Children's Mental Health Week 1-7th February 2021

With schools partially closed and lots of uncertainty, children's mental health has never been more important.

From 1st-7th February 2021, it is Place2Be's Children's Mental Health Week. This year's theme is Express Yourself.Place2Be have created activities and resources to help children, and adults, to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas. Visit www.childrensmentalhealthweek.org.uk to find out more.

This week is an ideal time to raise awareness and share strategies that promote children's mental health. I have put some links to websites that you may find useful in supporting your child's well being and mental health. If you feel you need any further support or advice, please contact myself (Mrs Chattenton) at achattenton@roseacre.kent.sch.uk .

Mental Health and Well-Being

https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers

https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/

https://www.kentcht.nhs.uk/service/school-health/covid-19-faqs-for-parents/ (NHS FAQ's for parents on COVID-19)

https://www.covid19parenting.com/

https://youngminds.org.uk –a great resource of advice, resources, toolkits, reports and workshops for children

https://www.kentautistictrust.org/

https://thecontentedchild.co.uk/for-parents/

https://resourcesforautism.org.uk/

https://www.heysigmund.com/anxiety-in-teens/ (Adolescents, adults and Anxiety)

https://www.annafreud.org/on-my-mind/self-care/distraction-techniques/ (Distraction techniques)

www.kentresiliencehub.org.uk - resource that helps young people, parents and carers and practitioners to understand emotional wellbeing and resilience

www.moodspark.org.uk - where young people aged 10-16 can learn how to look after their emotional and mental health

www.camhs-resources.co.uk – resources for children and parents-books, apps, websites, videos etc. to support mental health and well-being

www.elsa-support.co.uk –free resources

www.cosmickidsyoga.com –yoga for relaxation and improving mindfulness

www.twinkl.co.uk –well being hub

www.home.oxfordowl.co.uk/books/jo-burgerman-everybody-worries-free-ebook - a book that helps you talk openly about what is going on and that the feelings we're experiencing are normal

https://www.flipsnack.com/CSKidsBooks/what-s-going-on.html- a book to help alleviate some of the worries of covid

www.kooth.com –an online community offering immediate, anonymous online support for children

www.giveusashout.org for support, information and resources. Text 85258 to receive immediate support

www.nhs.uk/oneyou/every-mind-matters -advice and practical ideas to help everyone look after their mental health. There's a special section for children

www.place2be.org.uk –offers counselling and mental health support

www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count -guidance on understanding and protecting mental health

https://www.partnershipforchildren.org.uk/whatwe-do/childrens-wellbeing-activities-forteaching-staff-and-families.html -activities to help children find healthy ways to deal with their feelings and reactions to the Covid-19 situation.

https://www.pearson.com/uk/educators/schools/update-for-schools/mindfulness.html -see well being journal for kids and visit their Well being Zone

www.childline.org.uk/toolbox/calm-zone -exercises, activities, games and videos to help let go of stress

https://youtu.be/EQ6PTNK4N2E -managing anxiety-top tips for primary aged children

https://www.annafreud.org/wahmhtoolkit -resources for parents and children, including a great video clip, explaining we all have mental health

https://www.thriveapproach.com/resources -resources for parents and children, including a wellbeing toolkit for ideas