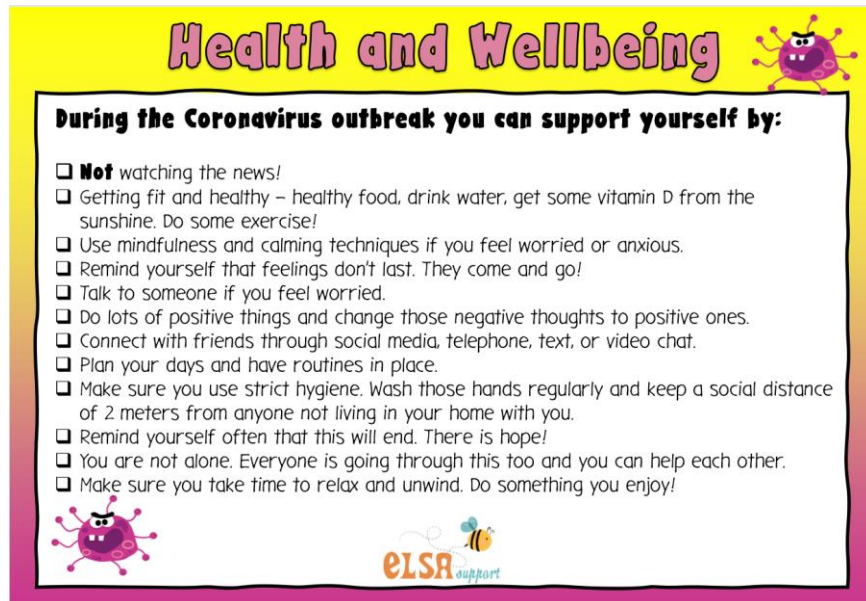


## Activities to Support Children's Mental Health and Wellbeing

We know there will continue to be a lot of uncertainty around the current COVID-19 outbreak. The resources within this document have been put together to help to support children and young people's emotional wellbeing during this time at home or at school. Some of the activities may be fun for Parents too!



**Health and Wellbeing**

**During the Coronavirus outbreak you can support yourself by:**

- Not** watching the news!
- Getting fit and healthy – healthy food, drink water, get some vitamin D from the sunshine. Do some exercise!
- Use mindfulness and calming techniques if you feel worried or anxious. Remind yourself that feelings don't last. They come and go!
- Talk to someone if you feel worried.
- Do lots of positive things and change those negative thoughts to positive ones.
- Connect with friends through social media, telephone, text, or video chat.
- Plan your days and have routines in place.
- Make sure you use strict hygiene. Wash those hands regularly and keep a social distance of 2 meters from anyone not living in your home with you.
- Remind yourself often that this will end. There is hope!
- You are not alone. Everyone is going through this too and you can help each other.
- Make sure you take time to relax and unwind. Do something you enjoy!

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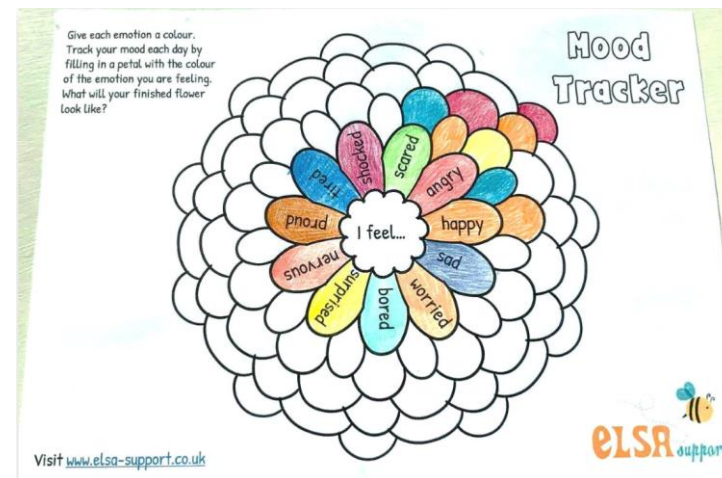
This resource is printable at ©ELSA Support through the following link:  
<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/health-and-wellbeing.pdf>

## Managing Feelings and Emotions

Below are some resources to help children to look after and manage their feelings and emotions.

It is important to talk to your children about any anxieties or worries they may have. The following resources can help to facilitate these conversations and provide opportunities for children to begin to manage their feelings and emotions independently.

Below are some examples of activities you can do with your children together with links to websites with downloadable and printable resources.



Give each emotion a colour. Track your mood each day by filling in a petal with the colour of the emotion you are feeling. What will your finished flower look like?

**Mood Tracker**

I feel...

petit shocked scared angry happy sad worried bored

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

This resource is printable at ©ELSA Support through the following link:  
<https://www.elsa-support.co.uk/wp-content/uploads/2020/04/mood-tracker.pdf>

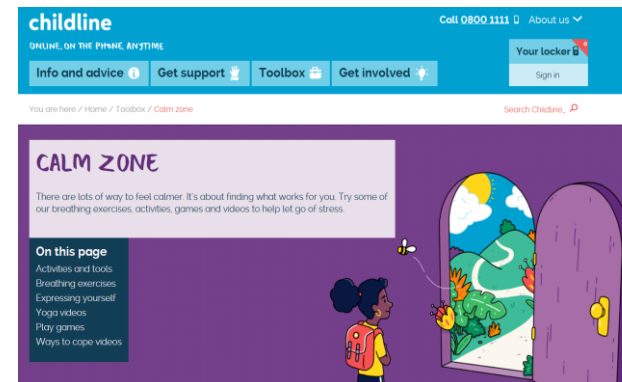
## Coping Strategies

“Children have worries and of course they should always talk to you if they are feeling a bit worried about something. It is also good to encourage children to try and cope with their worries too. Sometimes distraction can be amazingly powerful. These are little tear off/cut off strips with suggestions on what to do. If they are finding their minds are worrying a lot then encourage them to try one of the activities. In time they may just do that themselves and start feeling a whole lot better.”



This resource is printable at ©ELSA Support through the following link: <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Take-a-coping-strategy.pdf#>

The 'childline' website has a 'calm zone' where children can access a range of relaxation and coping strategies.



'Relax kids' have provided a free 'Calm Pack' which has a range of calming activities for children. You will need to register to access this resource- but registering is free!

<https://www.relaxkids.com/calm-pack#>



## Creating a Worry Box

A worry box can be a great way place to post thoughts, feelings and questions.

A useful process of setting up a worry box with your children could be achieved through the following steps:

**Source and decorate a small box, such as a tissue box.**

**Then, perhaps each night before bed, write down the child's worries onto a piece of paper.**

**Have them fold the piece of paper and put it in the box.**

**The next day - take the notes out of the box and see if your child still has those worries.**

**If they do, place them back in the box; if they don't, have them rip up the paper and throw it in the bin.**

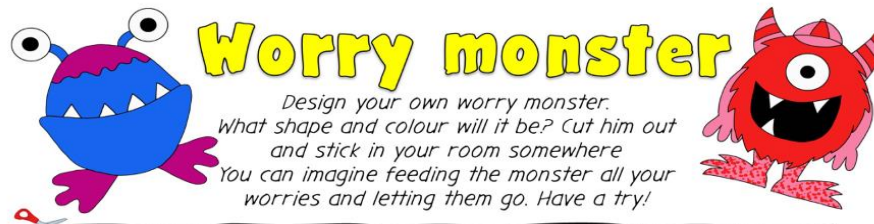
This process was taken from

<https://www.melbournechildpsychology.com.au/blog/helping-childhood-anxiety-with-a-worry-box/>

Alternatively, your child could create their own 'worry monster'.

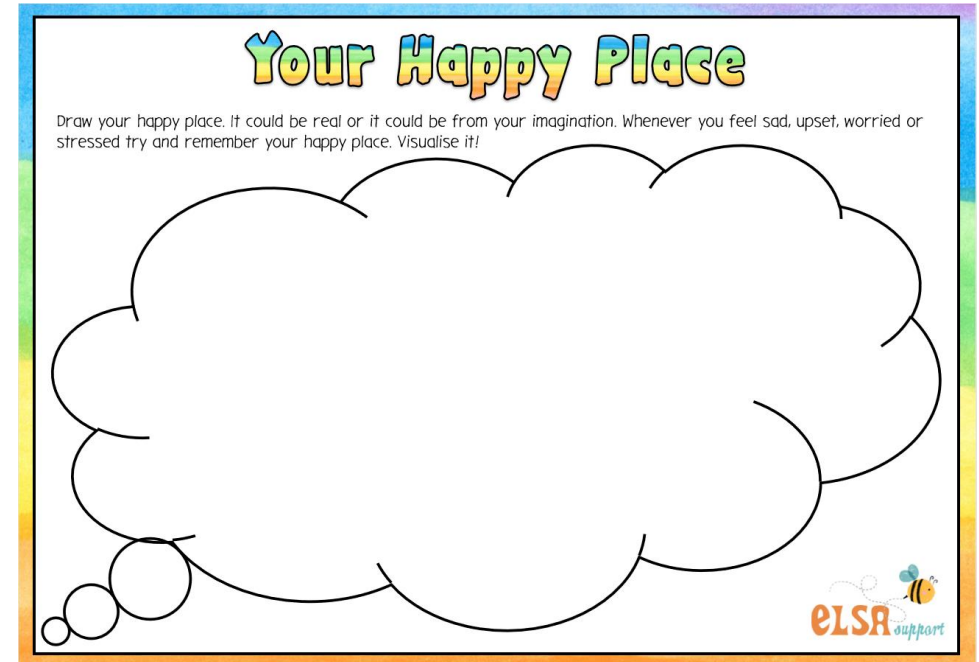
There are resources and worksheets available from ©ELSA Support:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Design-a-worry-monster.pdf>



## Visualisation


Using visualisation strategies and helping children to think about a place where they feel happy can help them to manage times where they may be experiencing difficult feelings.



The 'Happy Place' resources and activities are available from ©ELSA Support through the following link: <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Happy-Place.pdf>

## Focussing on the Positives and Learning to Relax

Although a time where there may be lots of difficult emotions for ourselves and our children to manage, it is also important to remind ourselves of the things we are grateful for in the midst of a difficult time.



**Warm Fuzzies**

Warm fuzzies are things that make you feel good about yourself. Can you imagine that warm and fuzzy feeling you get inside of you when something good happens. It feels comforting and just NICE. Almost like a hug but without being touched. There are lots of ways to feel warm and fuzzy. Read the tips below.

**Tips on feeling warm and fuzzy**

- Try complimenting other people
- Try helping other people
- Try treating yourself to your favourite food or drink.
- Try curling up with a favourite book or magazine.
- Try and long chat with a family member talking about memories
- Try thinking about memories that made you feel happy.
- Try making something for someone, a card, a gift, a craft.
- Try making something for yourself.
- Try a nice warm bath with lots of bubbles.

The 'Warm Fuzzies' resources and activities are available from ©ELSA Support through the following link:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Warm-and-fuzzy.pdf>

## Mindfulness Activities

Encouraging children to be 'mindful' can be achieved through helping them to notice what is happening in the moment and encouraging them to pay attention to it.

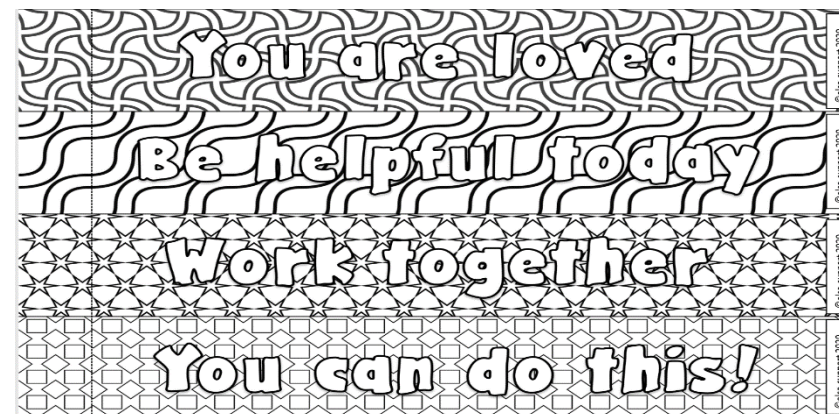
The 'Cosmic Kids' videos on YouTube provide strategies to encourage mindfulness, such as breathing exercises, together with guided mindfulness and yoga activities.



You can access 'Cosmic Kids' on YouTube through the following link

<https://www.youtube.com/user/CosmicKidsYoga>

There are also lots of 'mindful' colouring activities available, including inspiring rainbows and quotes like the example below. These can be accessed through ©ELSA through the following link <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Positive-paper-chains-for-mindful-colouring.pdf>



## Reasons to be Grateful and Games for all the Family

Below are some ideas to support children in identifying their own feelings of gratitude and some games to play as a family.

A gratitude jar is a great place where all members of the family can write down and place feelings of gratitude.



THREE THINGS I AM GRATEFUL FOR TODAY

--	--	--

Today's date \_\_\_\_\_

KITCHENTABLECLASSROOM.COM

THREE THINGS I AM GRATEFUL FOR TODAY

--	--	--

Today's date \_\_\_\_\_

KITCHENTABLECLASSROOM.COM

### ROLL A POSITIVE QUESTION

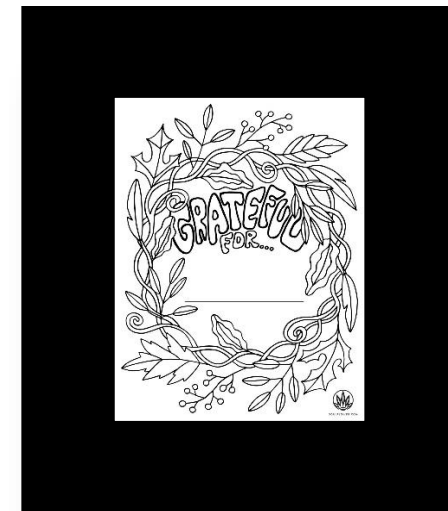
1	2	3	4	5	6
1 A time when you felt happy	Something you are grateful for	The funniest memory you have	A place where you feel happy	5 things you like about you!	What is your favourite smell?
2 Your closest friend's name is...	Your proudest moment	Something difficult you managed to do	What would your perfect day look like?	A favourite holiday or day out	The best book you have ever read!
3 Who makes you feel safe?	A superpower you wish you had	The kindest thing you have done	The kindest thing done for you	A time when you helped someone	A time when someone helped you
4 A time when you felt excited	Your biggest wish	The best dream you ever had	One thing you are really good at	The best game you have played	A time when you felt brave
5 Something that relaxes you	A time when you were thoughtful	A time when you were friendly	One word that describes you best	A time when you were confident	Something new you want to try to do
6 A goal you have for today	The best meal you have ever had	Who can you compliment today?	The best compliment you have received	Who is your hero?	An adventure you would like to go on



You could make a 'gratitude' poster, play a game or take the photo challenge (a larger copy of these are provided as the end of this resource pack). 'Roll a Positive Question' and the '14 Day Photo Challenge' are also available through ©ELSA Support through the following links:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Roll-a-positive-question.pdf>

<https://www.elsa-support.co.uk/wp-content/uploads/2020/04/photo-challenge-2-1.pdf>



### ELSA Support's 14-day photo challenge

1 Rainbow challenge – something red	2 Something that inspires you	3 Favourite movie	4 Something with patterns	5 Rainbow challenge – something blue
6 Something from an unusual angle	7 Rainbow challenge – something orange	8 Dress up! A photo of you dressed up – either smartly or fancy dress	9 Something that sparkles	10 Favourite quote – write it and photograph it
11 Shadows – take a photo of a shadow	12 Rainbow challenge – something yellow	13 How you feel today – show your expression or draw it and photograph it	14 Something you are grateful for	ELSA support www.elsa-support.co.uk

# ELSA Support's 14-day photo challenge



1  
Rainbow challenge – something red

2

Something that inspires you

3

Favourite movie

4

Something with patterns

5

Rainbow challenge – something blue



6

Something from an unusual angle

7

Rainbow challenge – something orange

8

Dress up! A photo of you dressed up – either smartly or fancy dress

9

Something that sparkles

10

Favourite quote – write it and photograph it

11

Shadows – take a photo of a shadow

12

Rainbow challenge – something yellow

13

How you feel today – show your expression or draw it and photograph it


14

Something you are grateful for



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

# ROLL A POSITIVE QUESTION

	1	2	3	4	5	6
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