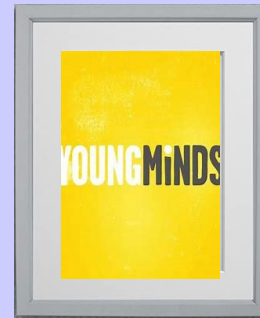
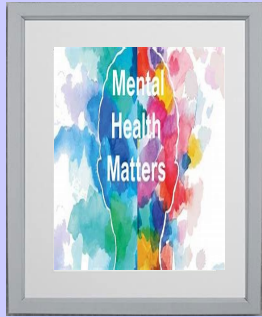


PARENT ZONE

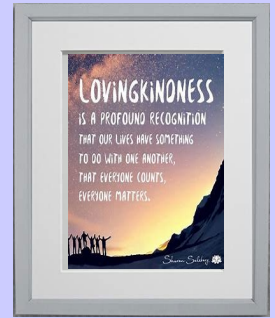
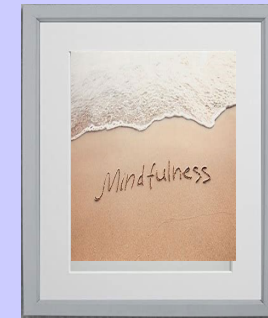


CLICK ON THE PICTURES ABOVE FOR
ADVICE AND HOW TO SUPPORT YOUR
CHILD'S MENTAL HEALTH

1ST LEVEL CHILDREN'S MENTAL HEALTH WEEK 1ST OF FEBRUARY 2021



PUPIL ZONE



CLICK ON THE PICTURES ABOVE TO
LEARN ABOUT EMOTIONS, KINDNESS
AND MINDFULNESS



"When it rains, look for rainbows. When it's dark, look for stars."



Sad
Tired
Sick
Bored

Sick
Disgusted
Queasy
Grossed
Out

Happy
Focussed
Content
Ready to
Learn

Hyper
Anxiety
Wiggly
Silly
Excited

Anger
Rage
Explosive
Shouty



WHAT CAN YOU DO
WHEN YOU'RE FEELING
BLUE, ANXIOUS,
HYPER, ANGRY, RAGE,
BORED, TIRED OR
EXPLOSIVE? WHAT WILL
BRING YOU BACK TO
HAPPINESS?




Felix After the Rain

LI: understand how to deal with negative emotions

1. Listen to the story 'Felix After the Rain'
2. Where did Felix carry his emotions? Where do you feel negative emotions on your body? In your tummy? On your shoulders?
3. What colour did the author use to describe the negative emotions? What about the positive emotions?
4. Think about colours and emotions. What emotion do you think of when you see yellow? Red? Grey? Blue?
5. Can you create your own emotions picture showing all the different emotions you feel?



Loving Yourself and others takes effort. It's important to show those around you that you care, because the way you treat them indicated how you'd like to be treated. 

Look in the mirror and think about how amazing you are. Smile!

Write or draw some wonderful things about yourself. You can pop these in a jar, envelope.

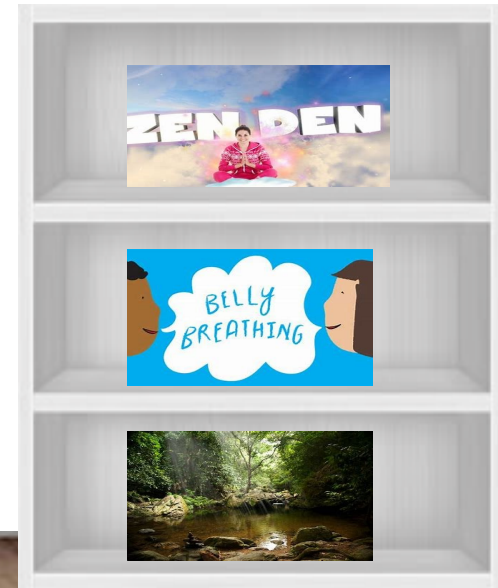
When you're feeling a little down, pick one wonderful message out to bring a smile to your face.

Click [HERE](#) for some ideas.



Mindfulness

Mindfulness is a big word for a simple idea – it is paying attention, with care, to one moment at a time. It takes practice to use your senses to focus on one thing and learn to live in the present moment.



Click on the pictures for Mindfulness Activities



Take a walk

Busy days can leave us feeling tired and stressed. When you want to slow down and unplug, practise focusing on the world around you. If you can, go for a walk in nature and use your senses to take it in.



Use your eyes to notice everything around you. Look at all the different shapes, colours, and sizes of everything you see.



Spending time in a forest, or "forest bathing", can help you feel calm. All you have to do is be there and enjoy the green surroundings.

What can you hear? Birds singing? Aeroplanes overhead? Some sounds might be up-close and others in the distance. Pause and listen closely for hard-to-hear sounds.



Your sense of touch makes you aware of temperature and texture. Try holding a twig – how does it feel? Is it heavy or light?

Smells can be challenging to detect. Be still and close your eyes – let your nose do its job. What can you smell?

Mindful walking

Walking might be one of the things you do most without thinking. You don't have to concentrate on taking every step. It is a way of getting around, but what if it can be more than that?

To walk mindfully, find a clear bit of floor or a quiet pavement and slow right down. Really be aware of each step. Pay attention to how your weight shifts from one foot to the other.



Think about when you can try this mindful walking practice. In the living room after school? Or before you go to sleep?

Make sure you're in a safe space when you try mindful walking, as you will be concentrating on your steps. If you're outside, make sure you have someone with you.

With each step, breathe in as you lift your foot and breathe out as you set it down again. Focus your eyes on a spot in front of you to stay steady and keep your balance.

To help you focus your attention, think "Breathe in for up and breathe out for down".

What you'll need:

- Cornflour
- A bowl
- Water
- A spoon
- Food colouring (optional)



Energy slime

This slime reacts to energy just like people do. You can squeeze it with high energy and release it with low energy. Notice how you feel before and after you make and play with it.

 FOR THE GROWN-UPS...

When your child is done with their slime, let it dry out overnight, then throw it in the bin. You can wash it away, but use plenty of water so it doesn't block the sink.



- 1 Put a few big scoops of **cornflour** in a mixing bowl. You don't have to be exact – about a cupful works well.



- 2 Mix in enough water to make a thick liquid. Go slowly, as it will change thickness very quickly. If you add too much, just add some more cornflour.



- 3 Add a few drops of **food colouring** if you wish. Carefully stir to mix it in.

Inhale while squeezing your slime.

When you squeeze it, you will notice that your slime becomes a solid!

Watch out – food colouring can stain.

When released, the slime will melt. Notice the sensations of the slime changing in your hands.

4

Try squeezing your slime.

Notice how the slime reacts. When you squeeze it with energy, it becomes solid. When you release the energy, it softens again. Can mindful movement practices help you do the same?

Exhale while releasing your slime.



Children and young people, just like adults, have all kinds of thoughts and emotions.

It's natural for them to feel sad or worried from time to time. It's an important part of growing up and learning about how their feelings affect what they think and do.

However with three children in every classroom experiencing a mental health problem by the age of 16, the chances are your child will be affected by poor mental health at some point – whether directly or indirectly.

Just like physical health, we all have mental health, and it's important that we learn how to look after it. This booklet is designed to help you with useful support and information to help your child.

IDENTIFYING A PROBLEM

Our mental health is complex and there are no set rules. All of us can have bad days, and young people are no different. It's important to remember that the pressures of life and growing up might mean that your child is going through a difficult time, but - this does not necessarily mean that they have a mental health problem.

Is there something obvious that might have upset them or lead to them feeling out of sorts, such as:

- Moving house or school;
- Concerns about friendships, relationships, sex or sexuality;
- Using alcohol or drugs;
- Overuse or viewing inappropriate content on the internet;
- Family illness or bereavement;
- Problems coping with school work;
- Bullying;
- Parents arguing, separation or divorce;
- Other family members being stressed?

Understanding the things that are upsetting your child is really important, and if you have noticed a change in their behaviour, think about this in the context of what else is happening in their life.

When it starts to feel difficult to do every day things it could mean you have a problem with your mental health.

The list below can help to identify some of the changes you may be noticing. It is in no way extensive, and it's useful to ask yourself, how often is this happening? How severe or long lasting is it? Is it out of character? Is it affecting their ability to live a normal life?

- Losing interest in activities that they used to enjoy
- Making negative statements about themselves
- Losing their appetite or eating too much
- Feeling tired all the time, disturbed sleep or oversleeping
- Finding it hard to concentrate or switch off
- Feeling panicked or scared without cause
- Obsessing over calories or exercise
- Missing meals or avoiding eating in front of others.

If any of these sound familiar, it's important to start a conversation with your child about their mental health. At some point you may need to seek professional help.

If you notice any of the following, don't ignore these – it's important to get professional help as soon as possible:

- Deliberately avoiding certain places because of obsessive or compulsive behaviours
- Unexplained cuts, bruises, burns or clusters of marks
- Having sudden, overwhelming emotions where they feel 'out of control'
- Having thoughts about hurting themselves or ending their life.

If you're worried about how to start the conversation see SAMH's leaflet '**Starting the mental health conversation**'.

