

# Mental health and well being

KEEP CALM  
AND TELL YOURSELF  
I'LL BE OKAY

## BACK TO SCHOOL

### ZONES OF REGULATION

The zones of regulation help us and our children to recognise what we are feeling and to be able to give names to our emotions. It is ok to be feeling a feeling in any colour but it is important to know how to help ourselves move back to our usual colour. There are many ways to help ourselves and our children to self regulate.

What Zone Are You In?			
Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Having good mental health helps us to relax more, achieve more and enjoy our lives more. This is especially important during times of change. The NHS has top tips for looking after the mental health of your family.

1. Listen to what your child says and how they are feeling. (See Zones of regulation for a simple way to do this.)
2. Talk about how school is keeping your child safe..
3. Limit news and conversations about coronavirus.
4. Keep communication open with school.
5. Keep to routines.
6. Stay active.
7. Eat healthily and avoid too many treats.
8. Keep up good sleeping routines.
9. Look after yourself and get support if you need advice.

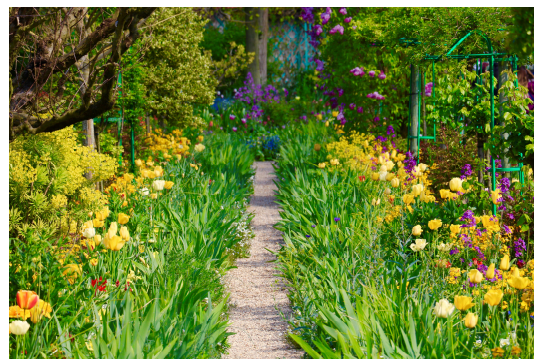
### MINDFULNESS

MINDFULNESS IS AN IMPORTANT PART OF SELF-REGULATION. IT'S A SKILL THAT ALLOWS US TO BE AWARE OF OUR BODY WITHOUT RESPONDING RASHLY. CHILDREN CAN USE THEIR MENTAL IMAGERY TO CALM THEIR BODY AND PAY ATTENTION TO THEIR BODY, BREATHING, AND EMOTIONS.

Relaxation  
REMINDER

### BEING OUTSIDE

Listening to bird song, feeling the sun on our faces and allowing ourselves to be amongst nature and natural light are all important to mental health and wellbeing. Make sure you are getting outside regularly.





YOU CAN ONLY DO YOUR BEST

Be kind and have fun

You have all done an amazing job during the last few months. As we return to school don't forget to continue all the brilliant things you started – playing games together, exercising together, cooking and eating together. Having fun as a family.

The children will be exhausted so a good sleep routine is crucial. Sleep is better when we have exercised. Find ways to calm down and switch off in the evening, dim the lights, read or listen to a story, take a bath, try yoga or mindfulness exercises. It is time to enforce a no screens before bed rule.

You and your child may well be finding the separation difficult. This video gives some easy tips and ideas to try.

<https://www.youtube.com/watch?v=9CcGJzW2Uxc&safe=true>

Here are some ideas that you or your child can use at home/ school / work to help calm during times of anxiety.

[https://www.youtube.com/watch?v=lp\\_LCrZRINE&safe=true](https://www.youtube.com/watch?v=lp_LCrZRINE&safe=true)

This a lovely cartoon of a balloon that can carry their worries away.

<https://www.childline.org.uk/toolbox/calm-zone/>



## Self Regulation Ideas to try when you are feeling.....

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1. Time in another room. Make a safe and comfy space for your child to escape to. Include cushions, their favourite toy, some books.
2. Count to 10.
3. Go for a run.
4. Do some mindful breathing.
5. Follow a sequence of movements – e.g. squeeze your hands together, close your eyes and rub your head, then rub your legs.  
Repeat 5 times.
6. Squeeze a stress ball.
7. Have a cuddle.
8. Read.
9. Listen to music.
10. Have a bath or shower.
11. Play with sensory objects such as sand, water, playdough, kinetic sand.





## GROUNDING WITH YOUR FIVE SENSES

What are

5

THINGS YOU CAN SEE



**SUN**  
PICTURE ON THE WALL  
**PEOPLE WALKING**

4

THINGS YOU CAN FEEL



**WIND BLOWING**  
FEET ON THE FLOOR  
PENCIL IN HAND

3

THINGS YOU CAN HEAR



**BIRDS CHIRPING**  
CLOCK TICKING  
**CAR HORNS**

2

THINGS YOU CAN SMELL



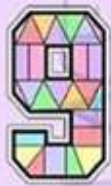
**FOOD FROM THE CAFETERIA**  
LAUNDRY DETERGENT ON CLOTHES  
**FRESH CUT GRASS**

1

THING YOU CAN TASTE



**MINT**  
Breakfast  
**TOOTHPASTE**



## things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.



4. What would you like to say to your worry?  
What might your worry say back? Then what?

5. Let's draw it.

6. What does it feel like in your body?  
Where is the worry? How big is it?



7. Match your breaths to mine.

8. Let's think up some endings for what could happen  
(anxious ones, goofy ones, AND realistic ones).



9. What's something we could do to help you feel better?

## Mindfulness ideas for children

Cosmic kids den, the listening game

[https://www.youtube.com/watch?v=uUIGKhG\\_Vq8&vl=en-GB](https://www.youtube.com/watch?v=uUIGKhG_Vq8&vl=en-GB)

Breath meditation for kids

[https://www.youtube.com/watch?v=cyvuaL\\_2avY](https://www.youtube.com/watch?v=cyvuaL_2avY)

3 minute body scan meditation for kids

<https://www.youtube.com/watch?v=r6CPzyqCff0>

Peace out guided relaxation for kids

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

Guided meditation for children

[https://www.youtube.com/watch?v=7j\\_Na4Baoaw](https://www.youtube.com/watch?v=7j_Na4Baoaw)

Relaxing Deep Sleep Music

<https://www.youtube.com/watch?v=AW7mR8CNOuU>

20 minute guided mindfulness exercise for older children

<https://www.youtube.com/watch?v=thYoV-MCVs0>

Kids explain mindfulness

<https://www.youtube.com/watch?v=awo8jUxlm0c>

Useful links...

**Rudgwick Primary School is here for you.**

[office@rudgwick.w-sussex.sch.uk](mailto:office@rudgwick.w-sussex.sch.uk)

Relate, supporting children and young people

<https://www.relate.org.uk/relationship-help/covid-19-advice-and-information/supporting-children-and-young-people>

Relate, mental health and wellbeing

<https://www.relate.org.uk/relationship-help/covid-19-advice-and-information/mental-health-and-wellbeing>

Relate, managing anxiety video

<https://www.relate.org.uk/relationship-help/covid-19-advice-and-information/video-managing-anxiety>

Relate, if you need talk to someone, contact information

<https://www.relate.org.uk/relationship-help/talk-someone>

Place2B, well-being activities for families

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

Change for life, 100 calorie snacks

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>

NHS useful APPs,

<https://www.nhs.uk/oneyou/apps/>

NHS advice for staying healthy, including exercise suggestions

<https://www.nhs.uk/oneyou/for-your-body/>

[Parents Helpline Enquiries](#), from Young Minds, offers advice about mental health in children and young people up to the age of 25. You can call the helpline on 0808 802 5544.

Childline offers a confidential telephone counselling service, so your child can speak to someone anonymously. They can:

- call 0800 1111 any time, free of charge
- have an [online chat with a counsellor](#)
- check out the [Childline message boards](#)

Shout provides free, confidential support with trained crisis volunteers via text for anyone, 24 hours a day, 7 days a week.

Text SHOUT to 85258 in the UK, or [visit Crisis Text Line](#) for more information.

The Mix offers a free, confidential telephone helpline and online service for young people. They can:

- call 0808 808 4994 free of charge, from 11am to 11pm every day
- access the [The Mix online community](#)
- [email The Mix](#)
- NHS 111 is available 24 hours a day, 7 days a week. If you have difficulties communicating or hearing, you can: call 18001 111 on a textphone
- MASH (Children's Services): 01403 229900 to discuss concerns

- EDT (Emergency Duty Team): 0330 222 6664 (Out of Hours)
  - Samaritans: 116 123
  - The Freephone, 24-hour National Domestic Abuse Helpline: 0808 2000 247
  - MIND: 0300-123-3393
  - NHS mental health helplines
- <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

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To update the color blocks, select the desired colors on the Design tab.

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