

THE WEEKLY WELLBEING TOOLKIT

WELLBEING FOR CHILDREN, PARENTS AND STAFF
Edition 10: 22nd May 2020

Welcome to edition 10 of The Weekly Wellbeing Toolkit. In the coming weeks we will focus upon the core wellbeing values embodied in "The Wellbeing Toolkit" Kelly and Andrew.



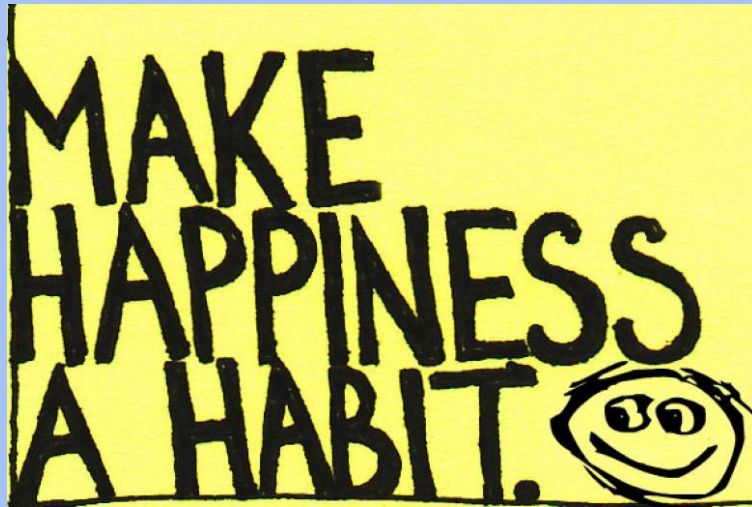
This week we will be focussing on **Celebration**

**THE MORE YOU
CELEBRATE
YOUR LIFE,
THE MORE THERE
IS IN LIFE TO
CELEBRATE.**

Oprah Winfrey

What do you do well? Plenty; but do you realise this? Do we thank each other enough? Are we positive in our mindsets? Do we notice what others do? Celebration of children's achievements is an underlying principle of a successful school, but at the heart of that school is a team of adults striving to deliver the positive future our children deserve. It takes seconds to thank somebody, praise their efforts or a particular piece of work and if this is sincere, rather than a token, the value for the recipient is immeasurable.

For Everyone



- Expressing Gratitude
- Nature walks for wellbeing
- Acts of service to others
- Surround yourself with happiness triggers, plants, photo's and thank you cards
- Practice forgiveness
- Keep positive relationships
- Journaling



More than ever, we must support children & young people's mental wellbeing. Claire Dorris from The [National Children's Bureau](#) considers how parents, practitioners, friends, wider family, and policy influencers can help during [#Coronavirus](#). [#MentalHealthAwarenessWeek](#)

For Children

The importance of check in for children are vital at this time to ascertain how they are coping in the current pandemic. Invite young people to assess where their emotions currently sit on this mood flag and ask them what they would need in order to move up a flag.



Make a lockdown memory jar

Being in lockdown has given us lots of time to reflect and think about the things that are important to us. What if you could invite your children to create their own Lockdown Memory Jar, these could include:

- Notes of how they felt
- Trinkets they may have collected on walks
- Meaningful drawings
- Pictures of loved ones they have missed



Re-Think The Rainbow

Multimedia eBook containing over 20 inspirational stories, narrations, videos and activities for children aged between 6 and 11. A valuable resource for parents, carers, libraries, and teachers.

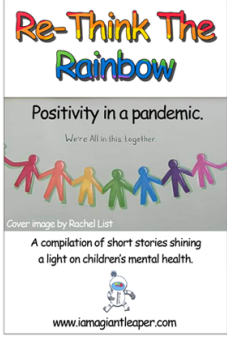
Rethink the Rainbow - Positivity in a Pandemic - Available May 31 st , 2020

Written by real people for real people - The youngest author to date is aged 7!

ALL proceeds raised will be donated to several UK 'grass-roots' children's mental health charities.

Pre-order your copy on www.iamagiantleaper.com for £9.99 (2 x takeaway coffees!!)





Rethink the Rainbow is a charity book created for children to shine a light on children's mental health. 100% of the proceeds are being donated to young people's mental health charities

Pre-Order your copy of the compilation eBook 'Rethink the Rainbow' shining a light on Children's Mental Health - A fab resource for parents, carers, kids, teachers and schools!

<https://iamagiantleaper.com>

For Parents

Young Minds have created some great questions to help identify children's needs in these current times.

[Young Minds Charity](#)

Questions to ask your child in self-isolation **YOUNGMINDS**

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

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

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

YOUNG
MiNDS

For Staff

Support a Safe & Successful Return to School using the SWAN framework

These videos and the accompanying guided discussion template aim to enable you to use the SWAN framework as a springboard for thinking about the return to school for children and adults.

Remember – the swan looks like they are gracefully gliding across the surface, whilst in fact they are frantically paddling beneath the water. Right now, our children need us more than ever to be the swan.

S – safe

W – welcoming

A – all together

N – nurturing

I would recommend having as many staff, students and families as possible engage with the course or the ensuing discussions. Try to foster an environment of creativity, collaboration and commitment to one another and your children. We do not know the answers yet, but we'll find better ones if we search for them together.

I truly hope this is helpful. THANK YOU for all that you are doing.

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Free for members

COURSE INCLUDES

9 Modules

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[Help](#)

Dr Pooky Knightsmith has created a fantastic
FREE E-Learning resource for educators

This supports a safe and successful resource
to return to school

[Sign up here](#)

Practical advice to support staff wellbeing in
the crisis from [Education Support Partnership](#)

5 tips to put kindness at the heart of your school or college



1. Model kindness
Lead by example and show what being kind looks like.



2. Encourage kindness
Get students and staff involved in supporting their local communities.



3. Notice kindness
Recognise and praise when you notice kindness.



4. Cut some slack
Understand that students and teachers will experience the effects of the pandemic differently.



5. Be kind to yourself
Do not expect perfection of yourself or others. Aim for 'good enough'.

Emotional support helpline:

08000 562561

educationsupport.org.uk/helpline

#MentalHealthAwarenessWeek
#KindnessMatters



Tough Day?

Talk to us



#TwinklCares



**Education
Support**
Partnership

Quick Quiz:

Can you identify the bands or artists from the emojis?

Artists / Bands... go!

1. 🧑🐶
2. 🌈👤👤
3. ⬛👁️👁️📀📀
4. ❄️🏂🎮
5. 🐑📀📀
6. ⬅️🏡👤👤
7. 🔫🔫🌹🌹
8. 🐱🐟🍼👤👤
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20. 🇸🇪🏠👤

Book Recommendations

For Wellbeing:

[Live Well, Teach Well](#) by Abigail Mann

Stressed? Overworked? Drowning in marking? This book has it covered. In order to secure the best possible outcomes for your pupils, you must look after your own wellbeing, and Live Well, Teach Well is jam-packed with 90 practical ideas and strategies to help you do just that.

For Adults:

[The Humans](#) by Matt Haig

After an 'incident' one wet Friday night where he is found walking naked through the streets of Cambridge, Professor Andrew Martin is not feeling quite himself. Food sickens him. Clothes confound him. Even his loving wife and teenage son are repulsive to him. He feels lost amongst an alien species and hates everyone on the planet. Everyone, that is, except Newton, and he's a dog.

For Children:

[The Truth Pixie](#) by Matt Haig

More from Mr Haig, the lovable story of a little pixie learning to love herself. A great favourite of children in our schools. Beautifully illustrated by Chris Mould

For Young Children:

[Ruby's Worry](#) by Tom Percival

Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again? Perceptive and poignant.

Blog of the Week

"How are you?" Andrew wrote this for our friend Kate Moxley who has done an amazing job promoting Mental Health Awareness Week throughout the week. The theme for this week has appropriately been 'kindness'

[Find the post here.](#)

Virtual Day Trip

A day out at the Smithsonian Museum Of Natural History in Washington DC



Take your trip [here](#).

Recipe corner:

The Best Homemade Burgers

The weather looks great for the Bank Holiday Weekend, so why not make your own burgers for the family BBQ?

Ingredients for 8 Burgers

450g minced beef or beef and pork combined (or for a vegetarian option replace with white beans, black beans or aduki beans)

100g breadcrumb

A bunch of spring onions finely sliced

A generous handful of fresh or dried herbs and spices to taste (thyme and basil work well, or try a sprinkle of chilli flakes)

Salt and pepper to season.

Oil of your choice to shallow fry

Place the meat, breadcrumbs, spring onions, herbs and seasoning in a bowl and mix so that all the ingredients are well combined. Divide into 8 roughly equal portions, roll each into a ball, roll gently in flour, flatten between your hands so each has an equal thickness and set aside until ready to cook.

Heat a frying pan over a medium-hot hob, adding a little oil. Press each patty between your hands, or on a chopping board, so all are of equal thickness. Fry or barbeque until cooked to your satisfaction on both sides, turning in the middle of cooking. Serve in a bun with sides of your choice.