

EMOTIONAL HEALTH AND WELLBEING



This pack is to help raise awareness about mental and emotional health and wellbeing.

Have a go at the activities and see if you can: -

- Try and help yourself and others to problem solve.
- Use healthy coping strategies that can help with building resilience when challenges come your way.
- Try out some mindful colouring or relaxation ideas in the 'Calm Corner' to help you feel calm and relaxed.
- Try and have a go at the feelings wordsearch.
- Finally, have a look at some of the workshops available at Northorpe Hall, along with some useful links to support mental health, emotional health and wellbeing.



What is mental health?

"Your mental health is how you feel about yourself emotionally, psychologically and socially. Everyone has mental health – some people have good mental health, some people don't, and a person's mental health can always change." Children's Society, 2020.

Why is it important to look after our mental health?

keeping physically healthy can also help us stay emotionally healthy just by following some easy steps!

- Try and get into a healthy routine
- Get plenty of sleep
- Eat a varied and balanced diet
- Drinking plenty of water
- Getting regular exercise



Eating well, keeping fit and getting a good night's sleep will not only help our bodies stay strong, but will also help us cope when we feel our mental health and emotions are negatively impacted.



Why not have a go at making your own Healthy Routine poster, using the steps above!

How am I feeling?





SUPPORT NETWORKS

1) My Support Networks

Think about a time when you had a problem, and make a list below of who you spoke to or could speak to?

(e.g. parents/carers, school, external services, doctors, after school clubs, relatives or friends)

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2) My Support Networks

Now imagine that you are one of the support networks and help Evie, Joshua and Eesa with their problems using the coping strategies from the strategy box.

"I have been hiding in the toilets at break times. After school I go straight to my bedroom. I feel like no one is there for me. I don't even like spending time with my friends anymore". Eesa, 10.

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"I feel ugly and don't like the way I look. I am getting bullied and people are calling me names. I don't want to do P.E. in case people see me getting changed". Josh, 9.

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"I have started to pull my hair when I get upset. My little brother annoys me so much, so I hit him. I am getting into a lot of trouble for answering back lately". Evie, 11.

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Strategy Box

There are lots of different coping strategies that can help us with different problems.

BEWARE! Some strategies in the list are a trick. Which strategies might not actually be helpful?

- Talk to an adult - Use a Stress Ball
- Be kind to yourself - Hit somebody
- Count to 10 - Think Happy thoughts - Spend time with friends
- Ring Childline on 0800 1111 - Skip Meals - Do something fun - Don't go to school - Keep my problems to myself - Relaxing breathing - Be creative and make something - Stay in bed all day - Drink water - Play on the computer all of the time - Watch a film - Distract yourself - Write down your thoughts - Eat junk food - Listen to music - Reward yourself - Draw or colour - Get a good night's sleep - Exercise

Can you think of anymore?



Q. If you were to have a problem again who else could you speak to and what new strategies could you use to help make you feel better?

How am I feeling?



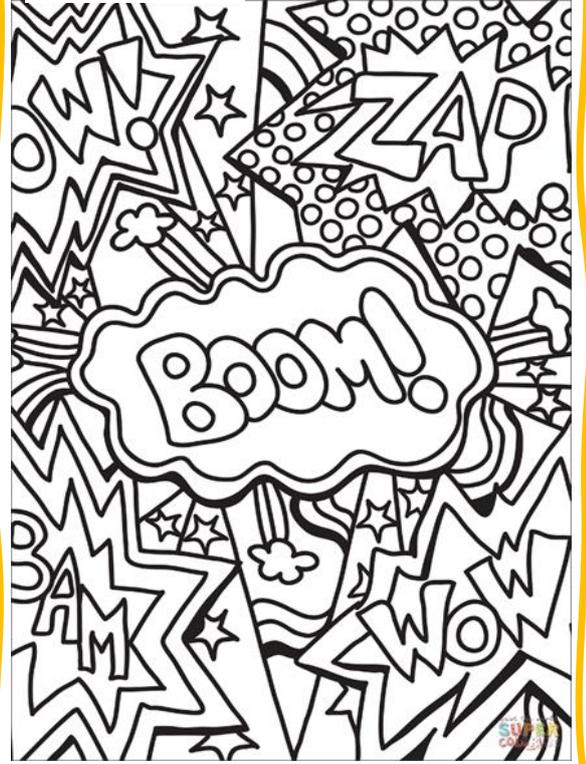
CALM CORNER

Colour me in ...



© Walk in My Shoes

Colour me in ...



5 - 4 - 3 - 2 - 1 Game

- Describe 5 things you can see right now.
- Describe 4 things you can feel with your sense of touch right now.
- Describe 3 sounds you can hear or your 3 favourite sounds.
- Describe 2 things you can smell around you or that you like to smell.
- Describe 1 thing you can taste right now or that you like to taste.

I CAN USE POSITIVE SELF-TALK!

FEELINGS ARE JUST VISITORS. LET THEM COME AND GO! - Mooji

IT'S SAFE TO FEEL MY FEELINGS!

HAVE A GO AT CREATING YOUR OWN FEELINGS DIARY.

Equality Diversity

NHS

Relax like a cat

Relaxation for children



'Relax like a cat' deep muscle relaxation script and audio available from moodcafe.co.uk

How am I feeling?





HELPING MYSELF

FEELINGS WORDSEARCH

O R N L R D C T O O E N O	ANGRY
T E E P E U T E O S E N E	DISAPPOINTED
E T J A W T P P I E I N E	EXCITED
E D E E T M S M I A R D E	HAPPY
S E O W A I E H S R N T W	JEALOUS
A S S R A L A U S O Q I C	NERVOUS
D I S A P P O I N T E D T	PROUD
E R T R P V D U O R P D C	SAD
T P U Y R G N A S A O R N	SCARED
I R D E R A C S A S F E A	SURPRISED
C U N V D K E T A A T T S	
X S T O I N C N I W E N A	
E E O R V E S R N V S M C	

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Helping myself!

- Talk to a trusted adult/friend
- Distract yourself
- Relax
- Count to 10
- Do something fun
- Call Childline 0800 1111

WORKSHOPS @ NORTHORPE HALL

Feel free to have a look and sign up to upcoming video workshop sessions at Northorpe hall. The sessions are to raise awareness and look at self-help support for children/young people and parents/carers. Below are the current workshops available to book on www.northorpehall.co.uk

Child sessions - Managing Worry - Building Resilience - Transition
(For ages 8 - 11, must be accompanied by a parent/carer)

Parent/Carer sessions - Introduction to Children and Young Persons Mental Health - Understanding Behaviour as Communication - Understanding and Supporting Anxiety - Positive Communication and Attachment - Introduction to Self-Harm - Maintaining Positive Emotional Well-being - The Teenage Brain - Supporting Sleep - ASC (Autism Spectrum Condition) Awareness Session - Supporting yourself as a Carer and where to get help.

USEFUL LINKS

www.northorpehall.co.uk – www.youngminds.org.uk – www.childline.org.uk – www.nhs.uk – www.mind.org.uk – www.handsonscotland.co.uk – www.moodcafe.co.uk – www.anxietycanada.com – www.thecalmzone.net – www.bullybusters.org.uk – www.boxofideas.org

How am I feeling?

