



Netherton Primary School

Home Learning Support for Health and Wellbeing

This is a challenging and uncharted time for everyone. Our children are making transitions from school to home learning, parents are juggling teaching with their own work and family lives, we are not able to see friends and relatives that we would usually. Routines are changing and we are dealing with all of this whilst worried about our own, and others' health. This is a situation faced by everyone, but by working together we can try to ease the burden we each feel.

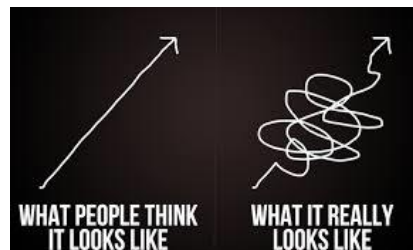
Netherton Primary teachers and staff have worked to develop a bank of useful activities and tips that may help you and your family navigate this tough time. Here are some things that we have found useful over the last week.

NPS Top Tips

- ✓ Don't try to replicate school – this is an impossible task. Your child's teacher will be providing daily tasks however there is no obligation for your child to complete all of these. These tasks are intended to be supportive, not to pressurise! Teachers spend time online each day and are here to help. Look to develop a routine that fits your family.



- ✓ Be kind to yourself, don't feel guilty that you aren't doing the same as someone else, or that you have to work. Don't bow to social media pressure.



- ✓ Your child's happiness and wellbeing is the most important focus. An anxious or worried child will not learn. Deal with the emotions first, learning later!



SCOTTISH GOVERNMENT AMBITIONS 2017-2027

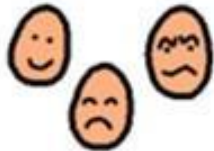
•Every child and young person to have appropriate access to emotional and mental well-being support in school.

•Appropriate, evidence-based, parenting programmes should be available across Scotland.

•Evidence-based interventions to address behavioural and emotional issues in children and young people should be available across Scotland.



Tips for Supporting Anxious Children and Young People During Social Distancing.



Feel the Feelings "It's okay to feel like this."

Many children or young people may be feeling anger or confusion or sadness. Whatever the feeling. It is important that adults acknowledge that it is okay to feel it and not disregard or try to suppress the feeling.



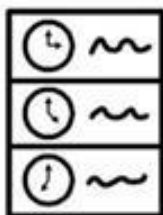
Name the Feeling "Can you show me how you feel?"

Helping children and young people name the emotion takes away some of the unknown. This can also help them feel validated.



Be the calm "How can I help you?"

Children and young people may react in different ways to how we as adults would expect them to. If adults are in control of their reactions to their feeling; it allows children and young people to feel safer.



Provide structure "It's time for lunch"

Where possible keep your eating, hygiene, bedtime routines the same. Have a similar routine each day.



Tell them the plan "I'm working for twenty minutes then we can play cards."

Letting children and young people know what's happening next helps ease anxiety. Having a visual plan is great –and can help avoid interruptions during important work phone calls.

Most importantly, take care of yourself. Look after your mental and emotional well-being too.

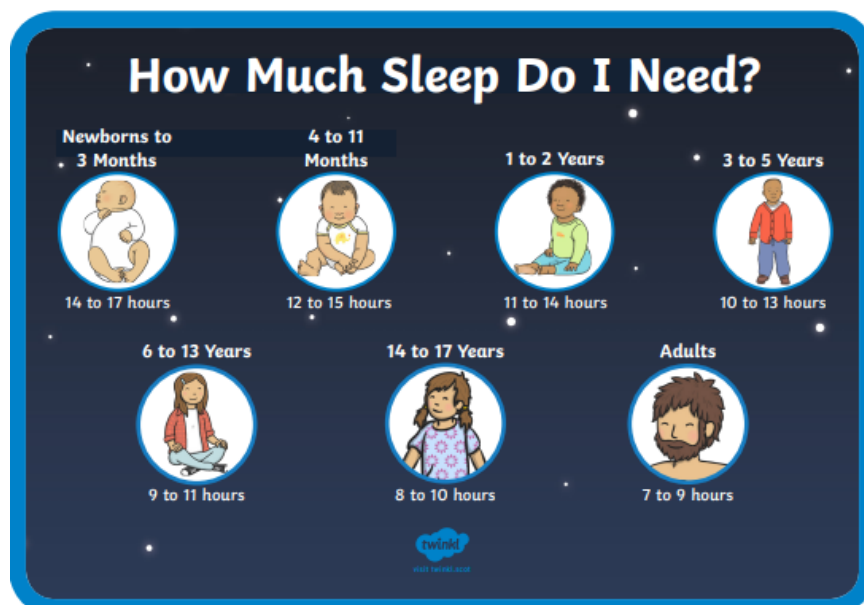
Routine

A routine to help you and your child navigate this new reality will be invaluable. This will allow parents to have time to focus on themselves and their own work for a time, whilst still being able to support your children if required.

This will change depending on you and your family, but could include:

- ✓ Let's move! Try an active task like Go Noodle, Joe Wicks or Jumpstart Jonny. This will release endorphins and lift your mood for the day (adults and children alike!)
- ✓ Written tasks – have a look at what your teacher has put on Glow and pick an activity to do **OR** Listen to an Audio book, play educational games
- ✓ Creative tasks, write, colour or draw
- ✓ Mindfulness – see information and ideas provided.
- ✓ Learning life skills – make your bed, wash dishes, simple cooking tasks (making own breakfast or lunch) setting the table, Hoover or dust
- ✓ Lego or construction games, Imaginative play – children may communicate how they feel or 'act out the situation' so don't be surprised if your child imagines hospital or doctor visits at this time. Children use play to process their world and problem solve.
- ✓ Family time – watch a movie, cook together, talk about your day – what were the highlights? Reach out to others, that you may not be able to visit, Facetime, Skype, Video call. Connect with others to reach out for, and provide support. Plan for tomorrow, which tasks and activities will we do tomorrow? What games will we play?

Ensure that your routine fits your family and whatever that looks like for you. Take regular breaks and be mindful of screen time – this will increase as children complete tasks online. But try to ensure a good cut off time so that sleep patterns aren't compromised. (this goes for adults too!)



HOW FAMILIES CAN KEEP ESSENTIAL MENTAL HEALTH HABITS GOING DURING SELF ISOLATION



01

Regularly check in with each other. How are you feeling today? Is there anything I can do help you?



02

Focus on staying connected to friends and family through using a range of applications



03

Schedule time into your week where you can all do something together that provides you with a sense of achievement



04

Encourage and support each other to stay active. Walk around the garden or get active indoors with some group activities



05

Schedule in routine and necessary things that you would like to achieve from your week. This helps reduce disruption and increase control



06

Give each other time and space. Respect each other's down time



07

With your family identify things that provide each of you a sense of pleasure and schedule into your week



08

Set some guidelines that you can all work towards (E.g we will make sure to sit down and each dinner with each other every night)

 @BELIEVEPHQ



09

Identify some self care activities you can do together (family meditation) and individually to provide a sense of relaxation



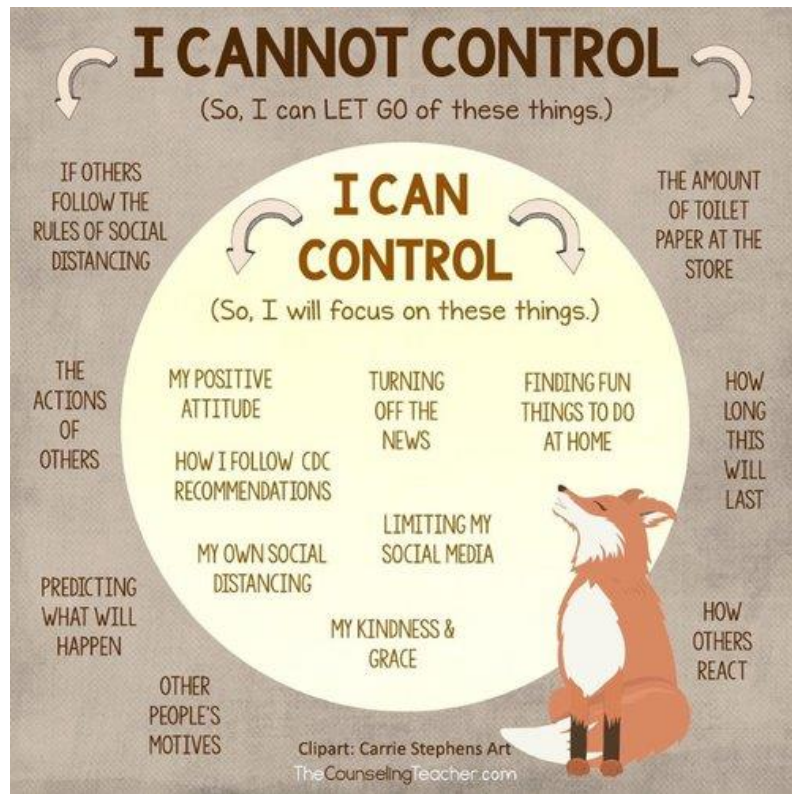
Some Strategies to help deal with BIG Emotions

- ✓ Develop a self-care toolkit. This can look different for everyone. Think about your senses and chose things to stimulate these (seven senses: touch, taste, sight, hearing, smell, movement and proprioceptive (comforting pressure). An idea for each:
 - A soft blanket or stuffed animal.
 - A hot chocolate,
 - Photos of holidays, favourite places or people,
 - Comforting music,
 - Favourite scents like lavender or lemon.
 - A journal, an inspirational book, or a colouring book is wonderful,
 - Bubbles to blow or blowing watercolour on paper through a straw are visually appealing as well as work on controlled breath.
 - Mint, ginger, frozen fruit, ice packs, and cold are also good for anxiety regulation.

For children, it is great to help them create a self-regulation comfort box (often a shoe-box they can decorate) that they can use on the ready for first-aid when overwhelmed.

- ✓ Expect behavioural changes in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Try not to introduce major behavioural plans or consequences at this time—hold stable and focus on emotional connection.
- ✓ Look for the helpers -There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.





Children's Mental Health Matters!

Activities for Positivity, Mindfulness and Calm

Kindness Bingo!

See how many squares you can achieve over the course of the week

Be kind!

Help someone with a job around the house without being asked.	Make a card for someone thanking them for all they do.	Give someone a hug when they really need it.	Write a letter to the Josh Stevens Foundation listing 5 kind things you've done.
Organize an afternoon of games for your friends or family.	Do a good deed for a neighbor.	Write a letter to your teacher.	Read a book to a younger child.
Make a thank you card for a community helper.	Hold the door open for people entering or exiting a shop or restaurant.	Go somewhere with your family and smile at everyone you see.	Clean out your bedroom and donate toys and clothes to a charity.
Make "Be Happy" notes and pass them out.	Let someone go ahead of you in line.	Make a bookmark for a friend.	Learn a joke and tell it to a clerk at a store or a server at a restaurant.

Challenge: This week let's see how many squares you can complete.

The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these **strong emotions** feel overwhelming.

- ✓ First, get a clean, clear jar, or an empty plastic water bottle or similar (and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar or bottle and shake it to make the glitter swirl.
- ✓ Finally, use the following script or take inspiration from it to form your own mini-lesson:

“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).

[Now put the jar down in front of them.]

Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions”
This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.



Mindfulness and Calm Links

[Cosmic Kids](#) – Yoga and mindfulness

[Headspace mindfulness for kids](#) - Free trial available

[Magical Garden](#) - A drawing meditation

[Red balloon mindfulness](#) – A mindful breathing exercise

CALM DOWN YOGA for kids

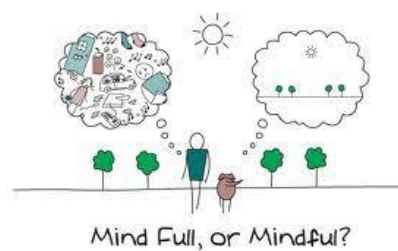


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SUPERHERO YOGA



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The Feeling Exercise

Collect a number of interesting objects such as feathers, putty, stones, or anything else that might be interesting to hold. Give each child an object, and ask them to spend a minute just noticing what it feels like in their hand. They can feel the texture, if their object is hard or soft, and the shape. Afterwards, ask the children to describe what they felt. With bigger groups, pair children off to take turns completing the exercise together.

The Seeing Game

Ask the children to spend one minute silently looking around the room. Their goal is to find things in the room that they've never noticed. Maybe there are some big things like a poster or a picture, or just little details like cracks in the ceiling or an interesting pattern on the door. After the minute is up ask the kids to share the most interesting new things they noticed.

Ocean Breathing

Have the children sit or lie down in a comfortable position. Ask everyone to slowly breathe in through their nose, and then out through their pursed lips (as if they are blowing through a straw). Point out that the slow and steady breathing sounds like ocean waves, gently crashing on shore. Let the children continue breathing and making the ocean sound for one to two minutes.



Build a Stress Ball



If you're feeling brave, and are prepared to clean up a mess, provide the children with balloons, flour, and funnels to build their own stress balls (you may want to double-layer the balloons). Some other filling options include rice, small beads, or the leftover dots from punched paper. Once the kids have built their own stress balls, try using them with *The Feeling Exercise*.

The Body Squeezing Exercise



Have the children sit or lie down in a comfortable position, and ask them to squeeze and relax each of the muscles in their body one-by-one. They should hold each squeeze for about five seconds. After releasing the squeeze, ask the kids to pay attention to how it feels when they relax. Children understand this exercise better if you help them visualize how they can squeeze a particular muscle using imagery, such as the following:

1. Curl your toes tight like you are picking up a pencil with your feet.
2. Tense your legs by pretending like you are standing on your tippy-toes, trying to look over a fence.
3. Suck in your stomach as if you are trying to slide through a narrow opening.
4. Make fists with your hands and pretend like you are trying to squeeze all of the juice out of an orange.
5. Pretend like a bug landed on your nose, and you're trying to get it off without using your hands. Try to scrunch your face and move your jaw to make it fly away!

The Five Senses Exercise



Take the children outside if the weather is nice, and have them lie silently in the grass. Begin to call out each of the five senses in turn (sight, smell, sound, taste, touch), and ask the children to notice everything they can with that particular sense, until you call out the next one. This exercise can also work well on walks, and in a number of other situations.

GOOD FOR YOU, MEDITATION IS.

Set a timer for 10 min.

Sit comfortably.

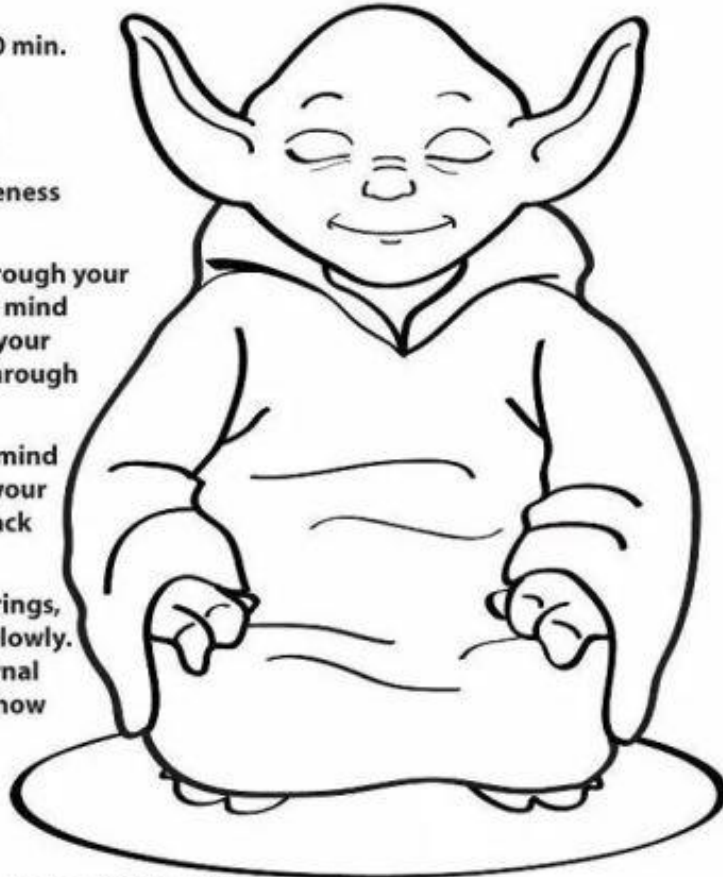
Close your eyes.

Bring your awareness
to your breath.

Slowly inhale through your
nose. Focus your mind
on the sound of your
breath. Exhale through
your nose.

Every time your mind
wanders, bring your
concentration back
to your breath.

When the timer rings,
open your eyes slowly.
Keep a daily journal
and write down how
meditation
makes you feel.



It might be challenging at first. But
don't give up! With steady practice,
you'll soon be able to meditate just
like Yoda!

COLOR YODA!

www.cymardisi.com

Written and Illustrated by Cynthia Nardisi

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BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

TAKE 5 BREATHING



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

BUMBLEBEE BREATHING



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

Balloon Breath



How to practice Balloon Breath

Take a deep breath in for three counts while raising your arms to form the shape of a balloon. With your lips closed, exhale through your nose for three counts while taking your hands back to rest on your knees. Feel the rise and fall of your chest and belly as you continue to raise and lower your arms like a balloon inflating and deflating.