

Nurturing Wellbeing: strategies and resources for families to support and boost children and young people's emotional wellbeing

Alice Ndiaye
This is an interactive guide; links are embedded in the pictures



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The Feel Good Squad at NCC have put together some fun activities to boost kids' moods and keep them smiling



The resources are themed around the evidence-based NHS Five Steps to mental wellbeing. It includes lots of ideas for children on how to :

- **Connect** – connect with the people around you
- **Be active** – find an activity that you enjoy and make it a part of your life.
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word.
- **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

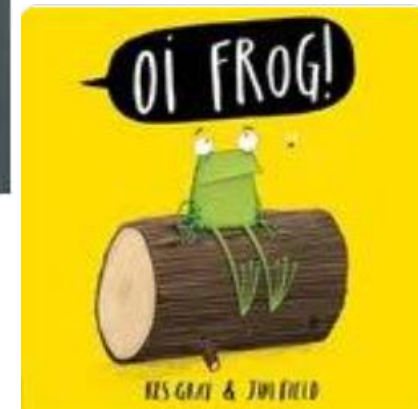


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Encourage social awareness

- For activities to support social-awareness click [here](#)
- For a poster containing hints and tips to develop good social-awareness click [here](#)
- For a colouring in page that is a reminder of good social-awareness; The Golden Rule Click [here](#)
- Watch [Twiggle's Special Day](#)



Treat others
the way that
you want
to be treated

- 1) SELF REFLECT. FIND YOUR WHY:
parents and carers
- 2) GET CURIOUS AND EXCITED ABOUT
DIFFERENCE: 0 - 3 years
- 3) NURTURE EMPATHY. LEAN INTO
FAIRNESS: 3 - 6 years
- 4) EMPOWER THEM TO ACT.
FIND THEIR VOICE: 6 - 9 years
- 5) FACILITATE CHANGE. AMPLIFY
OTHER VOICES: 9 - 12 years



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Build a sense of connection

- For activities to support relationship skills click [here](#)
- For a poster containing hints and tips to develop good relationship skills click [here](#)
- For a colouring in page that is a reminder of what friends do, click [here](#)
- Watch [Twiggie Makes Friends](#)



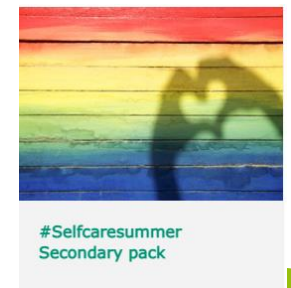
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Nurture life long learning

- [Interactive games](#); fun family activities to support SEL discussions at home
- [Board games and SEL](#); these allow us to practise social norms such as turn-taking, following rules, listening, paying attention - not to mention detailing with the themes of winning and losing!
- [SEL kindness challenge](#)
- [Using ICT with SEL](#); We know that technology and devices get used a little more frequently during 'school' downtimes, and we thought it might be helpful to pull together a list of some really great apps that can be used to enhance Social Emotional Learning online.
- [Pobble](#) have put together 100 simple and fun non-screen activities that children can do at home
- [Lifting Limits](#) have created some resources that explore and challenge gender stereotypes
- JoJo and Gran Gran creator and educator Laura Henry-Allain MBE has created '[Becoming Part of the Change](#)'; supporting families to raise antiracist children
- Place2be have put together some great [activity sites](#) and have a wide range of [useful resources](#) for parents and carers.
- The Anna Freud Centre's a self care [printable booklet](#) full of explanations, guidance and opportunities to connect through Challenge Tuesday.



Type of compliment	Possible sentence starter
1. The way people look e.g. hair, eyes, smile	I like your...
2. The things people have e.g. bag, toys, bike etc	I like your...
3. The things people do e.g. good at playing football, playing the piano, tidying up, doing maths, sharing etc	You are good at... I like it when you...
4. The way people are e.g. kind, friendly, generous, hard working etc	I like the way you are... I felt...when you...



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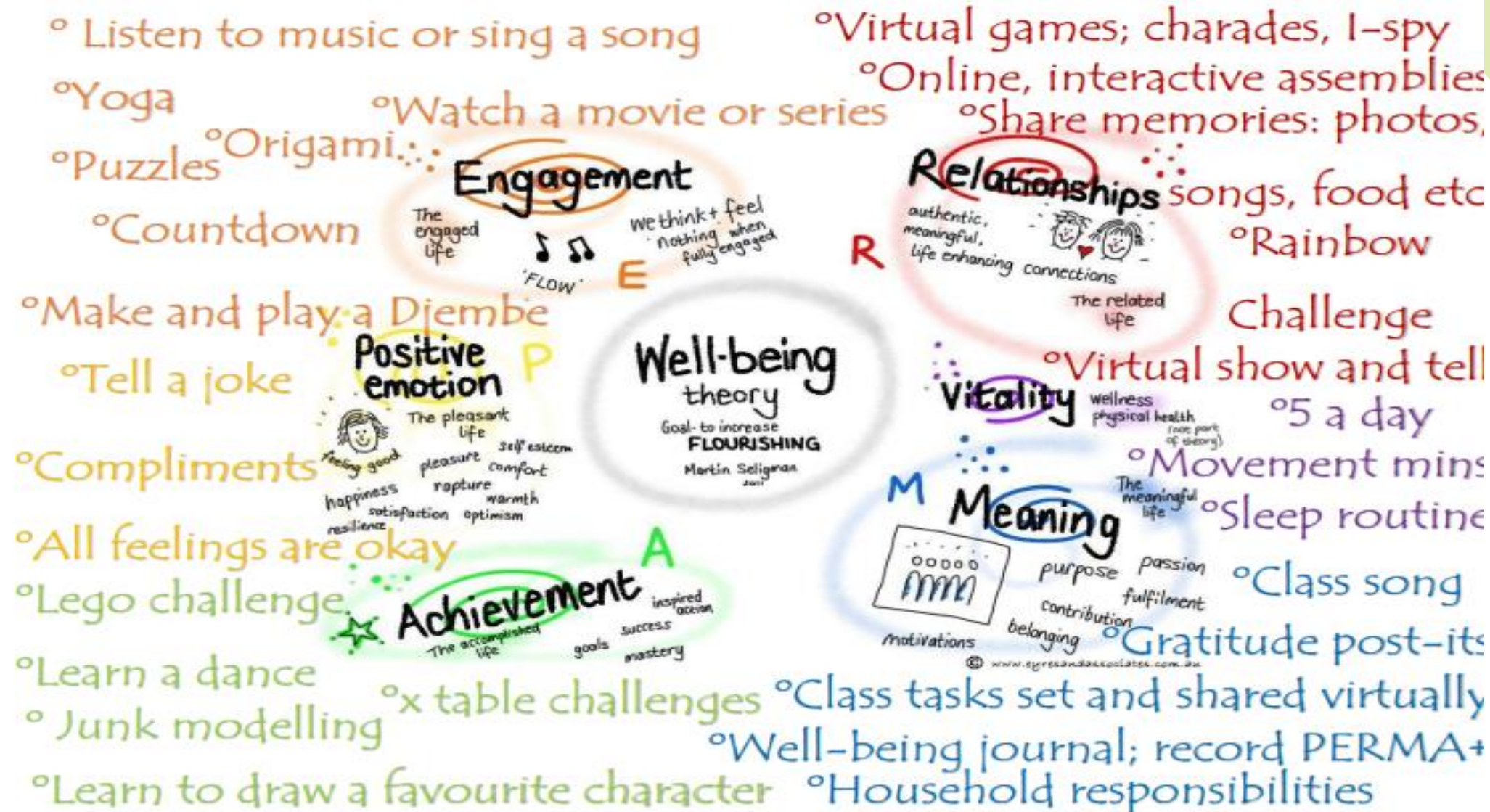
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Build in screen free, self care activities

Wellbeing Theory:
Martin Seligman
PERMA



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Know how to spot the signs



We have some great digital tools available to children, young people and their families in Norfolk. Individed for primary age children and Kooth for children and young people 11-25 can help spot the signs that a wellbeing boost is needed. Individed and Kooth also provide a wide range of resources to provide that boost.

To see more videos from the Individed team click [here](#) and for any questions email Charlotte at talktous@weareindivided.com



INDIVIDED.

A PERSONAL WELLBEING BOOST FOR YOUR CHILD

Measure, assess and improve your child's emotional health with fun and friendly quizzes, advice and resources

Register Resources More Info

Available free in your area

WWW.WEAREINDIVIDED.COM



kooth

Free. Safe. Anonymous.

Kooth is an online Mental Health platform for young people. **Need to talk?** Chat to our friendly counsellors.

Articles & Advice Live Chat Live Forums

<https://kooth.com> go!

Kooth offers advice on the go. We're by your side when you need us most. for ages 11 - 25



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Children & Young People's Health Services

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ChatHealth Norfolk

CONFIDENTIAL SUPPORT

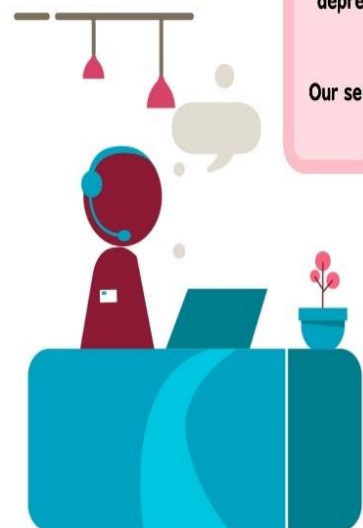
Struggling to cope with anxiety and concerns about the current situation?

Have some issues staying healthy and feeling good? Or just not feeling safe at the moment... We are here for you!

For Young People 11-19

TEXT: 07480 635 060

wellbeing
Helping you live your life



Wellbeing Norfolk & Waveney provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. We work with you to help you make the necessary changes to improve your wellbeing and quality of life.

Our services are free and are available to people aged 16 and over living in Norfolk & Waveney.

Services we provide include:

One-to-one support
Online webinars which are quick to access
Regular online social events
Peer support
Employment Support

You can find out more about our service by visiting our website or by giving us a call.



www.wellbeingnands.co.uk

0300 123 1503

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iapt
Improving Access to Psychological Therapies



Just One Norfolk is our one stop shop for families to support good physical and emotional health.

NHS

Visit:
JustoneNorfolk.nhs.uk
CLICK HERE

Call:
0300 300 0123

Text:
07520 631590

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Norfolk and Suffolk
NHS Foundation Trust



First Response

Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk needing urgent mental health support

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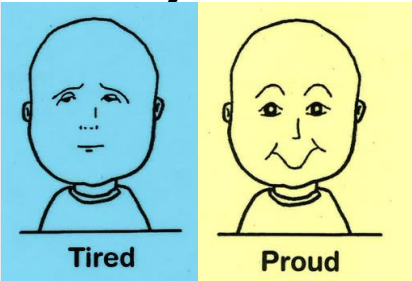
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Teach children that all feelings are okay

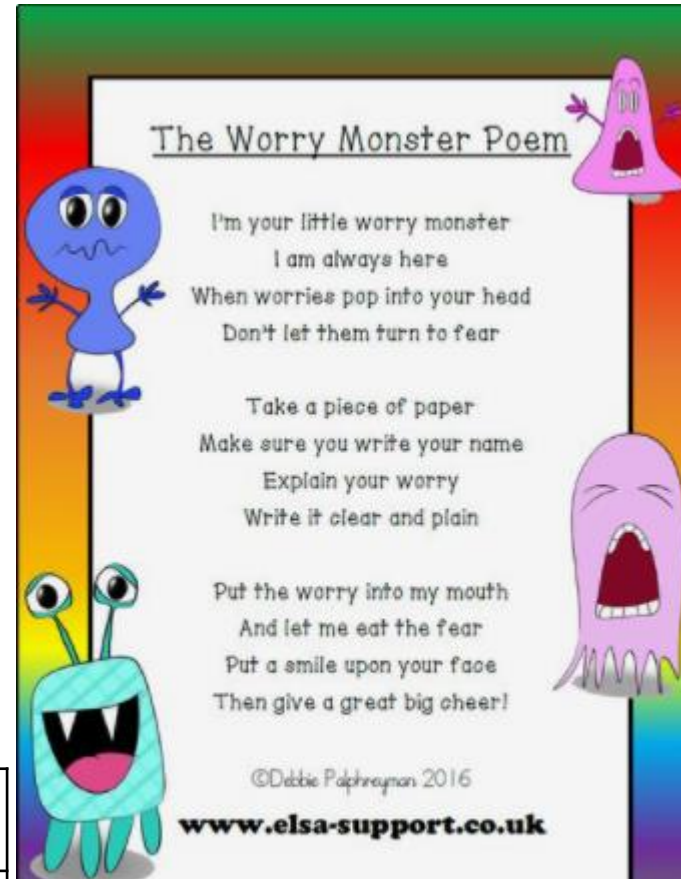
[Tamara feels worried](#) is a book which explains worry
[Feelings dictionaries](#) are recommended for year 4 up
[click here](#)

These [resources](#) help express and explore feelings
 This [poster](#) contains hints and tips to develop good
 awareness of feelings and self

This [colouring in page](#) is a reminder; all feelings are
 okay



Feelings	<u>The Feelings Book: Todd Parr</u>	<u>Emotions: Storybots</u>
Brave	<u>Read by Idris Elba: The little chicken named Pong Pong; Wanda</u>	<u>Dave Matthews: I need a word- Feelings</u>
Calm/Relaxed	<u>Calm Down Boris; Sam Lloyd</u>	<u>Bruno Mars: Don't give up</u>
Excited	<u>Rocket Says Look Up; By Nathan Bryon, Dapo Adeola</u>	<u>Common and Colbie Caillet: Belly Breathe- Calming down</u>
Kind	<u>Smartest Giant in Town; Julia Donaldson</u>	<u>Mindy Kaling: enthusiastic</u>
Happy	<u>Amazing; Steve Antony</u>	<u>Sharing cookies with Elmo</u>
		<u>Mark Ruffalo; empathy</u>
		<u>If you're happy and you know it; Elmo</u>



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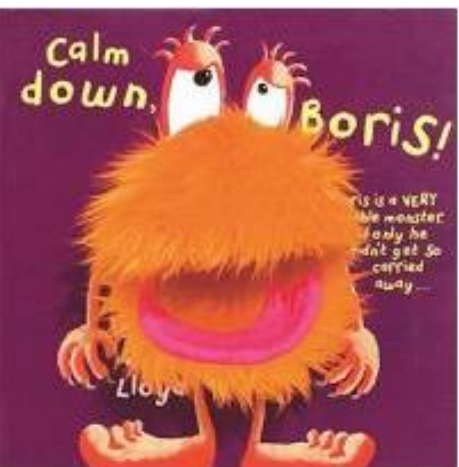
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Help your child calm down and manage stress

- For activities to support self-management at home click [here](#)
- For a poster containing hints and tips to develop good self-management
- Watch [Twiggie Learns to do Turtle here](#)
- For a colouring in page that is a reminder of how to self regulate using the 3 steps 'Turtle' (taught in reception and year 1) click [here](#)
- For a colouring in page that is a reminder of how to self regulate using the 3 steps 'Red Traffic Light' (taught from year 2 onwards) click [here](#)



[Five Finger Breathing | a simple guided breathing exercise for kids -](#)



Cove app



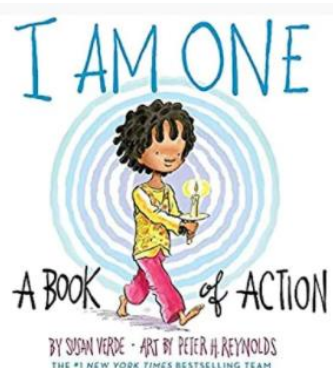
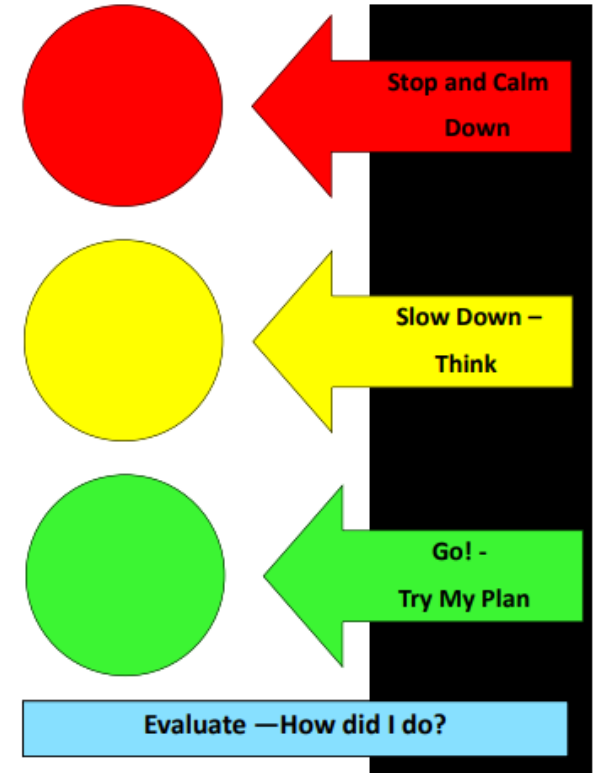
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Talk to your child about how to problem solve

EIGHT THINGS TO SAY TO AN ANXIOUS CHILD



Control Signals



- For activities to support responsible decision making, click [here](#)
- For a poster containing hints and tips to develop responsible decision making, click [here](#)
- For a colouring in page that is a reminder of responsible decision making, click [here](#)

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Ways to support children and young people's emotional health during lockdown

- Encourage social awareness
- Build a sense of connection
- Nurture life long learning
- Build in screen free, self care activities
- Know how to spot the signs
- Teach children that all feelings are okay
- Help your child calm down and manage stress
- Talk to your child about how to problem solve



***Follow 'The Golden Rule'**

***Take the compliment**

***All feelings are okay**

***3 steps to calm down**

***It's okay to make mistakes**

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