

# Let's talk

## Wellbeing during school closure

Here are a selection of resources and activities that may help you whilst your children are at home. These are all free to download, you may just need to create a login. Some may need a printer but other things can be drawn or written on any paper you may have at home.

### Ideas if your child/ren are struggling to keep to a routine and are getting bored...

1. 14-day home isolation challenge - <https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/>
2. 100 challenge ideas - [https://www.teachingpacks.co.uk/100-challenge-ideas-for-home-learners/?fbclid=IwAR1FNzsZJUrfGz7Z4EOnMKnj5HPBKPCzVU6tICE07U\\_jiYE1H2GqwotmShQ](https://www.teachingpacks.co.uk/100-challenge-ideas-for-home-learners/?fbclid=IwAR1FNzsZJUrfGz7Z4EOnMKnj5HPBKPCzVU6tICE07U_jiYE1H2GqwotmShQ)
3. Make a jar of courage: <https://www.elsa-support.co.uk/jar-of-courage-childrens-mental-health-week-3rd-to-8th-february/>

### If your child/ren are restless and struggling to focus on any one thing...



1. Window support messages colouring in - <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Sunshine.pdf>
2. Rainbow art colouring in - <https://www.elsa-support.co.uk/rainbow-window-art/>
3. Star breathing technique - <https://www.elsa-support.co.uk/wp-content/uploads/2019/12/Star-breathing.pdf>
4. I can calm myself down prompt cards - <https://www.twinkl.co.uk/resource/t-c-090-i-can-calm-myself-down-prompt-cards>

### If your child/ren are struggling to understand the situation and what it all means to them...

1. A social story if children are struggling to understand why they are at home and not at school: <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/We-are-at-home-right-now.pdf>
2. Understanding social distancing/contact - <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Social-contact-story.pdf>

### If your child/ren are feeling lots of different emotions right now and struggling to understand them...



1. Sharing worries - <https://www.twinkl.co.uk/resource/t-c-7036-new-doodle-your-worries-away>
2. Recognising our feelings workbook - <https://www.elsa-support.co.uk/feelings-tab-booklet-free-for-newsletter-subscribers/>
3. Being brave booklet - <https://www.elsa-support.co.uk/my-brave-book-findyourbrave/>
4. Growth mindset - The Big Life Journal website gives free resources every week including these activities - <https://biglifejournal-uk.co.uk/pages/freebies>

### Any questions or concerns?

If you have any concerns regarding your child's mental health or wellbeing during the next few weeks, please don't hesitate to contact our ELSA, Lorraine Watkins, through the wellbeing email address and she can share some ideas and resources online: [wellbeing@emmanuel.camden.sch.uk](mailto:wellbeing@emmanuel.camden.sch.uk).