



Key things to look out for:

- Withdrawal
- Drastic changes in mood or behaviour
- Persistent sadness
- Hurting themselves or talking about hurting themselves
- Avoiding/missing school
- Changes in eating habits
- Outbursts or extreme irritability
- Difficulty sleeping



Start the discussion:

- Have some regularly scheduled family time.
- Do something with them that they enjoy.
- Use open-ended questions.
- Go for a walk so that there are no other distractions.

<https://youngminds.org.uk/starting-a-conversation-with-your-child/>

General strategies:

Write down a positive from each day.

Create a positivity jar for the whole family. Every family member can put a positive thought/action from their day into the jar and they can be shared at the end of every week.



Create a `calm corner` or `chill out zone` somewhere in the house where they can go to have some space/listen to music/read/meditate/do some breathing exercises or just be...



Help them to build resilience through encouraging positive talk and reminding them of situations and feelings they have already overcome. By turning negative phrases into positive it will not only build resilience but will also help build their confidence and self-esteem. *E.g - `I've never done this before...` turns into `this is an opportunity to try something new.`*



Encourage them to create some positive self-affirmations that they can read regularly to promote self-esteem.



It is important to encourage your child to speak to an adult at school or for you to inform us if your child is struggling with something so we can support them (and you) with the appropriate pastoral care.



Useful links:

- <https://youngminds.org.uk/find-help/for-parents/>
- <https://www.annafreud.org/on-my-mind/self-care/>
- https://www.barnardos.org.uk/support-hub/emotional-wellbeing?gclid=EAlaIQobChMIgtPpm7X77AIViZntCh0opwROEAAYAiAAEgIdh_D_BwE
- https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/?gclid=EAlaIQobChMIgtPpm7X77AIViZntCh0opwROEAAYAyAAEgLpgfD_BwE&gclsrc=aw.ds
- <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>
- <https://www.actionforhappiness.org/calendars>
- <https://www.nhs.uk/conditions/self-harm/ways-help-avoid-self-harm/>
- <https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown/tips-parents-carers-return-to-school>



ACTION CALENDAR: NEW WAYS NOVEMBER 2020



SUNDAY

1 Make a list of new things you want to do this month

8 Find out something new about someone you care about

15 Go outside and do something playful - walk, run, explore, relax

22 Find a new way to tell someone you appreciate them

29 Discover your artistic side. Design your own greeting cards

MONDAY

2 Respond to a difficult situation in a different way

9 Plan a new activity or idea you want to try out this week

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for reasons to be hopeful, even in difficult times

TUESDAY

3 Get outside and observe the changes in nature around you

10 When you feel you can't do something, add the word "yet"

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

WEDNESDAY

4 Sign up to join a new course, activity or online community

11 Be curious. Learn about a new topic or an inspiring idea

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

THURSDAY

5 Change your normal routine today and notice how you feel

12 Overcome a frustration by trying out a new approach

19 Broaden your perspective: read a different paper, magazine or site

26 Tune in to a different radio station or TV channel

FRIDAY

6 Give yourself a boost. Try a new way of being physically active

13 Choose a different route and see what you notice on the way

20 Make a meal using a recipe or ingredient you've not tried before

27 Enjoy new music today. Play, sing, dance or listen

SATURDAY

7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Join a friend doing their hobby and find out why they love it



"You never know what you can do until you try" ~ C. S. Lewis



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/new-ways-november

Keep Calm · Stay Wise · Be Kind

Questions I wish my parents had asked me

YOUNGMINDS

#Take 20

Who are the people you feel safe with?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

If you could change anything in your life what would it be?

What difficulties are you facing now?

What can I do to help?

I can tell that you really like "insert video game/app/tv show/fossil collection", what about it do you love so much?

Where is a place you feel safe?

Do you have any worries about starting a new school?

What are you most looking forward to this week?

It's okay to keep stuff private, but did you want to tell me more about "insert subject"?

How are you coping since your dad died?

What are you worried about when you lie in bed and can't sleep?

What are you most dreading this week?

How do you feel about things changing?

Is there a lot of picking on people at your school?

Is there anyone who is upsetting you?

How do you feel about growing up? What's exciting, what's scary?