

Let's talk

Wellbeing: 5 guiding principles to supporting positive mental health recovery during this time

During this time when some of our children are in school, whilst others continue with their home learning through Google classroom, it is important to ensure we support our children's positive mental health as well as our own. The Camden Mental Health team have been supporting schools in the borough with guidance and resources to help our children and staff back into the classroom - supporting their emotional and social recovery. But these are just as helpful for our children that will be remaining at home. The following 5 guiding principles can help promote recovery during the current Coronavirus pandemic. Some ideas of activities and resources are provided for each.



1. A sense of safety: It is important that children can feel safe in which ever environment they are in, whether at school, home or out and about. It is important that children know and understand the arrangements in place to keep everyone safe.

Activity: The worry tree. Sometimes keeping a worry to ourselves can make us feel worse. Sharing a worry can help us feel better and sometimes help to make that worry get smaller or disappear. Visit here to download the worry tree template: <https://www.elsa-support.co.uk/wp-content/uploads/Worry-tree.pdf>

2. A sense of calm: Children will experience a range of emotions both pleasant and unpleasant. They may need reassurance that these are normal reactions and support to help them manage their emotions and return to a state of calm.



Activity: Mindfulness colouring, body scan meditations, breathing techniques and Emotions Coaching approach as per previous wellbeing update. Positive paper chains: <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Positive-paper-chains-for-mindful-colouring.pdf>



3. A sense of self- and collective- efficacy: Children need to feel they have some control over what is happening to them and that their actions and those of the groups they belong to (family, school, community) will lead to positive outcomes.

Activity: Responsibility chart: As the child to create a list of 'what they are responsible for' at home and school that is helpful to others. You can do this together and share the list with each other.

4. Social connectedness: It is important that children feel they belong and have a social network that can support them.



Activity: Positive palms. The child thinks of a positive memory that helps them feel safe and calm • Trace their hand on a sheet of paper • They write each of the five senses on each of the five fingers • Then draw and/or write about the memory in the palm of the hand • Talk to them about how they experienced the memory, using each of the five senses on each finger • Encourage them to about how they can use this memory to help feel calm and safe during times of worry or stress



5. Promoting hope: Whilst things may feel difficult now, it is important that adults and children think that things will get better and work out in future. Children need to be provided with reassurance that eventually they will feel positive again.

Activity: Hope clouds - The child draws a few clouds in different shapes and sizes and then cut them out. They pick their favourite one and on it, writes a hope, and aspirations, or dream that they have for the future. What things might help them reach this dream, hope or aspiration?

More information? If you have any concerns about your child's emotional wellbeing, please don't hesitate to contact Lorraine Watkins, our school ELSA (Emotional Literacy Support Assistant), at wellbeing@emmanuel.camden.sch.uk.