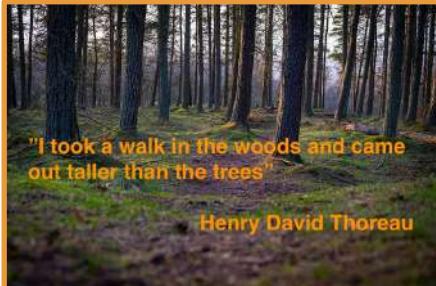




Issue 4
15.05.20

NEWSLetter



Henry David Thoreau



NEWSolutions are pleased to announce their partnership with **Forfar Open Garden**. This will provide families opportunities to learn how to grow their own food. Pictured to the right is Ruth from **Forfar Open Garden** with tomato plants at the start of their journey.



Pictured above and to the right is Gail from the **NEWSolutions** team with sunflower and tomato plants as they continue on their journey to their new homes.

Read more our partnership on [Page 7](#).



If you have anything you'd like submitted to the NEWSLetter or if you have any comments or feedback, please email **Pauline** at pauline@new-solutions.co.uk

We are now in week eight of lockdown in Scotland. With the recent changes to Scottish Government guidance, we can get out to exercise close to home more than once a day. The health and wellbeing benefits of being outside in nature are well documented. With that in mind, this **NEWSLetter** aims to bring you lots of information and advice on how to make the most of our time outside.

In **NEWS** from **U** on [Page 2](#), we have more of our younger readers sharing poems, photos and stories. It is always a delight to be able to share these and a big thank you to each one of the children for their contributions.

Almost 4000 children and young people in Scotland took part in Children's Parliament **How Are You Doing** survey in April. The views of 8-14 year olds were gathered on how they are doing through this period in their lives. It highlighted that most children and young people feel they are doing well just now with the support of family and friends. However many children and young people are also reporting feelings of worry, boredom and loneliness. This is an important survey as it allows for deeper understanding of the impact of coronavirus on children and young people and can inform what support they might need moving forward. See [Page 3](#) for more on the survey.

With the **How Are You Doing** survey highlighting worry as a theme, on [Page 4](#) we have **Managing Worries**. Worry and feelings of anxiety can show up in our children in different ways and behaviours. We have some useful tips on how to help children with their worries.

On [Page 5](#), our colleague Kirstie has written an interesting article **Supporting a Healthy & Balanced Mind**. This article is based on the work of Prof. Paul Gilbert and his Three Systems Model. It is a helpful way to consider how COVID-19 may be impacting on us, how we are reacting and how we can achieve a healthy & balanced mind by achieving a balance in our emotional systems.

Many studies highlight the positive impact that being outside and in nature can have on our mental health and wellbeing. In fact doctors often recommend getting outside to those living with anxiety and depression because it is so beneficial. On [Page 6](#) we have some ideas of fun outdoor (or indoor) activities that can also help our children with the skills of self-regulation. On [Page 7](#) we continue the theme of nature and being outside with some tips for growing our own food as part of our exciting new partnership with **Forfar Open Garden**.

We hope you enjoy this **NEWSLetter** and that you find information and ideas that are of benefit to you and your family. If you would like any specific advice or you feel that there are specific themes or ideas that we could feature in the **NEWSLetter** then please get in touch. Our website has lots of links to handy sources of support. You can check this out at <https://www.new-solutions.co.uk>.

Healthy Regards, the NEWSolutions Team

NEWS from U

Delighted to share more poems, photos and stories from our younger readers. A very special thank you to them all for sharing. We hope you enjoy hearing their experiences and stories as much as we did.

Caitlin's Lockdown Poem

The Streets are bare no one around,
This is terrible we are in lockdown,
Being off school,
I thought it would be cool!

Everyone is scared,
Now it's time we all cared,
None of us can go out,
This really makes me wanna shout.

We all need to put a smile on our faces,
Cause this is happening in lots of places,
I've been getting work from mum and dad,
I really think they're going mad.

We can try and make lockdown fun,
My brothers a pain in the bum,
So lets all try and have a good time,
And I hope you enjoyed my rhyme.

By **Caitlin Smith (P6)**
Ferryden Primary School

Ailsa and Erin's Fairy Trail



Ailsa (P3) from Maisondieu Primary School and her little sister Erin have been busy during lockdown creating these fairy doors.

They have put their fairy doors on the Nature Trail in Brechin where they have been taking their exercise and have created a Fairy Trail. This is a very kind thing to do and sure to bring a smile to anyone walking there.



This is a really good story to share as part of **Mental Health Week** which runs from 18th - 24th May. The theme is **Kindness**.

Elena and Molly's Home Gardening

Elena (P3) and Molly (P1) from Rosemount Primary School have been keeping busy learning how to grow their own vegetables from scraps. Here they are growing leeks that they grew from the roots of one they bought and potatoes from old ones that had begun to sprout.



Left - Look how our leek has grown.

Right
Planting tatties



'How Are You Doing?' Survey By Children's Parliament

3



Children's Parliament in Scotland provides children and young people across Scotland with opportunities to share their experiences, thoughts and feelings so that they can influence positive change in their lives at home, in school and the community.

'Children's Parliament works for a world where all children grow up in an environment of love, dignity and respect'.

In April, Children's Parliament launched the *How Are You Doing?* wellbeing survey to capture the views of children and young people about the changes that coronavirus has had on their lives. Almost 4000 children and young people aged 8-14 took part.

Early indications from the survey show that most children and young people are doing well just now with the support of their families and friends. Most have an adult outside their family home they can talk to about worries and most feel safe at home. There were some differences based on gender and age. To view report - <https://www.childrensparliament.org.uk/our-work/children-and-coronavirus/>

We have summarised some of the main results. Whilst children and young people reported having worries, the survey highlights it was the things that they could do and the connection to family & friends that helped them to feel good about themselves. As we continue to spend increased time with our children, this survey highlights what children and young people value as helping them through this time.

It is also important to remember that whilst this survey highlights how positive and resilient many children & young people are, through this time, many more are struggling with feeling bored, lonely and carrying worries about themselves, their family and the future. We hope you find some useful information and advice throughout the NEWSLetter about some of these themes.

Health

72% feel they are making healthy choices in life.

79% feel they have plenty of energy.

88% know who to talk to about their health.

78% aged 8-11 year and 64% aged 12-14 feel they get enough exercise

Feelings and Opinions

65% generally feel cheerful and in a good mood.

78% feel able to express ideas and opinions

81% feel their rights are respected by others

83% feel safe online.

However

26.5% reported often feeling lonely

Worries

37% say there are lots of things in their life they worry about

54% worry about the future

50% worry how family are doing

50% worry how friends are doing

23% aged 8-11 and 29% aged 12-14 worry about their own health

62% worry about the health of someone in their family

36% worry about school work, 32% about school exams and 28% worry about learning at home

23% worry about their pets

18% worry their family doesn't have enough money

But

93% have someone in their family they can talk to about their worries

81% of girls and 71% of boys have someone outside their family to talk to about worries.

Learning and activities

80% are enjoying learning new things.

75% have fun things to do every day at home.

93% report being good at something.

However only

48% felt they had choice in their learning, (for 12-14 year old's this was only 37%).

Family and Friends

92% enjoy being with their family (95% aged 8-11, 87% aged 12-14)

80% feels their family gets on well

97% feel safe at home

82% have privacy when they need alone time

91% are happy with their friends

83% feel supported by friends

Things that help me to feel good at the moment

82% said their parents and carers help them feel good (88% aged 8-11 & 76% aged 12-14)

79% said watching TV

71% said connecting with friends

69% said playing and creativity

62% said exercise

90% of boys and 56% of girls said playing computer games

32% said learning at home

25% said school work

Aged 8 – 14?

Living in Scotland?

If you answered yes, you can participate in the

How Are You Doina? (May 2020) survey

<https://www.surveygizmo.eu/s3/90233137/How-are-you-doing-MAY-2020>

Managing Worries

Normalise anxiety – Let your child know that feeling worried or anxious is normal and most children and young people feel this at times. It helps children to know what can cause it and what it might feel like in their bodies because for some children, it can feel frightening or overwhelming.

Childline has a short video (1 ½ mins long) that explains to children where stress and anxiety comes from and how it might feel in their bodies. This may be a useful way to help your child understand that feeling worried and anxious is normal and to identify with the physical symptoms they may be experiencing. To see the Childline video go to - <https://www.childline.org.uk/toolbox/videos/managing-stress-anxiety/>.

On Page 8 we have links to useful sources of support and information as well as Apps that may be helpful to children and young people to manage their worries and anxieties.

Some ideas from children and young people of what helps them with worries

- Drawing / colouring
- Listening to music
- Playing with my pet
- Talking to friends
- Talking to family
- Exercise
- Getting outside
- Playing with toys
- Playing games
- Writing it down / journal
- Having space / alone time
- Yoga / meditation
- Calm breathing
- Worry box

Children's Parliament 'How are you Doing?' survey highlighted that for many children, lots of worry and anxious feelings are around just now. Worry and feelings of anxiety can show up in many different ways. GoZen have created some handy visuals that explains that worry and feelings of anxiety might show in our children as something else.

Like an iceberg, if we can see beneath the surface of our children's behaviours, we may be better equipped to support them. **All Behaviour is communication – remain curious to what your child's behaviour might be telling you.**

Help your child talk about their worries - With the best intentions, we might tell our children they don't need to worry and that things will be okay. However, an anxious brain can't easily switch off from worries and there is then a risk that your child will feel that they are not understood.

Children need to be able to express their feelings openly and know that the adults empathise and get how they feel. If your child cannot find the words or is unable to say how they feel, using phrases like 'I wonder...', 'I noticed...' really conveys empathy. 'I noticed that you've been very quiet lately' or 'I wonder if not being able to play with your friends is so very hard for you?'. By doing this, you are validating your child's feelings.

We still might not agree with our child's actions but we can deal with this later. However, if we take the time to support children to express and deal with their worries, we might notice that their behaviour is more settled.

Below we have some ideas of activities that children and young people have said can help them with their worries. Childline also has some great ideas for children to find calm at <https://www.childline.org.uk/toolbox/calm-zone/>.

ANXIETY ICEBERG REVISED



For more information on the anxiety iceberg and how anxiety may show up as something else go to <https://gozen.com/8-ways-a-childs-anxiety-shows-up-as-something-else/>.

Money Worries

- The Children's Parliament 'How Are You Doing?' survey highlighted that one in five children who participated worry that their families do not have enough money. If you need financial support or advice, these services may be useful;



Welfare Rights Service - If your financial situation has changed due to coronavirus or if you are not sure about your entitlement to support, then the Welfare Rights Team at Angus Council may be able to offer advice. Find out more at https://www.angus.gov.uk/benefits_and_money_advice/coronavirus_outbreak_welfare_rights_and_benefits_update.



Children 1st Money Advisors can offer support to parents and carers who may currently be experiencing money worries that are impacting on family life. With many families already having money worries of one sort or another, the effects of coronavirus may be a source of additional pressure at a time where stress is already high. Speaking to an advisor about your worries may help to alleviate some of the stresses and pressures. For more information on the support on offer visit <https://www.children1st.org.uk/help-for-families/parentline-scotland/>.



Child Poverty Action Group (CPAG) in Scotland work for the one in four children in Scotland who are living in poverty in Scotland. With many low-income families under more pressure than normal, they have launched two surveys; one for parents/carers and the other for children. These are to determine the impact that measures introduced by the Government, local authorities and schools have had on families. The information gathered by these surveys will be shared with Government, local authorities and schools and could really make a difference in shaping ongoing support. If you would like to participate, the surveys can be accessed at <https://cpag.org.uk/cost-of-the-school-day>.

Supporting a Healthy & Balanced Mind

By Kirstie Gordon

It can be really difficult not to feel overwhelmed at this time; we are surrounded by constant reports of the Covid-19 pandemic and its effects. Many of us are adjusting to working from home or finding ways to continue to deliver key services. We are also isolating at home; some of us with family but others on their own. We are having to find new ways to safely connect with our friends and family. Everything has changed very quickly, and we have to acknowledge the difficulties and frustrations it brings but also keep an eye on the hope and positivity that is coming from this dreadful situation. In order to support ourselves and those we are with just now, it is important to understand and manage difficult feelings.

It can be helpful for us all to step back and think about achieving more of a healthy balance in our minds and the Three Systems Model (developed by Prof. Paul Gilbert) can help with this. The model is developed from psychological and developmental approaches and neuroscience; understanding the systems can help us to reflect on our lives and recognise the triggers which result in strong emotional responses.

The model suggests we have three main emotion systems which can be represented by three circles: the Threat System; the Drive system and the Soothe System (there are, of course, other emotion systems such as grief but, for simplicity, this description will focus on the three main systems for now).

The Drive System

The drive system can be thought of as our 'get up and go' pleasure-based system that gives us a sense of reward and excitement when we do something fun or achieve an important goal. Our drive systems are often activated by doing work, completing a task, doing sports, engaging in hobbies, going out with friends or to the cinema, theatre, etc. The drive system is associated with dopamine, our brain signal for reward.

The Soothe System

This is also a pleasure-based system but is more focused on feelings of slowing down, calmness, contentment, safeness and social connectedness. This system is strongly associated with being around others who we love and trust. Other things that help us to slow down are yoga, mindfulness, physical touch (hugs and massages), taking a bath, meditation, being around pets and being in nature, etc. The soothe system is associated with oxytocin which is the hormone of positive feeling and promotes the sense of 'rest and digest'.



The Threat System

Our threat system acts like an alarm system within our bodies and it alerts us when we could be in danger. We can experience a surge in fear, anger and disgust. This system operates on a 'better safe than sorry' principle so it can be triggered by something which might not actually be a threat (e.g. if you see a realistic plastic snake, your body might respond as if it is a real snake and prepare you to run). The threat system is associated with body chemicals like Adrenaline and Cortisol, our stress hormones. The natural responses the stress system triggers are instincts fight/flight/freeze (we go into survival mode to face the threat).

Because we are a social species, living in a group and being accepted by others is crucial to our survival so our threat systems are also on the lookout for signs that we might be rejected by our social group.

The threat system can easily be activated and alerts us to all kinds of threats that may or may not be harmful to us. This is not a choice; it is something our bodies are programmed to do. Unlike the threat system, the drive and soothe systems need to be tended and nurtured; we need to put some effort into their development and activation. The three systems work best overall when they are balanced. This is because the two pleasure systems, especially the soothe system, can work to calm down feelings of threat. This can result in us being better able to problem-solve, make decisions and deal with tricky situations.

The Impact of Covid-19 on our Emotion Systems

Our threat systems might be feeling over-activated at present and not knowing what the future holds means our threat system cannot easily resolve fears. Our minds may be very busy, we may overthink and find it hard to switch off. Our usual ways of activating our drive or soothe systems are extremely limited at present because we are restricted in many aspects of our lives such as work, school, going to the gym, meeting friends, etc. Our heads might seem full as we juggle home working, looking after children or extra work demands due to fewer staff for example. This can leave our systems in a tricky state; the 'volume' of the threat system might be much louder than that of our drive and soothe systems.

What can we do to achieve more balance?

It is important to acknowledge feelings of threat, but we must try to not let them dominate our lives. This is not to ignore or minimise the seriousness of our current situation but to help ourselves to be the best we can to deal with it for ourselves and those around us. How can we support ourselves? We are very good at identifying the unmet needs of family, friends, colleagues, etc. but we need to think about what stimulates our own soothe systems and how we build time into our lives to achieve that just now.

Our soothe systems are very individual and we need to consider different activities that will achieve feelings of calmness, safeness, connectedness and contentment for ourselves.

It might be worth jotting down what is triggering each of your systems on the diagram above and reflect on what you could do less of, more of or try something new to achieve more of a balance. You might want to set yourself realistic and achievable goals or take time to feel calm. We will be including suggestions on our website and in these NEWSLetters which might help to stimulate your soothe system. Finding activities for ourselves and taking little steps towards improved self-care and being kinder to ourselves can really impact how our minds are feeling and how we deal with situations ahead. Remember to invest that time in yourself; please do not consider it as an unnecessary frivolous extra in your day but an essential to keep your mind and body healthy.

The Importance of Nature

for Physical and Emotional Wellbeing

Many studies highlight the positive impact that being outside and in nature can have on our mental health and wellbeing. In fact doctors often recommend getting outside to those living with anxiety and depression because it is so beneficial.

Since lockdown and with exercise being limited, many of us may really be appreciating the importance of nature to our mental health. From listening to the birds singing, to noticing the buds blossoming on the trees to feeling the warmth of the sun against our skin, many of us may be realising just how much nature can impact on our emotions and wellbeing.

With the recent announcement that we can now go outside to exercise more than once a day, close to our homes, there is more opportunity to get out into nature and reap the benefits.

On this page, we have put together some ideas of wellbeing boosting activities that we hope you find helpful.



Being mindful as we are out walking can relieve stress and boost levels of the feel-good hormones including endorphins and it can have a rejuvenating effect on our brain. It can be an excellent way to clear our minds of clutter and stop our thoughts racing to the future or things that have happened.

When I am out walking and I am mindful of my surroundings, I am engaging all my senses. I find it has a profound effect and brings me a real sense of calm and clarity. Mindful walking brings awareness to our bodies and our surroundings. Using the 5,4,3,2,1 activity can be a great way to feel grounded and a great one to practice with kids. It's really simple but effective.

Inspirational Futures have produced their *Wellbeing Diary*.



This has been designed for families during lockdown and focuses on the fun things around, and to add connection and mindfulness to the day. The diary can be downloaded here - <https://www.thewellbeeings.com/Wellbeing%20Diary.pdf>.

This would make a lovely keepsake to look back on in years to come of this time. This can be completed at home, in the garden or after being out in nature and includes calming activities and ideas.

5,4,3,2,1 Grounding



5 things you can See
4 things you can Feel
4 things you can Hear
3 things you can Smell
1 thing you can Touch

The 5,4,3,2,1 Grounding Activity is one we often show children and young people. It can be a really effective way to bring calm in stressful moments as we need to use all our five senses and focus on the moment and our external surroundings.

When you're out and about, ask your child what they can see, feel, hear, smell and taste. It might be surprising the things you discover in your environment that you've maybe never noticed before.

KIDS 7 MINUTE HIIT WORK

OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

MADE AN EXTRAORDINARY PERSON

Indoor Scavenger Hunt

See if you can find these 15 objects around the house. Check the boxes as you find each object.

- SOMETHING SOFT
- A PIECE OF FRUIT
- SOMETHING WITH WHEELS
- A BOOK ABOUT AN ANIMAL
- SOMETHING THAT ROLLS
- A STUFFED ANIMAL
- SOMETHING ORANGE
- A VEGETABLE
- A PAIR OF SOCKS WITH MORE THAN ONE COLOR
- A BOOK ABOUT NUMBERS
- A TOY THAT MAKES SOUND
- AN OBJECT THAT STARTS WITH THE FIRST LETTER OF YOUR NAME
- SOMETHING RED
- SOMETHING BROKEN
- YOUR FAVORITE BOOK

Visit us at RichlandLibrary.com for more.

Outdoor Scavenger Hunt

See if you can find these 15 objects in your front or back yard. Check the boxes as you find each object.

- A FLOWER
- A ROCK THAT FITS IN YOUR PALM
- 3 DIFFERENT COLORED LEAVES
- A STICK LONGER THAN YOUR ARM
- SOMETHING THAT STARTS WITH THE LETTER "B"
- SOMETHING GREEN
- SOMETHING TO SMELL
- AN INSECT
- 5 TINY ROCKS
- SOMETHING TO RECYCLE
- SOMETHING THAT FLIES
- SOMETHING BROWN
- A PIECE OF TRASH TO THROW AWAY
- SOMETHING WITH MORE THAN ONE COLOR
- AN OUTSIDE TOY

Visit us at RichlandLibrary.com for more.

Scavenger hunts can be great fun. Try this one from Richland Library

<https://www.richlandlibrary.com/blog/2020-03-22/indoor-outdoor-scavenger-hunt-kids>.

Activities that help children to burn off energy are very effective in reducing levels of stress. Exercise produces the feel-good hormones like endorphins and serotonin which can improve mood and reduce feelings of anxiety. It can also help with sleep. Many children and young people state exercise as an activity that helps them manage overwhelming feelings and can help with self-regulation.

This 7 minute HIIT workout is fun to do and can be done at home, in the garden or at the park. Why not join in and have fun together – laughter is one of the greatest natural medicines. To find out more go to <https://hes-extraordinary.com/downloads/7-minute-hiit-poster>.

Exciting New Partnership

NEWSolutions are delighted to announce that we have partnered with **Forfar Open Garden**. The partnership will allow for families to learn how to grow their own food at home with some guidance and ideas from **Forfar Open Garden**. We look forward to seeing how this evolves.



Plants and people FORFAR OPEN GARDEN

Forfar Open Garden is a Community Garden near Forfar Loch.

It concentrates on growing plants with connections between people. It is a resource for people interested in learning about gardening. We sell plants cheaply and invite people to get involved through volunteering, visiting or coming to a planting or food sharing event. We have had chips made from our own Potatoes and an Apple pressing

We encourage people to garden and grow food together because we know that it is helpful and necessary for our well-being. We want as many people as possible to be able to grow their own food.

We would love to see you at the garden when it reopens. We are based at 36 Lochside Road in Forfar. We are planning some family growing sessions and are looking for families to get involved. In the meantime, we are excited to be teaming up with NEWSolutions to share some ideas with you and would love to hear how you get on with them.

If you want any advice or ideas for your growing project or you just don't know where to start, then please get in touch through Facebook or by calling the garden mobile (details below).

We will be sharing tips for growing seasonal vegetables and plants that are easy to grow. We can share packs of seeds, pots and compost so if you would like to have a go, you can get in touch via NEWSolutions - info@new-solutions.co.uk. If you want to plant a few flowers, we can help with that too. Please share photos of what that you have grown. We would love to see them.

Contact - Ruth Johnston,
<https://www.facebook.com/ForfarOpenGardens/>

Tel - 07796627023

Email - forfaropengardens@gmail.com



Getting Started

Save empty 2L cartons of milk and give them a wash. Put the lid on a chopping board and use a pin to make small holes in the lid. You now have a watering can.

You can use Sharpies (Permanent markers) or stickers to decorate your watering can.



What Can I Grow in May?

From seedlings

In a container

In the ground

Tomatoes (we can supply these – just ask).

This is a great time to sow Spring Onions, Carrots, Beetroot, Salad Leaves and Rocket.

Peas, Broad Beans, Courgettes and Pumpkins (go for a walk and collect branches if you don't have canes).

Top Tips

- Tomatoes like to be warm. Use grow bags. If you don't have outdoor space, you can grow them in large pots at least 2L on a wide window ledge or any sunny spot. Put a large plastic container or drip tray underneath.
- Tomatoes like to be watered from below. Once they start growing, you will get more fruit if you remove any new shoots growing at 45 degrees between the main stalk and the branch.
- Banana Peellooks awful but if you keep your old banana skins in a jar of water for a few weeks and then remove bananas.... You have an excellent free feed for tomatoes. They are rich in potassium which is good for fruiting.
- If you get stuck, call a friend, people love to be asked to help.
- Gardening using recycled materials: You can use milk cartons as planters and hang them over your fences or on a sunny wall. Remember you have to water them regularly ...don't put them too high unless you have a hose. Make drainage holes or use them upside down so the water drains through spout. A small piece of sponge (ie old pan scourers) will keep the earth in.
- Soon you don't see the milk carton. This is great for strawberries, calendula and nasturtium that grow quickly. It also is great for salad and small root vegetables (beetroot is pretty) and herbs.
- **Enjoy your planting. The best time to plant is now!**

Useful Links

How to make a planter out of a milk jug - <https://www.wikihow.com/Make-a-Planter-out-of-an-Old-Milk-Jug>

Trellis have a great website full of great downloads and simple guides for growing activities with children - <https://trellis-scotland.org.uk/content/factsheets>

Here you will find links to articles and websites related to topics in the **NEWSLetter** as well as other useful sources of information.

Links & Helpful Information⁸

Worry and Anxiety

Worrinots - This is an App for children aged 5+. The Worrinots Family Edition provides families with the tools to help children share and cope with their worries in the security and comfort of their own home. Parents & carers can engage with their children in real time to offer responses, help, advice and guidance through WotNot, the specifically created monitoring app. <https://www.worrinots.com/for-families/about/>.

Clear Fear -Free App for 11-19 year olds from Children's Mental Health charity Stem4. Clear Fear provides a range of ways to help young people manage anxiety. Developed by a clinician, together with ideas from young people, Clear Fear uses a Cognitive Behavioural framework to help change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different way in which anxiety shows, resources and a 'grit box' to boost resilience. <https://www.clearfear.co.uk>.

Worry Box Monster – A variation on the worry box; a worry box monster. Instructions on how to make your own and use with your child at home as a tool to help children manage their worries. <https://kristinamarcelli.wordpress.com/2015/01/23/the-worry-monster-who-eats-your-troubles-away/>

Conflict Resolution

In the next **NEWSLetter** we will have an article on managing conflict at home. In the meantime we have included some helpful sources of information on managing conflicts, be that between you and your child or between siblings.

NSPCC - Arguments, conflict and family tensions during coronavirus (COVID-19). If you're worried about coping with family tensions or managing arguments, NSPCC has advice and tips for you - <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension-coronavirus-lockdown/>.

Scottish Centre for Conflict Resolution (SCCR) – Information and advice for young people and for parents on managing conflict at home - <https://scottishconflictresolution.org.uk>

The Therapist Parent Blog – As the weeks go on, do tempers appear to be wearing thin? This blog has lots of tips on how to support your child with developing their conflict resolution skills - <https://www.thetherapistparent.com/post/conflict-resolution-for-kids>

Gardening and Out in Nature

Growing Family - Growing Family is a home and garden blog all about making the most of busy family life, indoors and out. Includes articles like '60 fun gardening activities for when you're stuck at home with the kids' and '25 easy nature crafts you can do at home with the kids' - <https://growingfamily.co.uk>

Greenhouses Direct - Ideas for Family Activities during Lockdown; in the garden and during you daily exercise - <https://www.greenhousesdirect.co.uk/garden-blog/posts/2020/april/ideas-for-family-activities-during-lockdown-in-the-garden-and-during-your-daily-exercise/>

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