

Abbey Court School:

Mental Health and Wellbeing support when children are at home

Below are some links and resources to help you and your child's mental health and wellbeing during this challenging time.

CAMHS has put together a list of useful links in supporting young people to understand Coronavirus and the impact it is having on their lives. These resources are designed to support Mental health and Wellbeing. <https://www.camhs-resources.co.uk/coronavirus>

Kent and Medway Children and Young Peoples Wellbeing and Mental Health Services and All-age Eating Disorder Service. Helpline numbers:

Out of Hours Mental Health 0300 555 1000 (MHD Line)

In Hours Mental Health 0300123 4496 (Kent SPA) or 0300 300 1981 (Medway SPA)

Kent & Medway All-age Eating Disorders Service: 0300 300 1980

Young Minds charity provides advice to help young people cope with the changes due to Coronavirus. <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/> There is also a parent's helpline: [0808-802-5544](tel:0808-802-5544)

3 Great Things

This is a strategy we have recently adopted in classes, to help us reflect on our day and to focus on the positive elements within it. The three things can be really simple such as; 'We enjoyed listening to music together' or it can focus on bigger achievements e.g. 'I kept my pad dry all day!'. This may be a strategy you could use with your child at home and help everyone to reflect on the positives from each day. Feel free to share your '3 Great things' with us via the home learning email address: homelearning@abbeycourt.medway.sch.uk

Further resources: Below are a couple of resources that may be useful for you to use with your child.

1: Helping pupils to understand emotions, may help them to express how they are feeling. Support your child to look at the pictures and discuss how the character may be feeling. You can then use the sorting circles to identify these three key emotions.

2: If your child is finding a situation challenging and struggling to stay calm. The prompt cards (found below) may help to remind them of key strategies, enabling you to reduce verbal instructions, which they may find difficult to understand during a time when they are upset.

3. Meditation/calming music videos can be a great way to end the day and enable your child to have some calm time before bed. Here is an example which is a free video from YouTube (this is a long video – so you can just use little clips from it) <https://www.youtube.com/watch?v=qk5xuWNFUvY>



Happy



twinkl.com

Sad



twinkl.com

Angry



twinkl.com

I can calm myself down

1



Take deep breaths.

I can calm myself down

2



Keep hands and feet to myself.

I can calm myself down

3



Count to ten.

I can calm myself down

4



Think about what I am trying to say.