

# MENTAL HEALTH RESOURCES FOR CHILDREN

## PARENTS

Did you know that 84% think there isn't enough awareness raising of healthy behaviour?

(see RCPCH: State of child health)

That's a lot right!? As parents and carers you have a great opportunity to talk to your child about mental health but we know that can be really hard. Here are some links that might get you started:

TIPS FOR PARENTS

PODCASTS AND VIDEOS

WELLBEING APPS + SOCIALS

MINDFUL ACTIVITIES FOR ADULTS

## DAILY CHALLENGE

For fun this Mental Health Week why not try out an activity to boost your wellbeing?



### Monday Mindfulness

Try to focus on your breath. You could count the number of 'in' and 'out' breathes you do.

### Tuesday Talking

Today why not chat to someone that makes you smile or laugh!



### Wednesday Walking

Whatever the weather why not take a walk today?

### Thursday Thriving

Today why not go on a treasure hunt? Either indoors or out, get someone to make you a list of random items and go looking



### Friday Fun

Do something that fills your day with fun - it could be dressing up, it could be doing something you love... so many possibilities!

### Saturday Singing

Put on a song that makes you feel great - I know you know the words! Why not sing along!?



### Sunday Senses

You have 5 senses - Try to count 5 things you can SEE, 4 things you can HEAR, 3 things you can SMELL, 2 things you can TOUCH and 1 thing you can TASTE.



Hi there! We are the Mental Health Support Team (MHST for short) and as part of Children's Mental Health Week 2021 we've put together a whole bunch of resources that are out there for children, families and schools; all in one handy place!



## MENTAL HEALTH WEEK 2021

Check out Place2Be's video introducing this year's Children's Mental Health Week. The theme is Express Yourself! They also have loads of awesome things to do on their site which you can find [HERE](#)

## TALKING MENTAL HEALTH

A great conversation starter from the Anna Freud Centre to get us talking about our mental health. What do you do when you are stressed? How do we deal with our BIG feelings? And how can you be a good listener? Plus there are so many more things to get stuck into on their website [HERE](#)



## BBC TEACH: THE BRAIN LAB

Head over to BBC Teach to see a collection of short films on mindset and mindfulness. There is also a collection of animated clips that help unlock growth mindset ideas for pupils and teachers using a cast of animated characters who explore the differences between fixed and growth mindsets [HERE](#)

## THINGS TO TRY...

Here's a couple of ideas of things you can do this Mental Health Week.

### 5-10 MINS

- **DRAWING** - Draw a picture of all the things that make you feel happy?

Maybe that's your favourite song, your pet dog or a big hug from someone special. Keep it safe to remind you of all those happy things!

- **BREATHING** - Try to focus on your breathing using some breathing techniques and meditations. Click [HERE](#) for a few ideas.

### 30-60 MINS

- **REFLECT** - Take some time to reflect on lockdown. This resource helps children think about what they have experienced and cope with the changes that have occurred. Click [HERE](#) for the resource
- **RELAX** - This resource has some great ideas to help you relax. Click [HERE](#) for the resource.
- **LOOK FOR POSITIVES** - This activity helps to remind us of all the positive things we are and that are around us. Click [HERE](#) for the resource.

### LONGER

A day where every creation expresses who you are: you could use dance, music, art, computing, baking, writing, D&T... anything you like. Think of how others see you, how you see yourself and what is important to you. Here are some ideas!

Dress up in your favourite clothes, or a colour that makes you happy! Go on a walk and take photos of things that make you smile. Try to make someone else laugh or smile.