

# Nurturing Wellbeing: ways to support children and young people's emotional health during lockdown

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Norfolk

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# Outdoor Scavenger Hunt

Focus your mind and senses on what is happening outside - record your findings and tick the boxes below

Listen: how many different birds can you hear?

Find and draw an animal, no matter how small

Can you find a spider's web? Has it caught anything?

Small something stinky - how does that make you feel?

Find and draw something you would share with a friend

Find something that feels soft to touch

Watch the clouds, take three breaths, look for one the shape of an animal

Can you find a twig in the shape of a letter?

Find and draw 3 leaves that are different colours

Find and draw 3 things that feel hard to touch

Small something fresh - how does that make you feel?

Look for something that makes you smile

# Sudoku

Try it!

Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

8	6		7	2				1
		1	3	6	5			
2		6	5				3	
	6			7			1	
		2			8	6	4	
9	7		8	4				
	8			9		7		
		7	2	1		8	3	

# Big Norfolk Feel Good Fun Pack

Word search grid:

B G O H X Z Y A C S  
 U N E I B O W S H  
 N T A L H A O I E A  
 A E M L Q L M H Z L  
 Z N A O A I Q C C O  
 I T S B K G O I Q M  
 U A T I O N W N I H  
 A G E A A V O N C B  
 G V I B O N J O U R  
 S C L F G U L K K D

Say hello around the world!

Buna ziua	Sveiki	Ola
Kannichiwa	Hello	Shalom
Namaste	Bonjour	Ciao
Czesc	Guten Tag	

# Leek and Potato Soup

Tasty!

The resources are themed around the evidence-based NHS Five Steps to mental wellbeing. It includes lots of ideas for children on how to boost their mood and keep them smiling:

- **Connect** – connect with the people around you
- **Be active** – find an activity that you enjoy and make it a part of your life.
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word.
- **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

Me!

Hey! I'm

I love...

My Family!

12-day activity plan:

- Day 1** (Dancer): Make up a dance routine and teach it to a family member or a friend online.
- Day 2** (Person lying down): Lie flat on the floor and place your hand on your tummy. Take deep breaths in and out. Try repeating this for a few minutes.
- Day 3** (Tree): Before you head out for a walk, write a list of objects that you might spot, whilst you're out. Tick them off as you spot them.
- Day 4** (Person stretching): Practise some different stretches. Hold each one for 5-10 seconds.
- Day 5** (Person moving): Have many different ways can you move around the floor? Drawing? Hopping?
- Day 6** (Person mimicking an animal): Imitate the way different animals move around. Can somebody guess which animal you are pretending to be?
- Day 7** (Target): Set up a hoop or something you can use as a target in your house or garden. See how many times you can throw an object into your target in 1 minute.
- Day 8** (Person running): Set up 2 markers 5 metres distance apart. How many times can you run there and back in 20 seconds? What about 30 seconds? 1 minute?
- Day 9** (Ball): How many times can you pass a ball around your waist in 60 seconds? Try it with a balloon.
- Day 10** (Markers and ball): Choose 3 objects to use as markers and use a ball to try and hit each of the targets. Move further away from each marker as a challenge.
- Day 11** (Balloon): Use a balloon to see how many koopy-apples you can do in 1 minute.
- Day 12** (Person stretching): Make your own warm up to teach someone. What stretches could you include? Which muscles would you be stretching?



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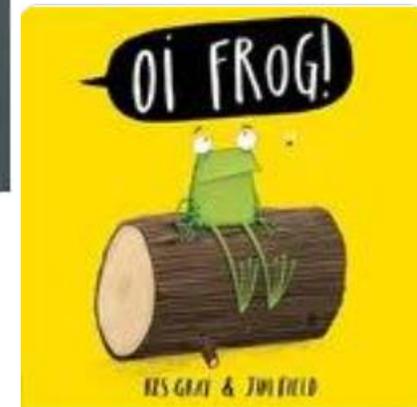
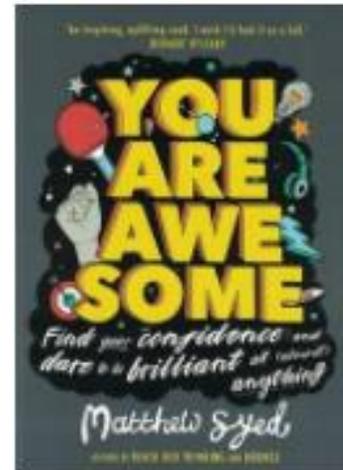
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# Encourage social awareness

- For activities to support social-awareness click [here](#)
- For a poster containing hints and tips to develop good social-awareness click [here](#)
- For a colouring in page that is a reminder of good social-awareness; The Golden Rule Click [here](#)
- Watch [Twiggle's Special Day](#)



Treat others  
the way that  
you want  
to be treated

- 1) SELF REFLECT. FIND YOUR WHY:  
parents and carers
- 2) GET CURIOUS AND EXCITED ABOUT  
DIFFERENCE: 0 - 3 years
- 3) NURTURE EMPATHY. LEAN INTO  
FAIRNESS: 3 - 6 years
- 4) EMPOWER THEM TO ACT.  
FIND THEIR VOICE: 6 - 9 years
- 5) FACILITATE CHANGE. AMPLIFY  
OTHER VOICES: 9 - 12 years



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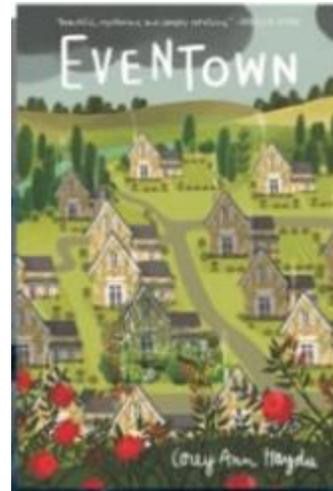
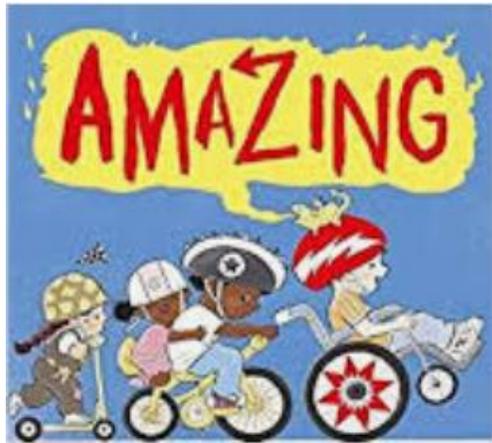
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# Build a sense of connection

- For activities to support relationship skills click [here](#)
- For a poster containing hints and tips to develop good relationship skills click [here](#)
- For a colouring in page that is a reminder of what friends do, click [here](#)
- Watch [Twiggle Makes Friends](#)



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# Nurture life long learning

- [Interactive games](#); fun family activities to support SEL discussions at home
- [Board games and SEL](#); these allow us to practise social norms such as turn-taking, following rules, listening, paying attention - not to mention detailing with the themes of winning and losing!
- [SEL kindness challenge](#)
- [Using ICT with SEL](#); We know that technology and devices get used a little more frequently during 'school' downtimes, and we thought it might be helpful to pull together a list of some really great apps that can be used to enhance Social Emotional Learning online.

- [Pobble](#) have put together 100 simple and fun non-screen activities that children can do at home
- [Lifting Limits](#) have created some resources that explore and challenge gender stereotypes
- JoJo and Gran Gran creator and educator Laura Henry-Allain MBE has created '[Becoming Part of the Change](#)'; supporting families to raise antiracist children
- Place2be have put together some great [activity sites](#) and have a wide range of [useful resources](#) for parents and carers.
- The Anna Freud Centre's a self care [printable booklet](#) full of explanations, guidance and opportunities to connect through Challenge Tuesday.



Type of compliment	Possible sentence starter
1. The way people look e.g. hair, eyes, smile	I like your...
2. The things people have e.g. bag, toys, bike etc	I like your...
3. The things people do e.g. good at playing football, playing the piano, tidying up, doing maths, sharing etc	You are good at... I like it when you...
4. The way people are e.g. kind, friendly, generous, hard working etc	I like the way you are... I felt...when you...



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# Build in screen free, self care activities

Wellbeing Theory:  
Martin Seligman  
PERMA



- ° Listen to music or sing a song
- ° Yoga
- ° Puzzles
- ° Origami...
- ° Countdown
- ° Watch a movie or series
- ° Virtual games; charades, I-spy
- ° Online, interactive assemblies
- ° Share memories: photos, songs, food etc
- ° Rainbow
- ° Make and play a Djembe
- ° Tell a joke
- ° Compliments
- ° All feelings are okay
- ° Lego challenge
- ° Learn a dance
- ° Junk modelling
- ° Learn to draw a favourite character
- ° Challenge
- ° Virtual show and tell
- ° 5 a day
- ° Movement mins
- ° Sleep routine
- ° Class song
- ° Gratitude post-its
- ° Class tasks set and shared virtually
- ° Well-being journal; record PERMA+
- ° Household responsibilities

**Engagement**  
The engaged life  
we think + feel nothing when fully engaged  
"FLOW"

**Relationships**  
authentic, meaningful, life enhancing connections  
The related life

**Positive emotion**  
The pleasant life  
feeling good, happiness, resilience, satisfaction, optimism, pleasure, rapture, warmth, self-esteem, comfort

**Well-being theory**  
Goal: to increase FLOURISHING  
Martin Seligman 2011

**Vitality**  
wellness, physical health (one part of theory)

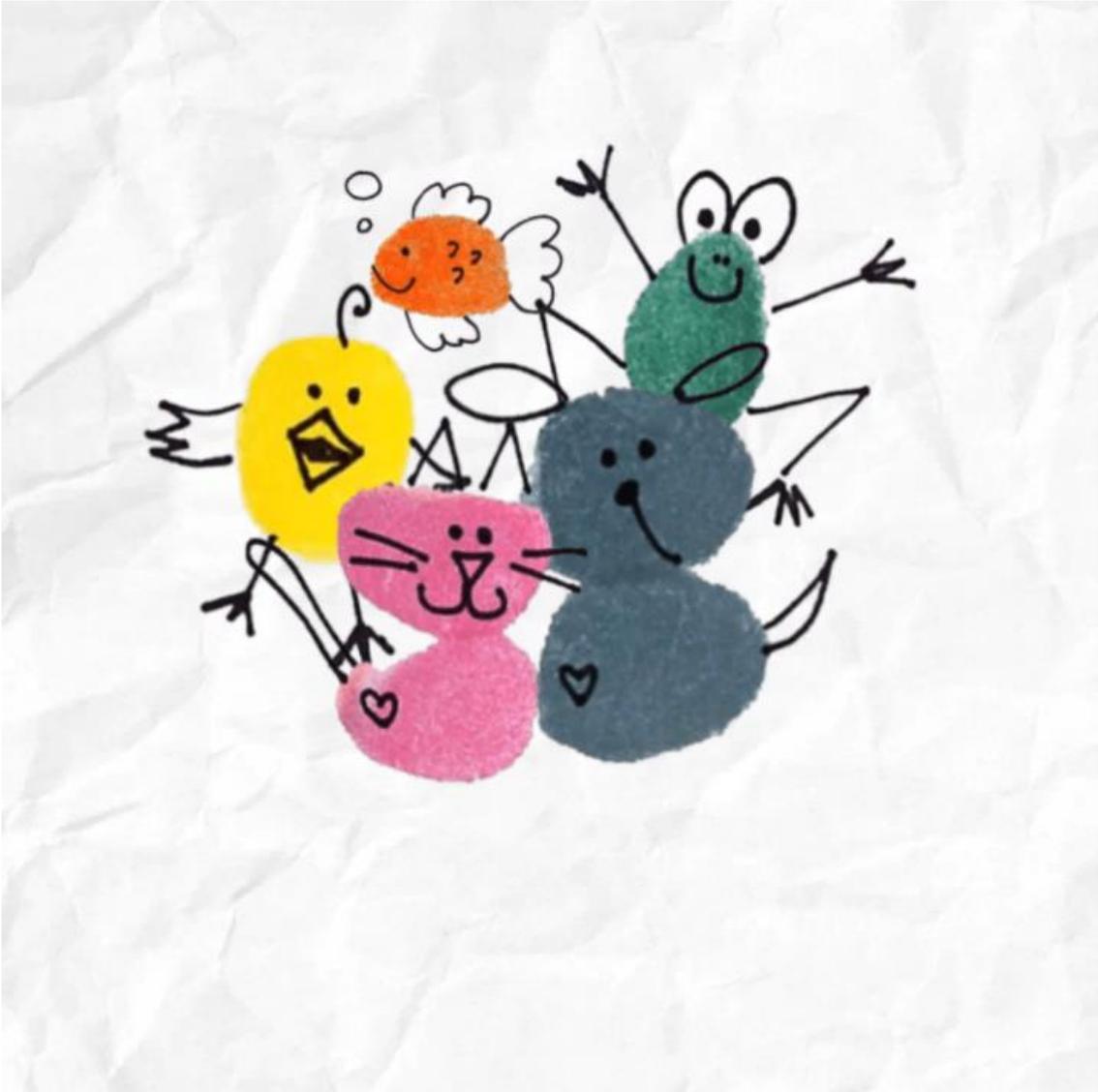
**Achievement**  
The accomplished life  
inspired action, success, mastery, goals

**Meaning**  
purpose, passion, fulfilment, contribution, belonging, motivations

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# Know how to spot the signs



**INDIVIDED.**

**A PERSONAL WELLBEING BOOST FOR YOUR CHILD**

Measure, assess and improve your child's emotional health with fun and friendly quizzes, advice and resources

Register Resources More Info

[WWW.WEAREINDIVIDED.COM](http://WWW.WEAREINDIVIDED.COM)

Available free in your area



**kooth**

**Free. Safe. Anonymous.**

Kooth is an online Mental Health platform for young people. **Need to talk?** Chat to our friendly counsellors.

Articles & Advice Live Chat Live Forums

<https://kooth.com> go!

Kooth offers advice on the go. We're by your side when you need us most. for ages 11 - 25

available in your area

talktous@weareindivided.com

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# ChatHealth Norfolk

CONFIDENTIAL SUPPORT

Struggling to cope with anxiety and concerns about the current situation?

For Young People 11-19

Have some issues staying healthy and feeling good? Or just not feeling safe at the moment... We are here for you!

TEXT: 07480 635 060

Wellbeing Norfolk & Waveney provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. We work with you to help you make the necessary changes to improve your wellbeing and quality of life.

Our services are free and are available to people aged 16 and over living in Norfolk & Waveney.

Improving Access to Psychological Therapies

Services we provide include:

- One-to-one support
- Online webinars which are quick to access
- Regular online social events
- Peer support
- Employment Support

You can find out more about our service by visiting our website or by giving us a call.



www.wellbeingnands.co.uk

0300 123 1503

Just One Norfolk is our one stop shop for families to support good physical and emotional health.

Visit:  
[JustoneNorfolk.nhs.uk](http://JustoneNorfolk.nhs.uk)

CLICK HERE

Call:

0300 300 0123

Text:

07520 631590



## First Response

Call: 0808 196 3494 (Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk needing urgent mental health support

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# Teach children that all feelings are okay



[Tamara feels worried](#) is a book which explains worry  
[Feelings dictionaries](#) are recommended for year 4 up  
[click here](#)

These [resources](#) help express and explore feelings  
 This [poster](#) contains hints and tips to develop good awareness of feelings and self

This [colouring in page](#) is a reminder; all feelings are okay



**The Worry Monster Poem**

I'm your little worry monster  
 I am always here  
 When worries pop into your head  
 Don't let them turn to fear

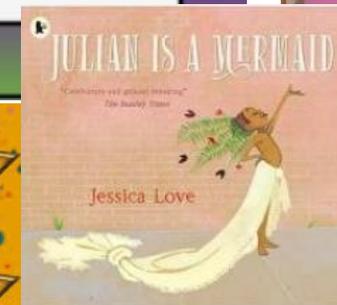
Take a piece of paper  
 Make sure you write your name  
 Explain your worry  
 Write it clear and plain

Put the worry into my mouth  
 And let me eat the fear  
 Put a smile upon your face  
 Then give a great big cheer!

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[www.elsa-support.co.uk](http://www.elsa-support.co.uk)



Feelings	<a href="#">The Feelings Book: Todd Parr</a>	<a href="#">Emotions: Storybots</a> <a href="#">Dave Matthews: I need a word- Feelings</a>
Brave	<a href="#">Read by Idris Elba: The little chicken named Pong Pong; Wanda</a>	<a href="#">Bruno Mars: Don't give up</a>
Calm/Relaxed	<a href="#">Calm Down Boris; Sam Lloyd</a>	<a href="#">Common and Colbie Caillet: Belly Breathe- Calming down</a>
Excited	<a href="#">Rocket Says Look Up!; By Nathan Bryon, Dapo Adeola</a>	<a href="#">Mindy Kaling: enthusiastic</a>
Kind	<a href="#">Smartest Giant in Town; Julia Donaldson</a>	<a href="#">Sharing cookies with Elmo</a> <a href="#">Mark Ruffalo; empathy</a>
Happy	<a href="#">Amazing; Steve Antony</a>	<a href="#">If you're happy and you know it; Elmo</a>



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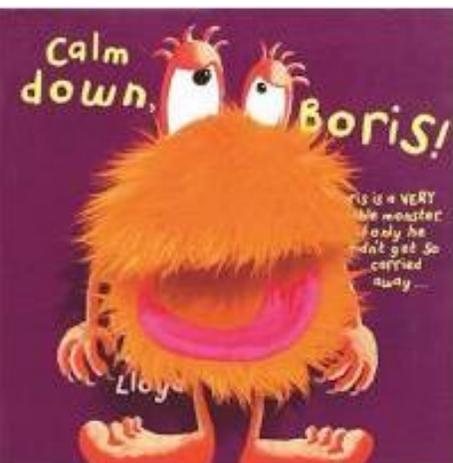
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# Help your child calm down and manage stress

- For activities to support self-management at home click [here](#)
- For a poster containing hints and tips to develop good self-management
- Watch [Twiggle Learns to do Turtle here](#)
- For a colouring in page that is a reminder of how to self regulate using the 3 steps 'Turtle' (taught in reception and year 1) click [here](#)
- For a colouring in page that is a reminder of how to self regulate using the 3 steps 'Red Traffic Light' (taught from year 2 onwards) click [here](#)



[Five Finger Breathing | a simple guided breathing exercise for kids -](#)



Cove app



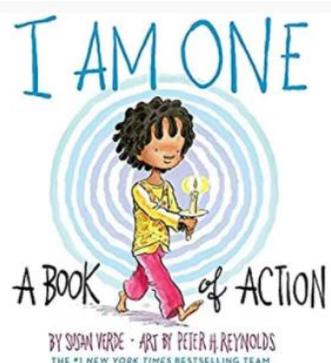
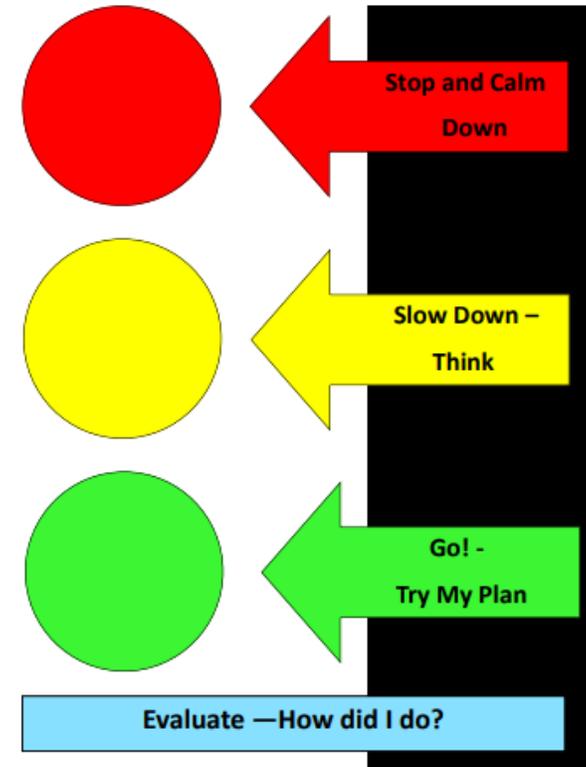
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# Talk to your child about how to problem solve

## EIGHT THINGS TO SAY TO AN ANXIOUS CHILD



## Control Signals



- For activities to support responsible decision making, click [here](#)
- For a poster containing hints and tips to develop responsible decision making, click [here](#)
- For a colouring in page that is a reminder of responsible decision making, click [here](#)

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# Ways to support children and young people's emotional health during lockdown

- Encourage social awareness
- Build a sense of connection
- Nurture life long learning
- Build in screen free, self care activities
- Know how to spot the signs
- Teach children that all feelings are okay
- Help your child calm down and manage stress
- Talk to your child about how to problem solve



**\*Follow 'The Golden Rule'**

**\*Take the compliment**

**\*All feelings are okay**

**\*3 steps to calm down**

**\*It's okay to make mistakes**

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