

Welbeing



Hello to you all!

We hope you are all safe and well. We have put this together to give you some ideas, activities and links to support you and your children over the following weeks and beyond. If there is anything we can do to support you, please let us know via email or through this link: https://forms.gle/B3mEwvEskpdvzzcE8

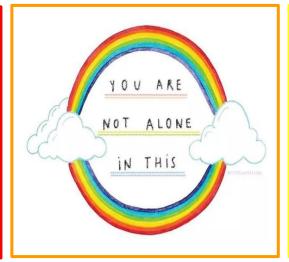
Jewell Inclusion Team

Contacting us

The Inclusion Team are still available to support and signpost you. They can be contacted via our email address

parents@jewell-aspirations.org

If you need to speak to someone, you can ring the school office who can let us know and we will phone you back.



Other support organisations

https://youngminds.org.uk

https://www.camhs-resources.co.uk/downloads

https://www.mentalhealth.org.uk/coron avirus

https://www.samaritans.org/ phone 116

https://www.headstogether.org.uk/get-s upport/ If you need immediate support, you can text SHOUT to 85258 anytime day or night and chat by text.

Virtual Tea & Talk



To provide support for parents and carers in these challenging times, we are starting to hold virtual 'Tea & Talk'. The first one will be on Friday 8th May.

Please sign up via this link if you would like to attend so we can send you the details.

https://forms.gle/pNVnmo2qWVyQ9oYC7

We look forward to seeing you!

ELSA Group

We have created an online ELSA (emotional literacy support) group on Google Classroom. This is open to anyone who may benefit from support from Mrs Brunton or access to further activities to support their wellbeing. Mrs Brunton can be contacted directly through this also.

The classroom code is: snzimhg

You can also access lots of resources and information to support your child's wellbeing at

www.elsa-support.co.uk



Competition! We would love to see how creative you can be. You will find a template for a Rainbow poem attached to this pack. If you would like one printed out and sent to you then please email us. You can write and draw pictures on the sheet, be as creative as you like! You can email them in to the above email address, or post to school. This is open to any child at Jewell Academy. The winner will have their poem published on the website and will receive some goodies in the post!



Have a question about parenting?

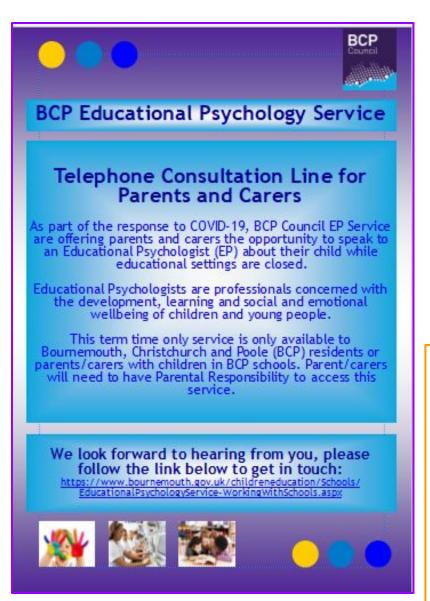
Action for Children is offering free online parenting support for families with children aged 0-19. You can ask us for help on all sorts of things – from how to keep your children entertained at home, to how to handle difficult behaviour, to how to manage stress and anxiety at this challenging time.

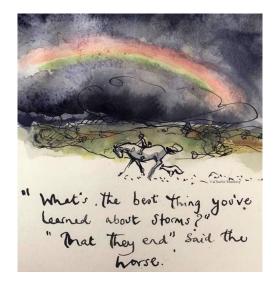
Head to parents.actionforchildren.org.uk to read our advice and useful resources, or talk directly to a parenting coach via our confidential 1-1 live chat.

Whatever you need, Action for Children are here to listen and support you.

StarLine is a national home learning helpline that gives parents and carers direct access to a team of leading teachers, education and parenting experts who can provide free one-to-one advice, support and reassurance. starline.org.uk #StarLine









We're here for you

There are a lot of unknowns in the world right now. But one thing is certain — **Headspace is here for you**. To help support you through this time of crisis, we're

offering some meditations you can listen to anytime.

These are part of a larger collection in the Headspace app — free for everyone — called **Weathering the storm**. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you.

https://www.headspace.com/covid-19



Parent Carer Foundation has launched a 'Telephone Befriending' service during the Coronavirus self-isolation and social distancing period to combat loneliness and enable people to ask for advice. This service is for parents and carers of children, young people and adults with all kinds of disabilities including mental health issues. Anyone can use this service at least once a week according to need.

We really want to continue to be there for families with our Telephone Befriending service and encourage anyone caring for children and young people with disabilities to contact us.

Contact details: Telephone: 07585404335

Email: officebpcf@gmail.com WhatsApp 07585404335



TAKING CARE DURING LOCKDOWN

Finding it hard to adjust to the lockdown? Is your sleep being affected? Here are some simple strategies for reducing anxiety and improving sleep quality:



It's tempting to sleep in and stay up late, but this can leave you more tired. We sleep best when we keep to the same bedtime and getting up time, give or take an hour. Remember to use natural light in the morning and darkness at night to help your body clock to work.

2 CREATE A SCHEDULE

It is easy during lockdown for days to become long and unstructured. Create a schedule for yourself and try to stick to it. Include socialising, family time, and eversise

3 KEEP MOVING

You can still go out once per day to get some exercise. Try a short run, brisk walk, or cycle, preferably earlier in the day, to help you feel more relaxed, reduce anxiety and help you sleep better at night.

4 BE AWARE OF SCREEN TIME



5 MISSING YOUR FRIENDS?

Why not set up dedicated time to chat on the phone or video call? It can help us feel more connected and less isolated.

6 FEELING ANXIOUS?

t is natural to feel anxious – particularly during all this uncertainty. Find things that help you feel calm – meditation, breathing exercises, keep a ournal or get in touch for an individual sleep plan.

7 NEED TO TALK?

Make time to talk to a friend of family member about your worries, ideally not too close to bedtime. Or give a service like Childline or YoungMinds a call.

8 STRESSED ABOUT SCHOOL WORK?

Take regular breaks, drink plenty of water, and ask for help when you need it. This is a strange time for everyone - You can only do your best.



9 NOT SLEEPY AT BEDTIME?

Plan a wind down hour before bed – relax, have a bath, lower the lights and find a calming activity to do – crafts, reading, relaxation exercises, or gentle stretching.

10 PROTECT YOUR SLEEP SPACE

Your bedroom where you do school work, chat to friends, watch TV and hang out? Keep your bed for sleeping and put away everything else before bed.

(Sleep

GOOD SLEEP HABITS

Follow these strategies to help develop healthy sleep habits

1 KEEP A REGULAR BEDTIME

Going to bed and waking up at the same times every day will strengthen the body clock - yes, even at the weekendl

2 DON'T NAP LATE IN THE AFTERNOON

If you're feeling particularly tired and need a short nap, it should be in the early afternoon (before 3pm)

3 AVOID STIMULATING ACTIVITY AN HOUR BEFORE BED

You should also switch off electronics during this time

4 AVOID CAFFEINATED DRINKS

It can take up to 10 hours for caffeine to leave our body. Opt for de-caf versions later in the day instead of cola, coffee, tea or hot chocolate

5 DON'T GO HUNGRY OR EAT TOO LATE

Regular meal times help set our body clock A nutritious snack such as a banana or toast is a good option for supper, if necessary

6 KEEP BEDROOM QUIET AND DARK

Excess light and noise can disrupt the body's natural circadian rhythm, so we are more likely to wake through the night

7 MAINTAIN A COMFORTABLE TEMPERATURE

High temperatures can disturb sleep, try to keep bedrooms between 16-18°C

8 FIND WAYS TO MANAGE STRESS AND ANXIETY

High stress levels at bedtime stop us falling to sleep and staying asleep. Mindfulness, yoga, or other relaxation techniques at bedtime may help *
z^Z
Sleep

www.sleepscotland.org

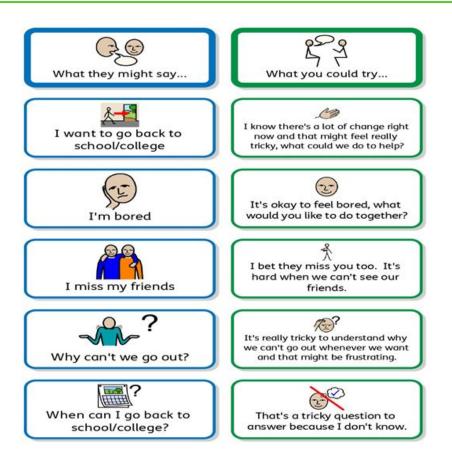


LOCKDOWN & SCHOOL CLOSURE

All of us have been through a great deal over the past few weeks. Our children have had very sudden unwanted change over which they have no control. They have experienced loss on a huge scale of their friends, routine and constant exposure to fear through the news and by not being able to go out. All of this can lead to huge levels of anxiety or challenging behaviour.

One way of coping with and expressing anxiety and worry is to ask a range of questions. This is a normal and very helpful way of trying to understand and make sense of things that are challenging. The problem arises when there are no answers to these questions or the answers are also worrying and frightening.

Some support is out there for these questions and there are some examples below.





The key aspect to answering these questions is to validate any question and look to explore the emotion behind it. It is the uncertainty and not knowing which can result in a range of behaviours.

BROUGHT TO YOU BY:

MY MENTAL HEALTH ROCKS

IN COLLABORATION WITH:

KIDS BEING KIND MAGAZINE * CORNER HOUSE COACHING * ADVENTURES IN WELL-BEING
THE FREE FROM FAIRY * MIND STRONG * SPACE IN BETWEEN * BLOSSOM ACADEMY
BIG PINK DRESS FUNDRAISING * GET UP AND GLOW WITH RACHEAL BEATTIE
DJ FLOURISH * STRENGTHENING WELLBEING * LITTLE FLOWERS BY SLIGO
NATASHA HOLLAND PHOTOGRAPHY * LIVE HAPPY, LIVE HEALTHY YOGA

DANCE PARTY * PETS CORNER * MY MENTAL HEALTH ROCKS ACTIVITIES

CREATIVE ART * TIK TOK CHALLENGE * WALL OF POSITIVITY * FAMILY MEDITATION

DAILY WALK PARADE WITH 'BIG PINK DRESS' AND LOTS MORE FUN!!!

JOIN OUR FACEBOOK GROUP TO TAKE PART





ACTION CALENDAR: MEANINGFUL MAY 2020 🗗 🕞





MONDAY

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe

to remember what

Take a minute

2 Do something

meaningful for someone you

with nature today

Reconnect

FRIDAY

SATURDAY

really matters to

you and why

really care about

stuck indoors even if you're

10 Tell someone

about why your

favourite music

means a lot to you

TUESDAY WEDNESDAY THURSDAY

SUNDAY



rather than what what you can do you can't do

11 What are

12 Be grateful

for the little

important values?

things, even in

difficult times

your most

Use them today

a photo of a time Send friends you all enjoyed together

6 Take a step however small your life goals, towards one of

7 Let someone mean to you

how much they you love know

Give your time to Kindness mission Set yourself a help others

and reasons to be for positive news cheerful today Look out

16 Look around five things you you and notice

local community positive action to help in your

23 Share an with others to give inspiring quote them a boost

24 Do something special today and memory tonight revisit it in your

30 Find three be hopeful about good reasons to the future 31 Look up at the sky. Remember something bigger we are all part of

natural world something to Today do

14 Show your

Find out

gratitude to people

make things better who are helping to

> and traditions of about the values

another culture

find meaningfu

Share photos

22 Ask a loved

20 Reflect on and appreciated feel really valued what makes you

> find meaningfu of 3 things you

what matters mos to them and why

one or colleague

18 Hand-write

19 Find a way

a note to someone

you love and send

are doing to give it

more meaning

to craft what you

them a photo of it

project or charity

done that you are

choices to your purpose in life

things you've

really proud of

time to help a

Give your

26 Recall three

you care about

27 Today link your decisions and or memorable

28 Tell someone really meaningful about an event in

your life that was

make a difference

for others

now your actions

Think about



ACTION FOR HAPPINESS •



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



myHappymind help primary schools, nurseries, and families to create a positive mental wellbeing culture in which children build resilience, self-esteem, and character. Our programs leverage the latest research, science, and technology to help children develop lifelong habits and learn to thrive. In order to help parents during this difficult time, myHappymind have created a Light Edition program, for you to use with your child at home. You can create a free user account that will give you instant free access to the learning resources.

Simply visit: https://myhappymind.org/lightedition

You will be asked to fill in a simple form, then you'll receive an email inviting you to log in to the myHappymind platform and choose your own password. Once logged in you will have your very own myHappymind account, containing the myHappymind Light Edition resources for Early Years, Key Stage 1 (Years 1 & 2) and Key Stage 2 (Years 3 - 6).

Once you've logged in, the portal is easy to use:

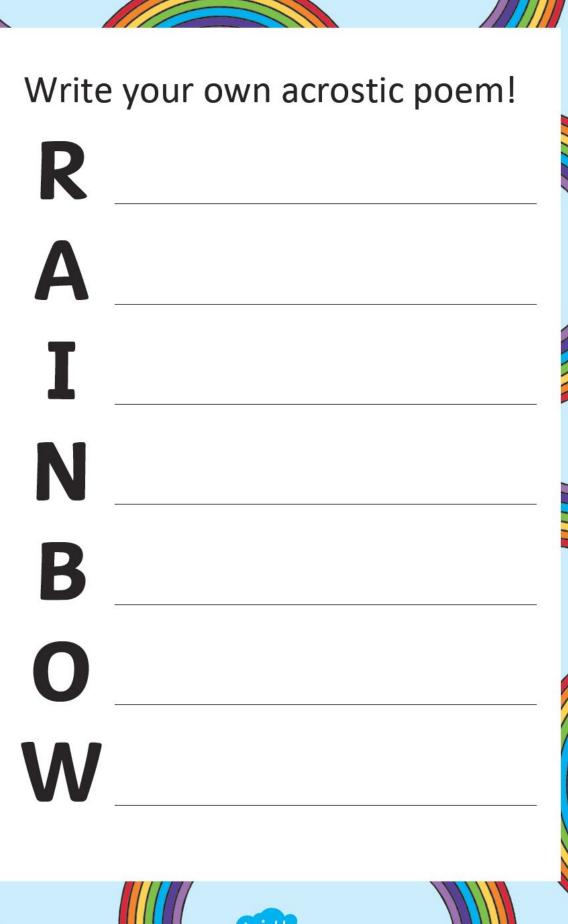






The new COVID-19 content provides an opportunity to understand the following:

- 1. Fears relating to the virus
- 2. Isolation struggles and how to stay connected to family and friends
- $\ensuremath{\mathtt{3}}.$ Worries about personal health and health of family members
- 4. Mental strength
- 5. Coping techniques to use during the crisis.
- 6. Plus many other helpful tips



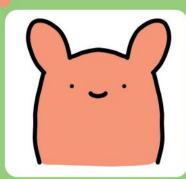


Keeping Calm

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

5 4 3 2 1

Take notice of your senses by thinking of:
5 things you can see
4 things you can hear
3 things you can feel/touch
2 things you can smell
1 thing you can taste



Facts

Think about and name facts about what is going on right now. For example, think:

My age is...
My name is...
I am wearing...
The weather is...
I am in...



Room Search

Think of a category and search the room for it. For example, look for:

Everything that is a ... colour Everything that is a ... shape Things that feel of... Things made of ...





By thinking about things to help us calm down we can then do the things we want/need to do and feel better and happier.



Managing Coronavirus Worries



Young people can find it difficult to manage their worries and, during this uncertain time, they might be struggling with worries even more than usual. This guide can help young people to manage their worries in a structured way to help them to feel better.

There are two different types of worry and it's important to know the difference because we can deal with them in different ways. The first are Hypothetical Worries which are worries we don't currently have control over and can't do anything about. The second are Practical Warries which are worries we can do something about.



Hypothetical Worries

- What if we all get ill?
- . What if we never go back to
- What if my holiday is cancelled?
- . What if I infect my family?

Practical Worries

- · I haven't seen my Gran in ages.
- · I have nothing to do.
- · I've been eating lots of junk food
- · I'm stuck on the work that school sent home.



As you notice worries during the day, write them down so that you can come back to them later at Worry Time. You could also make a worry box to put your worries in.

Once you've written the worry down, it's important to refocus your attention. Pay attention to whatever it is you're doing at that moment OR do something totally different. You can also refocus by noticing 5 things you see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste (the 5,4,3,2,1 method).





Use Worry Time to go back and address all of the worries you have written down that day. Worry time should be at the same time everyday and should last for a maximum of 30 minutes. Make sure it's not too close to bed time and that you're not distracted when doing it.

For each worry, decide whether it is a Practical Worry or Hypothetical Worry.

for the hypothetical worries:

For hypothetical worries, let the worries go. You can do this by ripping up, scribbling out or scrumpling up and throwing away the worry. Once you've done this, use the 5,4,3,2,1 method to refocus your attention from the worries which you have let go.

for the practical worries:

For practical worries, use problem solving to find a solution:

- 1) write the problem in 1 or 2 sentences.
- 2) think of all of the solutions you can.
- 3) for each idea you came up with, write down all the good things and bad things for each solution.
- 4) choose the solution that looks the most likely to help.
- 5) make a plan to put your solution in place and DO IT.
- 6) review how it went did it solve the problem or do you need to change and/or try a different solution?



change your focus of attention



Keep Calm Follow Official Advice

What is Anxiety?

The Fight or Flight Respone

Anxiety is a <u>normal</u> emotion that everyone feels at some point in their life. This is because of something in our brains called the <u>Fight or Flight</u> response.

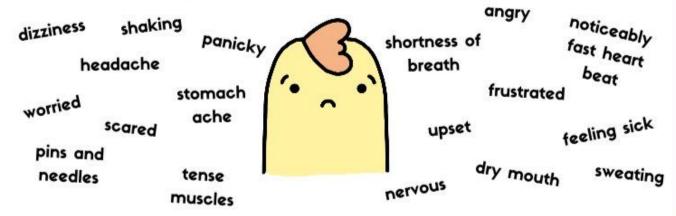
Humans developed this response as cave men because it was a much more dangerous time to live back then (think running away from saber tooth tigers and hunting for food).



The Fight or Flight response meant that cave men's bodies went into survival mode whenever their brains sensed danger. This meant their heart rate and blood pressure would increase so they had a better chance of running away (flight) or fighting the danger (fight).

Symptoms of Anxiety

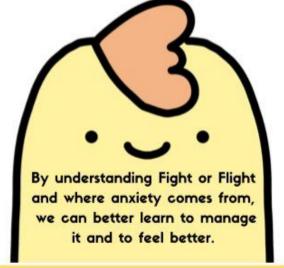
When the Fight or Flight response kicks in and our heart rate and blood pressure increases, we might notice some of the following symptoms.



It's like a Smoke Alarm



Imagine you have a smoke alarm that is overly sensitive and goes off all of the time, even when there isn't a real fire. When you have a problem with anxiety, your Fight or Flight response is just like this it goes off and causes the symptoms of anxiety, even if there isn't any real danger.





Feeling Anxious about Coronavirus?



In these uncertain times, we are all feeling a certain amount of anxiety and worry around the coronavirus. This is a totally normal reaction to a difficult situation however, this anxiety can become a problem when it's stopping you from doing and enjoying certain things. Here are some helpful things you can do to help reduce your anxiety.

challenge unhelpful

thoughts

Having lots of negative or unhelpful thoughts about the coronavirus can make us feel even more anxious, worried or distressed.

Are you making predictions?



I'm making predictions about the future even though I have no way of knowing what will actually happen.

Are you making judgements?



I'm making judgements about the coronavirus which aren't based on facts or evidence.

Are you catastrophising?



I keep thinking about the worst possible outcomes.

If you notice these unhelpful thoughts, try to challenge them and change them to something more positive. Ask yourself, are my thoughts actually based on any real facts? If not, then your thoughts are probably untrue!

do more to feel better

It might be difficult to do a lot of things that would usually help you feel happy and calm but there are still things you should try and do which can help you feel better. Don't just do nothing.

Go for a walk/jog.



Read a book.

Watch your favourite movie/TV show.



Do some yoga.

Draw or create something.



Make a healthy meal.

Play a game.



Listen to music.

Take a relaxing bath



Video call friends /family.

Or create your own list...

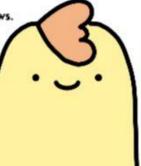
reduce your anxiety

Reduce the time you spend on social media/listening to the news.

Talk about how you feel with friends/family.

Only listen to the facts - don't listen to those spreading fear.

Keep to a routine as much as possible.





Keep Calm and Follow Official Advice

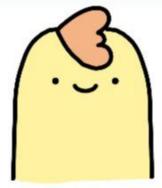
@iHeartCBT

Managing your child's worries: a 3 session guide for parents



It can be overwhelming as a parent when your child struggles with worries/anxiety. Many parents report worrying about whether they are doing the right things and often describe feeling lost and 'stuck'.

These booklets set out information about worry/anxiety and provide a step-by-step guide for putting strategies in place with your child to help them feel better.



To find out more and download for free, visit www.iheartcbt.com/for-parents





@IHeartCBT



Our children are little heros, too. Missing their grandparents, extended family, friends and school. Lack of normal routines. Loss of structure to their day. Parents who are stressed, worried, scared and just different. Overhearing talk and news without an understanding of what they hear. MoCrySolution.com Give your little hero more cuddles, more one-on-one playtime, and an extra dose of patience and forgiveness.

Shout out to the KIDS.

Everyone is applauding everyone but our children. These little heroes have staved indoors more than they've ever known in their lives. Their whole worlds have literally been turned upside down. All these rules they've never known. A life they couldn't have imagined. All the things they love like sports, being with friends, going to school, or just being kids have all been taken away from them. Adults talking about others becoming unwell, news reporting death after death. Our poor children's minds must be racing. Every day they get up and carry on despite all that's going on. So here's to our little heroes: today, tomorrow, forever.

