

# Your child's wellbeing

Children's mental health and well-being, as you will probably be aware of, is being reported on more and more in the news over the last few months. With a range of issues surrounding social media, self-esteem, social mobility and diet, among many others, it is clear that there is nationwide concern emerging around children's mental health.

What is apparent is that this issue is not specific to any particular age group, with children in primary schools, secondary schools and further education being recognised. Unfortunately, that there is no magic wand that can be waved to fix this, but at Oughton Primary & Nursery School we are always trying to think of new ways to support children's mental health and the worries they may have, whether it be daily individual check-ins, Hub Lunchtime Club, nurture intervention groups, liaising with Mums, Dads and Carers, early help assessments (EHAs), referrals to other support services such as the Family Centre, School Nursing or Step 2, or simply providing time out for a child to speak to our Pastoral Support team or other member of member of staff chosen by the child.

However, despite all that we do, there is always that worry that someone is not having their voice heard. During Feeling Good Week (an annual event in February which we have been lucky enough to have been supported financially by CAMHs for the past two years), the children take part in a number of activities designed to support positive mental health based around the five ways to wellbeing (see below).

## Wellbeing display



## 5 Ways to Wellbeing Home task recognition awards



Tree of Positivity (with positive messages contributed by Mums, Dads and Carers alongside children and staff)



Mental Health, whether it is children or adults, can have a rather negative stigma attached to it, yet we believe that by raising the profile of this very important issue then only good things can come from it. After all...

*A happy child is a happy learner!*

**A message of positivity for all our families during the Coronavirus lockdown period. We hope you all enjoy it!**

<https://www.youtube.com/watch?v=dYp0Haq1fbl>

[https://www.youtube.com/watch?v=KFz1Qp0xR\\_g](https://www.youtube.com/watch?v=KFz1Qp0xR_g)

### **Useful links – Wellbeing Support**

['5 ways to wellbeing' video](#) Link:

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

[www.place2be.org.uk](http://www.place2be.org.uk) Link:

<https://www.place2be.org.uk/>

[BBC Primary Mental Health films](#) Link:

[https://www.bbc.co.uk/programmes/p05c3byd?mc\\_cid=1623fa4fd3&mc\\_eid=705b48adec](https://www.bbc.co.uk/programmes/p05c3byd?mc_cid=1623fa4fd3&mc_eid=705b48adec)

[Children's Mental and Emotional Wellbeing 0-25](#) Link:

[https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault?mc\\_cid=766a3c4451&mc\\_eid=705b48adec](https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault?mc_cid=766a3c4451&mc_eid=705b48adec)

[Coping with stress - video for children](#) Link:

<https://www.youtube.com/watch?v=4-DG2ZYeflA>

[The Expert Parents' Guide to Childhood Anxiety](#) Link:

<https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety>

### **Tips for Mums, Dads and Carers:**

[Worries vs problems](#) Link:

<https://www.youtube.com/watch?v=X8sP94PNaSc&feature=youtu.be>

[Worry detective](#) Link:

<https://www.youtube.com/watch?v=Hk8-NwvhQfM&feature=youtu.be>

[4 ways to support a child with anxiety](#) Link:

<https://www.youtube.com/watch?v=VbMUMFxjv40&feature=youtu.be>

### **Calming and breathing strategies:**

[Finger breathing](#) Link:

<https://www.youtube.com/watch?v=HQVZgpyVQ78&feature=youtu.be>

[Self-Soothe boxes What, how, why?](#) Link:

<https://www.youtube.com/watch?v=4rMNswOuCSM>

[3 ways to calm down...](#) Link:

<https://www.youtube.com/watch?v=6IQXA3SjIk4&feature=youtu.be>

### **Anxiety support:**

[Using music to flip your mood](#)

Link:<https://www.youtube.com/watch?v=FQoqEtbysoY&feature=youtu.be>

[Positive Affirmations](#) Link:

<https://www.youtube.com/watch?v=ENiYtTuJgrU&feature=youtu.be>

[Safe Space Visualisation](#) Link:

[https://www.youtube.com/watch?v=lh\\_rOP93T9I&feature=youtu.be](https://www.youtube.com/watch?v=lh_rOP93T9I&feature=youtu.be)

[Mindful Moments](#) Link:

<https://www.youtube.com/watch?v=KBrAXNz5ZAc&feature=youtu.be>

[Box Breathing Techniques](#) Link:

<https://www.youtube.com/watch?v=JYytiS0ymZg>

### **Keeping physically healthy:**

[What do we need to stay healthy?](#) Link:

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

[Cartoon for kids! Healthy Lifestyle](#) Link:

<https://www.youtube.com/watch?v=B7Kop21r3WE>

