



Resource update for the COVID-19 outbreak



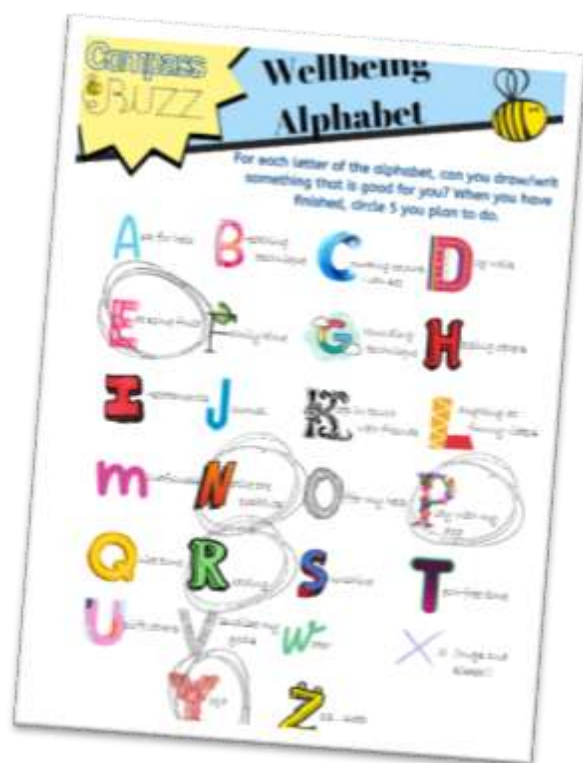
Friday 26th June 2020

Hello All,

Please see below this week's free resources to help you look after your mental health and wellbeing. There are lots of activities and games for you to try all abiding by the social distancing government guidelines and easy to do at home! All resources are quick to download and easily accessed. If you're struggling though please don't hesitate to contact Miss Thorpe and she will help you ☺ lthorpe.aiyhill@yeat.co.uk.

Alphabet of Wellbeing

This is an exercise to get children thinking about all of the different things that help them to feel good and function well, so that they can recognise all that is already available to them and also perhaps add a few extra new ideas into their 'toolkit'. Completing the exercise in itself is nice too; it can provoke thought and act as a distraction. My personal completed version is on the right... X for XO hugs and kisses, and Z for zzz...sleep! Pulling at straws?! Can you come up with any others? We would love to hear back.



Social Distancing Games

Playing games with friends and spending time reconnecting is going to be important in the first few weeks back. These games encompass a few of the 5 ways to wellbeing; at the very least connecting and also keeping learning (a new game!) and they are social distancing friendly.



(Source: @Misspower_)

Coping Affirmations

Last week we shared some positive affirmations and this week we thought we would add to that by sharing some coping affirmations which might be particularly relevant at this time where people might be stepping out of their comfort zone now or in the near future.



Motivated by Music

Music can bring out many emotions and processing through music can be a great way to develop emotional literacy or work through difficult moments as a form of emotional regulation. This might be a nice one for older students and there could be some curriculum links to be made too.

(Source: @Miss_Tinks)



Book and Film Review

Here we have a couple of templates for reviewing materials that students might have been engaging with more during the period of temporary restrictions. Both have a focus on feelings and emotions to encourage the development of emotional literacy and there is also the use of one of the problem solving word pairs that we refer to in our level 2 training. This encourages children / young people to take notice of how their emotions change and can be affected by what they spend their time on; encouraging little reflections like this regularly can go on to impact their ability to emotionally regulate independently and work proactively.

