

Well-being Bundle

Remember to look at the videos Miss Wylie and the ELSA team have uploaded onto ClassDojo

Difficulties sleeping – offer from a parent:

*My twin daughters attend St Mary's School and I wanted to offer something to all the parents of the school who might have children struggling to sleep at the moment. We want to help as many children as possible so if you think it's appropriate, I would love for you to include this offer in any newsletter or mailers so parents can take advantage of the fact that this audio is free, share with friends and family and enjoy the benefits that come from a good night's sleep. Don't forget to use the **Sleep Well** code at the checkout to get your free copy*

House of Wellbeing FREE sleep hypnotherapy audio for children to listen to in bed at night-time.

To 'purchase' the free audio go to;

<https://www.houseofwellbeingdownloads.com/>

Find; **Better Sleep for Children**

Put the audio in basket and put in the code **Sleep Well** at checkout.

You will then be able to download the audio for free.

Supporting children and young people through the pandemic: Children in Need

As we all try to process the impact of the Covid-19 pandemic, it can be difficult to know how best to empower, educate and connect children and young people so they feel supported through this difficult time. BBC Children in Need has identified key resources that can help.

Topics include:

- Opening the conversation
- Activities
- Specific Challenges
- Safeguarding
- General Guidance
- Crisis Support

https://www.bbcchildreninneed.co.uk/changing-lives/covid-19-resources/?f24_pid=79f21e9a-f9c9-4578-836d-b49dfd7624ef&utm_campaign=SCH-JAN-21-1&utm_source=force24&utm_medium=email&utm_content=textlink

Place2Be

Wellbeing ideas for Families:

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

Includes the following links:

- Activities in the Art Room team have created a series of art projects for primary aged children. <https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/activities-from-the-art-room/>
- Supporting your child's mental health

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

- The Daily Mile - children fit for life <https://thedailymile.co.uk/at-home/>
- The Booktrust has enlisted the help of authors and illustrators to provide free books, videos, games, quizzes, and drawing lessons for children. https://www.booktrust.org.uk/books-and-reading/have-some-fun/?q=&sortOption=AtoZ&pageNo=1?utm_source=place2be.org.uk&utm_medium=referral
- BAFTA Kids at Home with Place2Be

Our friends at BAFTA Kids have enlisted some famous faces to share their recommended films, TV shows and games to keep your family entertained!

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/launching-bafta-kids-at-home-with-place2be/>

- RHS: bringing the sunshine inside <https://schoolgardening.rhs.org.uk/News/News-results/National/2020/March/Bringing-the-sunshine-inside>

A few ideas to help you and your family connect with nature, even while staying indoors.

- Greenhouse Sports: #HomeCoach <https://www.greenhousesports.org/2020/04/06/what-is-isolation-to-you/>

These daily sports and fitness activity videos are designed to help you keep stay active, as well as some fun challenges for you to try at home!

- National Literacy Trust: Family Zone <https://literacytrust.org.uk/family-zone/>

Free reading and writing resources, audiobooks, videos, competitions and reading challenges to support parents during school closures.

- Q&A with Katie Thistleton <https://www.place2be.org.uk/about-us/news-and-blogs/2020/april/q-a-with-katie-thistleton/>

Place2Be ambassador, Radio 1 DJ and CBBC presenter Katie answers questions from children on childhood, wellbeing, her career, and coronavirus.

‘Express yourself’ is about finding creative ways to share feelings, thoughts, or ideas, through things like art, writing, music, dance and doing things that make you feel good.

NB. Being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show how you are feeling that can help you feel good about yourself

<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

I express myself through...

- Art https://www.youtube.com/watch?v=STdJ_8ORyE&feature=youtu.be
- The Squiggle game
<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>
- Dance <https://www.youtube.com/watch?v=m0R-ftFBm38>
- Music <https://www.youtube.com/watch?v=sELz0aCx9Lw>
- Creating Content <https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>
- Writing <https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>
- Acting <https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>