

The Mental Health Support Team

Covid-19 Newsletter
July 2020

Welcome to our 8th newsletter! During the current circumstances we wanted to share some resources that parents and carers can do at home when looking after their young people to support their wellbeing.

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



A lot of the activities and ideas we suggest are based around the 5 Ways to Wellbeing: <https://bit.ly/wayswellbeing>

Mental Health Support Team Podcasts & Videos!

Our team has created some great podcasts & videos based on mental health & wellbeing



Podcasts Include: *100 Self Care Activities, Relaxation, Positive Self Talk, Transitioning from Lockdown.*

Videos Include: *Big & Small Emotions, 5 Finger Breathing, Emotional First Aid Kit, Circle of Control*



You can access all of these [here!](#)



Mindfulness! *Being present & engaging fully in each moment.*

Imagine that each thought & feeling is like a cloud in the sky..

A script to promote calmness whilst encouraging children to not get caught up in their thoughts & feelings, guiding them to respond in a helpful way.

There are lots of clouds in the sky. These clouds come and go throughout the day, just like your thoughts and feelings may come and go throughout the day. If you have a sad thought or feeling, watch it without saying it is good or bad- as though it is just a cloud in the sky. Don't try to push it away, or respond to it unhelpfully. Thank your brain for it and tell yourself you are going to respond to it in a good way. Notice it as a cloud passing through the sky.

Remember - **you are the sky and your clouds are the thoughts/feelings!**

Videos & Resources

- ⇒ Guided Relaxation [‘Cloud Story’](#)
- ⇒ Rainbow Breath [Mindful Minute](#)
- ⇒ 5 Minute [Blue Sky Meditation](#)



You can find a [mindful colouring sheet](#) at the end of the



Mindfulness

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Creative!



Flip books are super simple and fun to make: it's animation made easy! Have a look at these links to find out more, and try making your own unique story!

[How To Make a Flip Book](#)

[8 Easy Flip Book Ideas!](#)

[Printable Moon Flip Book](#)



Elmer the Elephant Lantern!

This [fantastic article](#) gives you the instructions to make a colourful lantern in the form of Elmer! It is fun & simple to make using a milk carton, and will look great in a child's bedroom as a night light!



Active!

Exercise is amazing for mental health as it releases chemical endorphins in the brain which are known to improve our mood.

Active Animals!

Try running/crawling in the form of different animals! Try making it more fun by racing someone else in your family!



Crawl like a **BEAR!** Walk on all fours



Jump like a **FROG!** Start crouched and jump as high as you can.



Walk like a **CRAB!** Sit on the floor and put your hands behind you

Move like a **WORM!** Lying flat on the ground, raise backside towards the air and down again, slowly moving forward with each movement.



Videos

- ⇒ [Fun Workout for Younger Children](#)
- ⇒ [Superhero Home Workout](#)
- ⇒ [Fun 8 Minute Workout](#)

be Active!

Yoga Pose



FROG

A fun pose for children of all ages! Strengthens legs and Improves flexibility

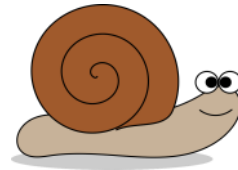
Stand up tall and step your feet wide apart. Bend your knees and place your hands on the floor between your feet. Hold this for a few seconds, keep your hands on the floor and straighten your legs. Repeat!

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Science!

Did you know...



That octopuses have 3 hearts?

Or that a slug has four noses?

And a snail can sleep for 3 years!

You can find some amazing facts and trivia about the animal kingdom [here](#), as well as loads of fun quizzes to test your knowledge [here](#)... and when you're done why not try creating your very own quiz for your friends!

Here are some fun & interesting fact videos!

[25 Amazing Facts!](#)

[Top 10 Facts!](#)

[Fun Brain Facts](#)

[50 Animal Facts](#)

[Mythical Creatures](#)

Fun & Games!

Build a Fort!

Children will love to build their very own indoor fort! These are fun to create, make a brilliant cosy hideout & can inspire children for hours. They can be made with a variety of materials cardboard, pillows and blankets!



Quick Tip: Blanket & furniture fort can be made in a short time. Just empty a table and cover it completely with a large blanket or bed sheet. Fold the blanket up in the front for the entrance!



Listening Game!

This is a fun game for younger children that can help improve their listening and focus! Collect items with a distinct sound (book, pens, bottles, toys, clocks etc.). Ask the child to close their eyes, make a sound with an object, then encourage them to guess what it was! **There are some great [listening games](#) on Youtube!**



Outside Links

Parent Survey from Oxford University: Are you a parent of a child or young person in year 0 (reception/foundation) to year 11? If so please take part in <http://cospaceoxford.com/survey>

Childline: under 19s can call **0800 1111** for free, confidential support

Emerging Minds: <https://bit.ly/EMAnxiety>

BBC Bitesize [Parent Toolkit for Wellbeing](#)

[Self Care](#) Ideas for Children

Supporting Parents who are Worried About Their Children's Well-being during Lockdown [Booklet](#)—Guidance for discussing worries, wellbeing tips and more!

CAMHS Oxfordshire: <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

It's a crisis

If it's an emergency, phone 999. This is if your child's life or the life of another child or young person is at immediate risk

Call the Oxfordshire and Buckinghamshire Mental Health Helpline if you need help with a mental health problem. This number replaces 111 for mental health advice in Oxfordshire.

- For children and young people call 01865 904 998

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RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
We can't control what happens to us, but we can choose how we respond			1 Be willing to ask for help when you need it today (and always)	2 Make a list of things that you're looking forward to	3 Adopt a growth mindset. Change "I can't" into "I can't... yet"	4 Find an action you can take to overcome a problem or worry
5 Avoid saying "must" or "should" to yourself today	6 Put a problem in perspective and see the bigger picture	7 Shift your mood by doing something you really enjoy	8 Get the basics right: eat well, exercise and go to bed on time	9 Help someone in need and notice how that gives you a boost too	10 Don't be so hard on yourself. It's ok not to be ok	11 Reach out to someone you trust and share your feelings with them
12 When things go wrong, be compassionate to yourself	13 Challenge negative thoughts. Find an alternative interpretation	14 Set yourself an achievable goal and make it happen	15 Go for a walk to clear your head when you feel overwhelmed	16 When things get tough, say to yourself "this too shall pass"	17 Write your worries down and save them for a specific 'worry time'	18 Let go of the small stuff and focus on the things that matter
19 Notice something positive to come out of a difficult situation	20 Ask yourself: What's the best thing that can happen?	21 If you can't change it, change the way you think about it	22 Make a list of 3 things that you can feel hopeful about	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgemental and be kind instead
26 Get back in touch with a supportive friend and have a chat	27 Write down 3 things you're grateful for (even if today was hard)	28 Catch yourself over-reacting and take a deep breath	29 Think about what you can learn from a recent challenge	30 Ask for help from a loved one or colleague. Be specific	31 Remember that you are not alone. We all struggle at times	

ACTION FOR HAPPINESS



actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

July 2020 Calendar from Action for Happiness!

This month is jam packed with ideas for building up mental resilience, which gives us a strong foundation for our mental health. Sometimes it can be difficult to accept the things we don't have control over, but it can help us to focus on the way we deal with difficult situations - which is something we can change!



Just doing one of these a day could really make a huge difference to your own wellbeing and the wellbeing of those around you. See if you can go the whole 30 days!

