



Mental Health and Well-Being

At Birklands Primary we know that it is important to have and develop a positive well-being.

In times such as this, it can be a challenge to stay positive and look after all aspects of yourself. Therefore to support our children and families we have put together a list of useful resources that can be accessed for free.

Along with the list below, do not forget that Birklands is part of the Take Five project. This project has involved teaching our children breathing exercises, with the aim of building resilience, a positive well-being and developing calming strategies when feeling anxious.

Resource	Produced by	Link	Information
Resources to boost your child's wellbeing during the Covid-19 pandemic	Partnership for Children	https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html	These activities are based on their Skills for Life programmes. Use them to help children find healthy ways to deal with their feelings and reactions to the Covid-19 situation.
ROBERT explains the corona virus to children	PLAYMOBIL	https://tinyurl.com/v2agaru	This excellent video explains the corona virus to young children using PLAYMOBIL to help explain in a way that children can

			understand what is happening right now.
<ul style="list-style-type: none"> • Beating the virus • Good days and bad days during lockdown • When someone dies from coronavirus • Having a test for Coronavirus 	Books Beyond Words	https://booksbeyondwords.co.uk/	Four short picture stories that will help people to understand the current crisis.
Talking to children about Coronavirus	The British Psychological Society	https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus	It is vital to talk openly to children and reassure them about the changes they are seeing around them due to coronavirus
Coronavirus and your mental health	Mind	https://www.mind.org.uk/information-support/coronavirus/	The coronavirus (Covid-19) pandemic is affecting all our lives. Many of us are struggling with how it's affecting ourselves and our loved ones.
Mental health resources for schools and parents	Time to Change	https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources	Mental health resources for schools and parents

Mental health support for young people service	NHS	https://www.nhs.uk/service-search/other_services/Mental-health-support-for-young-people/LocationSearch/1430	Type in your local postcode and find all of the mental health services available in your area
Mental Health	The Prince's Trust	https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health	Comprehensive list of charitable organisations that support mental health issues
Children's mental health	NSPCC	https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/	Advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.
The Happy Self Journal	The Happy-Self Journal	https://happyselfjournal.com/collections/all	A daily journal for children aged 6 to 12, based on scientifically proven methods that promote happiness, develop healthy habits for life and nurture enquiring minds.
Wellbeing app- Think Ninja	Think Ninja	https://www.healios.org.uk/services/thinkninja1	An app you can download for free. This app has activities that children can use to manage their emotional health and build their resilience.