



### **Encouraging positive mental wellbeing while we isolate.**

We are currently experiencing unprecedented times and the challenges associated with self-isolating can put extra pressure on our mental wellbeing. The tips and guidance below are aimed at giving you advice on how best to maintain good mental health for children during these times and also to give you a few ideas to combat the boredom which may creep in.

#### **Plan your day**

Children will benefit from having structure while they are not attending school. Creating a timetable together for them to follow will guide them with regards to completing any school work but will also make it easier to ensure that you are able to balance this with downtime and relaxation. Try and maintain a normal routine in terms of going to bed at a reasonable hour and getting up in good time.

#### **Social media**

Although we discourage young people spending too much time on their social media, online gaming and phones, during this testing time it is important that children feel connected to their peers. Allowing them access to interact with others can benefit their mental wellbeing, however please be vigilant with regards to who they are contacting and what is being said.

#### **Get some fresh air.**

If you're lucky enough to have a garden, take advantage of this while we are confined to our houses. Vitamin D found in the sun's natural rays, is known to have positive benefits to our mental health.

#### **Activities to help fill the day and free the mind:**

##### **Mindfulness Colouring.**

Some young people may see colouring as something they did when they were much younger but there are some great resources out there providing free printable colouring sheets aimed at older young people and adults. : [https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4\\_25-16.pdf](https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf)

##### **Exercise**

It is important that we stay as active as possible in these times. When you **exercise**, your body **releases** chemicals called endorphins. These endorphins trigger a positive feeling in the body and can aid positive wellbeing. One example of how to get children to stay active while confined to their home is the Joe Wicks PE sessions that are free to access on YouTube at 9am every day.

##### **Cooking**

Take the opportunity to introduce some life skills to your children. Cooking can be a great way to do this and something that you can do together. BBC good food has a section dedicated to recipes suitable to attempt with children <https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

## **Board Games**

Search through your cupboards and bring out some of those board games that only normally come out at Christmas. If you don't have any, you can also find some free printable games on the internet;

<http://www.supercoloring.com/paper-crafts/printable-board-games>

## **Scouts 'the great indoors'**

The Scouts association have put together some inspired indoor activity ideas which will keep your kids learning new skills and having fun. <https://www.scouts.org.uk/the-great-indoors/>

## **Reading books**

All young people should be encouraged to read independently and this does not have to be through the use of a physical book, there are many books available to download onto phones and tablets and other electronic devices. Audio books are also another option <https://www.audible.co.uk/>

## **Watching documentaries**

If you want to encourage the positive use of screen time and at the same time want to encourage learning, BBC iPlayer has some great documentaries, the Blue planet is an example of a very popular one.

## **Useful resources/agencies/websites containing information on mental health:**

If you do find at any point that either yourself or your children are experiencing elements of poor mental health, the list below provides with a range of resources and services that you may find useful.

| Organisation name | Website  | Support offered  |
|-------------------|--|--|
| Young Minds       | <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>                   | General guidance and information regarding mental health<br><br>Specific parent help line<br><br>Young person's crisis messenger service |
| Harmless          | <a href="http://www.harmless.org.uk">www.harmless.org.uk</a>                       | Offer online support for young people and families experiencing self-harm concerns.  |
| Kooth             | <a href="http://www.kooth.com">www.kooth.com</a>                                   | online counselling and emotional well-being platform accessible through mobile, tablet and desktop.                                      |
| Beat              | <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a> | Website offering support for young people and their families experiencing an eating disorder.  |
| Childline         | <a href="http://www.childline.org.uk">www.childline.org.uk</a>                     | Charity run organisation supporting children's wellbeing   |
| Time to Change    | <a href="http://www.time-to-change.org.uk">www.time-to-change.org.uk</a>           | Anti-stigma campaign lead by the charity 'Minds'   |
| Anna Freud Centre | <a href="http://www.annafreud.org">www.annafreud.org</a>                           | Children's mental health charity   |
| Samaritans        | <a href="http://www.samaritans.org">www.samaritans.org</a>                         | 24hour support online/phone  |

