



Looking after my well-being when not in school

Hello all,

It is important that during this time we take care of our physical and mental health. I have put together some information to support you and your adults at home with this. I hope you find that it helps.

Thank-you

Mrs Woollen



Anna Freud
National Centre for
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Improving
children's
mental health



**MENTALLY
HEALTHY
SCHOOLS**

Myself

Many things have changed recently such as school closing and staying at home with your family. It is normal and understandable if you are worried or upset about what is happening right now.

There are things that you can do to help with these feelings:

1. Talk to a family member who lives with you in your house and let them know how you feel and let them support you through it. Together, you can make a plan of activities to do that will help you feel better each day.
2. Be honest and open when you talk.
3. If you watch Newsround or read about the current situation on line, be aware of how you are feeling about the evidence that is reported and know when you should take a break from it.
4. Keep in touch with other family and friends using social media or call them for a chat.
5. Maintain a routine for weekdays when you would usually be in school which combines learning and doing things that you enjoy then spend your weekends relaxing.

Parents & Carers

- Modelling positive behaviour and calm reactions to what you see and read will help children to feel more confident and it can provide reassurance in these uncertain times.
- Encourage children to talk about their feelings and ask if they have any questions about the current situation.
- Remember children may be worried about something specific to do with the outbreak such as the health of a family member or their exams being cancelled.
- Promote healthy self-care for children to practise every day. For example, exercise, focused breathing or mindfulness techniques, healthy eating, talking to someone, writing a journal and getting enough sleep.
- Help children to stay connected with their friends and other family members during this time.

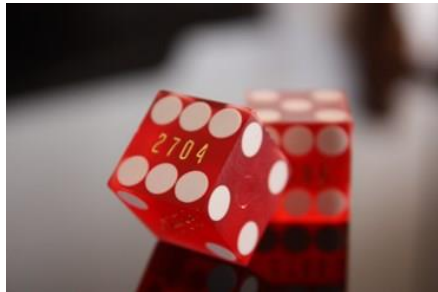
Self-care

There are many things you can do to look after your mental health:

- Baking & cooking – with the help of an adult you could make a meal or even something simple like a microwave mug cake. Use the internet for recipe ideas then share pictures of what you have created
- Being outside – in your own garden or a walk with family from your house once a day
- Board games with people in your house
- Crafting – use online tutorials
- Creative writing
- Dancing & listening to music

Self-care

- Drama – create a play for adults in your house or act out a story you have read at home
- Drawing or painting
- Gaming – spend an hour of leisure time doing what you enjoy
- Learn a new language online
- Reading
- Spend time on your own in your own space so you can relax
- Spend time with pets
- Yoga – watch a child friendly tutorial online and see how many moves you can copy



Mug cakes for family fun



Double chocolate brownie mug cake

2 tablespoons vegetable oil

*1½ tablespoons cocoa
powder*

a pinch of salt

*3 tablespoons caster/
granulated sugar*

1 UK medium/US large egg

*2 tablespoons plain/
all-purpose flour*

a pinch of baking powder

*1 tablespoon white chocolate
chips*

*1 tablespoon milk/semi-sweet
chocolate chips*

vanilla ice cream, to serve

*a tea cup or small
microwavable mug*

MAKES 1

PREPARE: 2 MINUTES MICROWAVE: 1 MINUTE COOL: 10 MINUTES

This dense chocolate brownie is the perfect chocolate fix in a mug cake! If you prefer your brownies fudgier, then wait 10 minutes before eating. If you can't wait that long, then expect a gooey, softer, cake-like brownie. Perhaps try both ways at once to decide which way is best!

Mix together the oil and cocoa in the mug, until you have a thick chocolatey liquid.

Add in the salt and sugar, and stir thoroughly until smooth.

Using a fork, beat in the egg until fully combined.

Carefully stir in the flour and baking powder, making sure both are completely incorporated.

Fold in both the white and milk/semi-sweet chocolate chips.

Microwave for 1 minute at 800W. The cake will rise, then sink a little and should still be quite wet to touch. It also may well drip a little down the sides of the cup.

Leave the mug cake to cool for 10 minutes before eating if you prefer a fudgier brownie like me. Serve with a scoop of vanilla ice cream on top.

Links to more information

- Helpful information to answer children's questions about coronavirus

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

- Help with your well-being

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse842d2>

- Schools in mind

www.annafreud.org/schoolsinmind

- Child in mind podcasts

www.annafreud.or/childinmind

- On my mind

www.onmymind.info