



KEEP
CALM
AND TELL YOURSELF
I'LL BE
OKAY

DURING LOCKDOWN

ZONES OF REGULATION

We use the zones of regulation at school to help our children to recognise what they are feeling and to begin to name their emotions. It is important to know that feelings in any colour are normal. In the picture the characters from the film Upside Down have been used and are very relatable and can be a useful tool in talking to children about their feelings.

Mental Health and Well-being

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 and unknown. 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.Be clear about what is happening. 3.Limit news and conversations about coronavirus. 4.Keep close and regular contact with friends and family. 5.Create new routines. 6.Get active indoors. 7.Eat healthily and avoid too many treats. 8.Keep up good sleeping routines. 9.Look after yourself and get support if you need it.

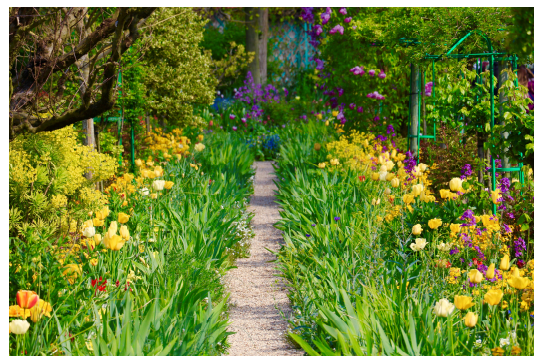
Relaxation
REMINDER

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.

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 every day, even if it is to your garden or balcony.





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?



YOU CAN ONLY DO YOUR BEST

Be kind and have fun

The coronavirus pandemic is like nothing we have ever known-but it doesn't have to be bad.

Be kind to yourself and have fun

Pamper yourself. Watch a new programme, start the box set you've been meaning to watch. Attack that pile of books you've been meaning to read. Tackle a jigsaw puzzle. Have a relaxing bath after the children have gone to bed. Sit out in the garden and listen to the final bird song as the sunsets. Try that recipe that you found and haven't had the time to cook.

Play games with your children that you played when you were a child, hopscotch, tiddly winks, ludo, chess. Take the opportunity to play one of their favourite games, maybe you'll discover you are a whizz at minecraft or keepy uppy! Play hide and seek. Have a water fight. Blow bubbles. Play balloonmington, a balloon with badminton raquets!

Animals are great therapy. Play with your pets. Walk your dog. Get the children involved in looking after them. Reading to dogs is very calming too.



Plan what you are going to do when this is over, you could keep everyone's ideas in a jar.

Exercise is good for your mental health. Try yoga, PE with Joe Wicks, have fun with Jumpsatrt Jonny, have a Mrs Dunsby inspired kitchen disco on a Friday.

Eat a balanced diet. There are lots of great programmes appearing to help with the missing ingredients in the supermarkets. Keep Cooking and Carry on with Jamie Oliver or Saturday Kitchen. Get the children involved in meal planning and preparation. Make sure everyone drinks lots of water too.

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.

Be Creative

There are lots of fun videos teaching you how to draw. We love Ron Biddulph. Get lost in an activity, be it writing, painting, knitting, playing music or making things out of a cardboard box. Remember to enjoy the process and not worry about the end product.

Learn something new.

Work with your children on their learning, enjoy a project together. Enjoy books together. Don't punish yourself if 'homeschool' didn't go well that day. All children will be in the same boat when they return to school and tomorrow is a new day.

Teach your children life skills such as washing, baking, chores and planning weekly menus. Learn about money using pocket money rewards.

Connect

We are profoundly social beings so it is vital to take the time to stay in touch with friends and family. It is the perfect opportunity to get your children writing, through letters, postcards and emails.

If you are able, volunteer to help in the community who can't get out and help to celebrate those who are keeping us going.

Most importantly cherish the time you have to spend with your family, remember children may need extra love and attention. Keep them close. Stay safe.

If you're still anxious

Try the suggestions in this leaflet. Do something that you can control such as having a daily routine, timetable. Keep a diary, note down what you are worried about and put it away.

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

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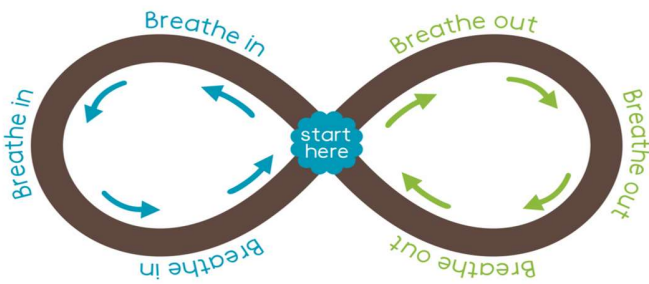
1. Time in another room. Make a safe and comfy space for your child to escape to. Include cushions, their favourite toy, some books.
2. Count to 10.
3. Go for a run.
4. Try yoga.
5. Do some mindful breathing.
6. Follow a sequence of movements – e.g. squeeze your hands together, close your eyes and rub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



www.EncouragePlay.com © 2015

Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



www.copingskillsforkids.com
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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

Mindfulness ideas for children

Cosmic kids den, the listening game

https://www.youtube.com/watch?v=uUIGKhG_Vq8&v1=en-GB

Breath meditation for kids

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

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=awo8jUxIm0c>



Anna Freud self-care ideas

<https://www.annafreud.org/on-my-mind/self-care/>

Useful links...

Rudgwick Primary School is here for you.

office@rudgwick.w-sussex.sch.uk

Parent zone, surviving family life under lockdown

<https://parentinfo.org/article/surviving-family-life-under-lockdown>

Parent Zone, tips for starting the difficult coronavirus conversation with your child

<https://parentinfo.org/article/three-tips-for-starting-a-difficult-conversation-with-your-child>

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, working from home video

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

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/>

NHS, looking after children and young people during the coronavirus outbreak

<https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

Change for life, 100 calorie snacks

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

NHS, 10 tips if you are worried about coronavirus

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

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/>

If you're worried about how your child is coping, there's plenty of advice, help and support out there.

[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
- 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/>

