act of kindness each day. If you would like to, you can use the table below to record what you did and what happened:

	What did you do?	Why did you choose this activity?	What happened?	What did you learn?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Stuck for ideas?

- What about giving someone a compliment
- Helping with an extra chore
- Making a picture or card for someone



A RECIPE FOR FRIENDSHIP

Thinking about what makes a good friend, try making a recipe for friendship!



Looking after your child's emotional wellbeing

Why?

Exercise and being active improves wellbeing because it brings about a sense of greater self-esteem, self-control, and the ability to rise to a challenge.



What can I try?

Use a nature checklist or the I-spy game to encourage children to enjoy time outside in nature.

Being outside in nature:

If you have a chance to be in a garden or the park why not follow this checklist to connect with your environment (or if you are feeling creative you could make your own).

	Smooth leaf			Bee	
	Spikey leaf			Butterfly	
	Serrated edge Leaf			Snail	
	Trifoliate leaf			Ladybird	
	Compound leaf			Beetle	
	Thorn			Woodlouse	
	Spider web			Footprint	
	Nut			Bird	
	Feather			Flowers: Pink White Blue	

Remember when we are in nature we take only memories and leave only footprints behind.

Be a Nature Detective!



Looking after your child's emotional wellbeing

Why?

Life will inevitably have its ups and downs and we all face challenges in our lives.

It is not the lack of challenges that lead to success and wellbeing but our **capacity** to manage and problem solve when these issues arise.




What can I try?

Build resilience and confidence by supporting children to recognise what they have learned from difficult experiences.

Problem solving can also help them to feel equipped to manage challenges they face

Flip that Flop

Making mistakes is part of our journey to learning. Mistakes and experiences of failure happen, they are nothing to be ashamed of, and they help us to better understand what we need to work on to keep improving our skills. This worksheet helps us to practice turning a mistake into a learning experience:

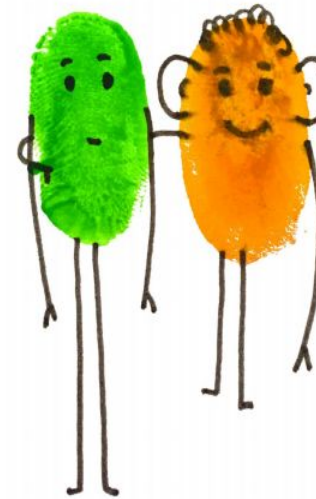
 <p><u>Describe the mistake or failure:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p><u>Write down something you learned from this experience:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Can you think of any other examples?

Why not have another go and draw your own flip flops!

Learning from mistakes...

Encourage them to flip that flop!



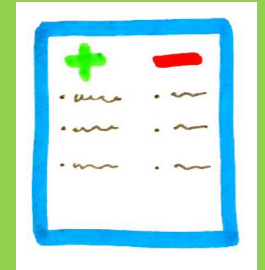
Problem Solving

Step 1:
Write down
the problem

Step 2: Brainstorm
ideas from the sublime
to the ridiculous



Step 3: Choose
3 options and
weigh up the
pros and cons of
each



Step 4:
Choose one
possible
solution

Step 5:

Plan out step-by-step what you need to do to carry out this solution. Use these questions to help:

1.What?

2.When?

3.How?

4.With
whom?

5.What are the
potential barriers?

6.How do you get around
these barriers?

Looking after your child's emotional wellbeing

Why?

Encourage children's imagination and creativity as they grow.

Play offers an opportunity to process experiences and make sense of them.

CREATIVITY
& PLAY



What can I try?

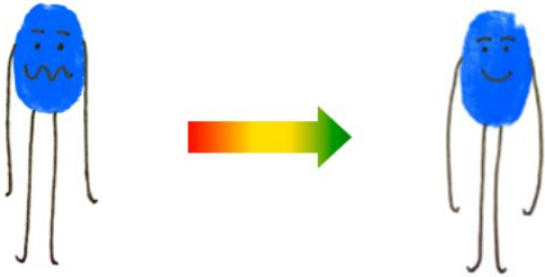
Puppets, dressing up, painting, drawing, making music together!

Use whatever you have

Follow your child's interests and explore with them.

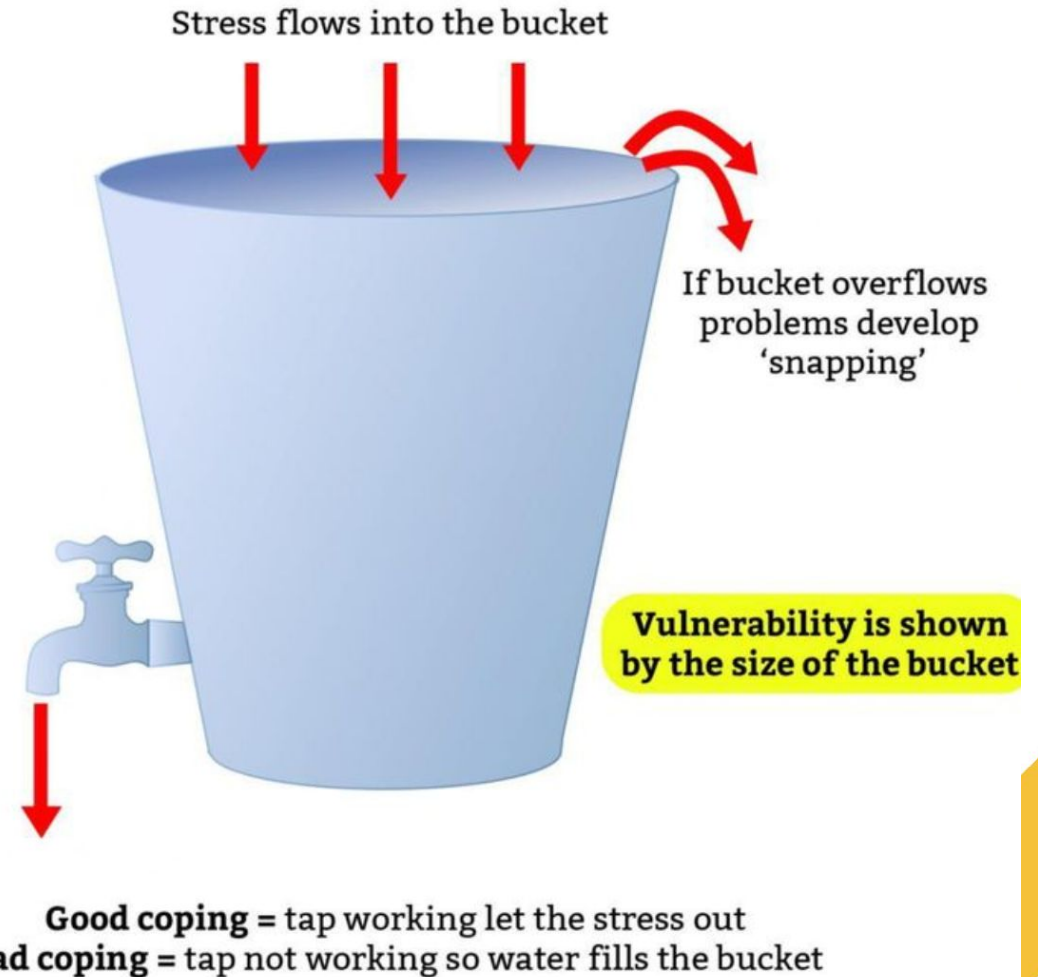
10 minutes of child-led play can be beneficial.

Modelling emotion regulation



We cannot expect children to manage their emotions if we do not model this for them.

But... pay attention to...



Your Stress Bucket

Seeking further support

If you are worried about your child's wellbeing make sure you ask for help.

Who should I ask?

- Speak to your school mental health lead
 - Speak to your GP
- Call the Single Point of Access for advice or to make a referral

You can contact SPA to request support, or to report a concern about a child or young person

Call 020 8547 5008

Out of hours, phone 020 8770 5000

