

# How are you feeling today?



In school, we check in with the children regularly throughout the day using The Zones of Regulation system. This gives them the opportunity to identify how they are feeling. By identifying how they are feeling, children are able process why they might be feeling a certain way. We discuss different strategies to manage their emotions ensuring children understand that all emotions are ok and that it's how they respond which is important.

By sharing their feelings with us, we are also able to support them in solving problems and expressing themselves.

How are you feeling today?

Which Zone are you in?			
Blue	Green	Yellow	Red
sad	focused	worried	cross
unwell	happy	surprised	mad
hurt	calm	confused	frustrated
tired	proud	overexcited	angry
What might help you? Drink water Stretch Breathe	What could you do next? Focus Listen Challenge Remember	What might help you? 10 Deep breaths Count to 10 Quiet Walk & cool	What might help you? Drink water Stop Breathe 10 Count to 10 Remember

# Talking about Mental Health



Watching these videos is a great starting point for discussions around  
mental health:

[Introduction to mental health - age 5+](#)

[Introduction to mental health - age 7+](#)

# Supporting Specific Mental Health Needs



[Anxiety](#)

[Challenging Behaviours](#)

[Bereavement and Loss](#)

[Eating Problems](#)

[Over activity and Poor Concentration](#)

[Low Mood](#)

# Mindfulness and Breathing



- Try this [introduction to mindfulness](#)
- Deep breaths can really help.

Use this **hand guide**

(or your own hand) to follow five deep breaths in through your nose and out through your mouth.

- Create a comfortable area where you can lie down. Once you are lying flat, place your favourite teddy or toy on your tummy. As you breathe in through your nose and out through your mouth, notice the weight of the teddy moving with your breath.

- Get rid of anxiety with some relaxing [bee breaths](#). If you get really upset, calm down with some [bunny breaths](#).



# Body Wellbeing



**Being active can really help to lift your spirits.**

- Try this beginners work out for kids, from [Joe Wicks](#)
  - Set a regular alarm to remind you to move
- Set yourself a challenge (such as how many star jumps or sit ups can you do in one minute?)
  - Try this [simple yoga for kids to do at home](#), with visual prompts
  - Sign up for a [GoNoodle account](#) for free, for movement break ideas
- Sleep well: It is also important to get good quality sleep. If your mind feels full up or your emotions are overwhelming, you will find it hard to enjoy a good nights sleep. There are lots of free soothing mediation or sound videos or find a podcast which is funny. Write your thoughts on a note pad or a to do list then put it out of sight until the morning. Try deep breathing for at least 3 minutes, slowly through your nose and out from your mouth.
- Eat well: Eating high levels of fruit and vegetables has been found to improve wellbeing. Plan ahead and try and limit the 'unhealthy' snacks to treat times.

## Get Creative



Here are some ways you can try:

Growth Project: [exploring personal growth through art](#)

Calm Project: [exploring how to feel calm through art](#)

Colour Project: [exploring colour as a way to think and talk about how you are feeling](#)

Mindful colouring: just taking the time to colour can be really relaxing for children.

# Mental Health Week



This year's theme is about  
their individuality.  
Perhaps they could try

our child likes to express  
something they like to do.  
yourself. Click on the link

below for some

[different ideas about how to express yourself](#)

## Useful Websites



Parent support:

Looking after your mental health:

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

[https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/  
mental-health-parenting/](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/)

Parent talk: [online advice hub](#)



# Useful Apps



## Children

### [Chill Panda](#)

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

### [Cove](#)

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.

### [ThinkNinja](#)

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

## Adults

### [Calm](#)

No1 app for mindfulness and meditation. Meditations aimed towards children and families.

### [Headspace](#)

Headspace is a guide to mindfulness in everyday life, learn meditation and mindfulness skills from experts.