

## Well- being Support

The following PowerPoint for children created by the children's commissioner is fantastic . I think this would be a useful resource for all families.

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

To support everyone's well- being the following points may be useful to everyone.

1. **Limit your intake.** You could watch 24-hour news channels, listen to dire warnings on the radio, or visit countless websites and be bombarded with the angst of the moment. Instead, choose a single news source and decide how much limited time you'll spend with it each day. Please especially, choose a time that children are not around. You can then choose what to tell them based on their age and individual needs. Then stick to your plan. Be aware that what you give your attention to will either feed your fear or your sense of safety and calm. Expose yourself to as much calming and positive news and activities as possible.
2. **Look to the past.** Get hope from your past resilience. You have likely overcome many trials and difficulties. You made it through! And you are stronger because of it. Know that you will get through this. Remind yourself of your strength and resilience on a regular basis. Show children how they have overcome challenging times. Focus on the benefits of this time, extra family activities, fun and nature.
3. **Watch a funny video.** Thanks to the huge popularity of YouTube, there are thousands of videos that can help you take your mind off current events, if only for three minutes at a time. Start to bookmark the funniest among them so you can return for a repeat viewing whenever things feel gloomy. Funny films, songs, games and stories too. Laughter is scientifically proven to boost the immune system. Teach your children this. Think of all the funny times you have had together and recall them. Remember time that made you feel carefree as a child and recreate those for your children. Build dens, make potions, create shows etc.
4. **Look after your neighbours.** You may be at low risk of severe consequences from the virus, but it may not be the same for your neighbours whose immune systems are compromised. The act of checking in on them (keeping six feet apart, of course) will not only make them feel good, it will make you feel good and remind your children that kindness is an amazing quality, and helping others can help to them feeling good and positive too.
5. **Take advantage of found time.** Work, school and family plans are cancelled on mass for a lot of people. These cancellations give you an opportunity to focus on some things you've had no time for. Find a balance between helping your children with some school work, and saving time for some wholesome fun. Limit screen time, but don't try and be superman/woman. Remember that your children's emotional safety is the most important thing. Agree not to mention the virus for as long as you can, and focus on the solutions. Talk about celebrations that you will have when this is over.
6. **Random acts of kindness.** Teaching children to focus on kindness, love and gratitude can help them feel safe and content. Draw pictures for family you can't visit. Send messages to people. Send songs, or recordings. Treat yourselves. Whatever luxuries you can create in the home, do that. Make mealtimes special. Set the table and eat together, add flowers and candles. Have bubble baths. Camp out in the living room etc. Make home a fun place to be.
7. **Keep a diary.** Encouraging children and adults to keep a journal of their thoughts at this time is very powerful. Close your day, every day, with a positive acknowledgement of something you accomplished, learned or are grateful for. It will help dilute some of the

negativity you've absorbed and remind you that not everything that's happening right now is negative.

In times of constant negative messaging, you need an antidote so that you can keep your positive attitude and march forward with determination and hope. Be deliberate in activities that are positive, heart-warming, stress reducing and laughter inducing! Together, we'll get through this.

Below are some websites for children to help and support them emotionally during this time.

Child line

KOOTH – if you do not live in Manchester use the College postcode – M16 8HX

<https://youngminds.org.uk>

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Thank you to the College Counselling Team for support with this information