

Have a family chat about all the things you like about each other.

Spend time doing something that makes you happy

Listen to your favourite music or song.

Express Yourself



Go outside = what can you hear?

Spend time doing something that makes you feel calm and relaxed.

Dress up in your favourite outfit that makes you feel happy.

Do something creative that makes you happy- think about colours that make you happy.

The theme for Children's Mental Health week this year is 'Express Yourself' Here are some ideas to help you take time and remember how special you are.

More information can be found here... <https://www.childrensmentalhealthweek.org.uk/>

# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



## Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2



## Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.



3



## Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4



## Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



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5

## Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

## Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

## Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

## Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



# THE STRESS RELIEF GIRAFFE



OUT OF  
CONTROL

SCARED OF  
LOSING  
CONTROL

NERVOUS

UNSURE

CALM

## WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water