



What can I do if I feel worried?

Hello all,

This is the second resource I have created to help support well-being whilst we are not in school. It focuses on ways to reduce any anxiety that we may be feeling. It is important that during this time we take care of our physical and mental health. I hope you find that it helps.

Thank-you

Mrs Woollen



Why might I be worried?

It is understandable to feel more worried at this time because of the changes that have been put in place such as not being able to visit family, go to the park or go to school. We may not be able to control this situation, but we can control how we respond to it and learn some methods of coping with any difficult emotions we might feel.

Over the next few pages, I will share some activities that you can do with your family at home to reduce worries and improve well-being.

Relaxation activities

(find a quiet space away from distractions)

A simple exercise that encourages deep breathing – a way to relax.

- Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.
- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times



This exercise releases muscle tension.

- Pretend you are a turtle going for a slow, relaxed turtle walk.
- Oh no, it's started to rain!
- Curl up tight under your shell for about ten seconds.
- The sun's out again, so come out of your shell and return to your relaxing walk.
- Repeat a few times, making sure to finish with a walk so that your body is relaxed.

This exercise releases muscle tension.

- Pretend you are a feather floating through the air for about ten seconds.
- Suddenly you freeze and transform into a statue. Don't move!
- Then slowly relax as you transform back into the floating feather again.
- Repeat, making sure to finish as a floaty feather in a relaxed state.

This exercise releases muscle tension and massages your hands.

- Make your own stress ball by filling small balloons with dry lentils or rice.
- Take the ball in one or both hands and squeeze and release.
- Experiment with squeezing the ball.
- Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

Activities

Colour breathing

Sit or lie comfortably and close your eyes. Imagine a colour that feels good to you e.g. the blue of the sky or the warm yellow of the sun. As you breathe in, imagine this colour slowly spreading through your whole body. Now, imagine the colour of your worry and as you breathe out, slowly let this colour leave your body.

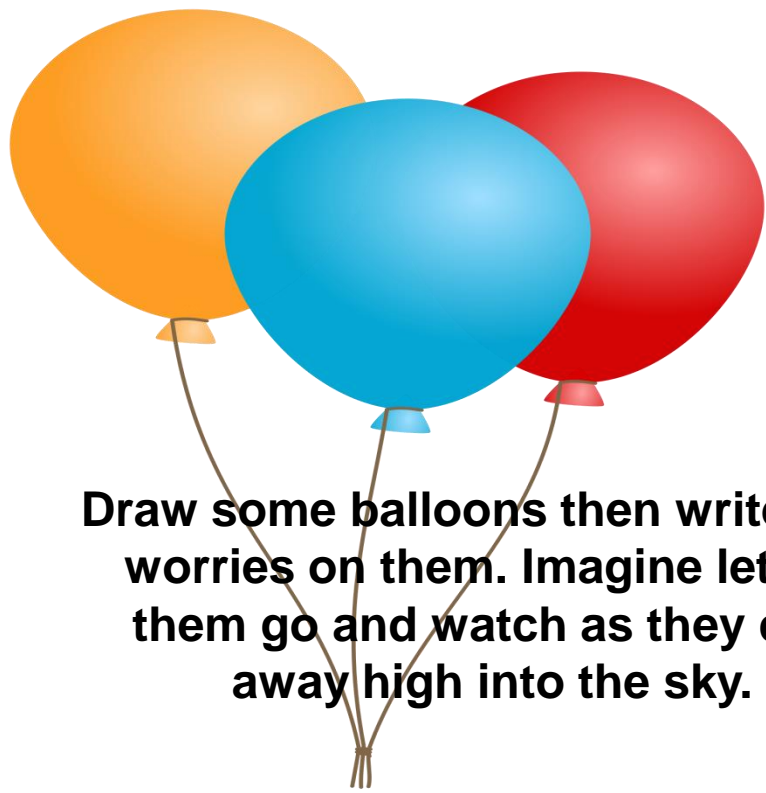
Plant some seeds

Plant some seeds or look at flowers in the garden and watch them grow. Notice how they change every day. Sometimes the change is so small you can't see it. But it's always there. Just like seeds growing; this difficult situation will change. Nothing stays the same forever.

Make some plans

Write down five things that you would like to do in the future when you can. During hard times it is good to have something to look forward to.



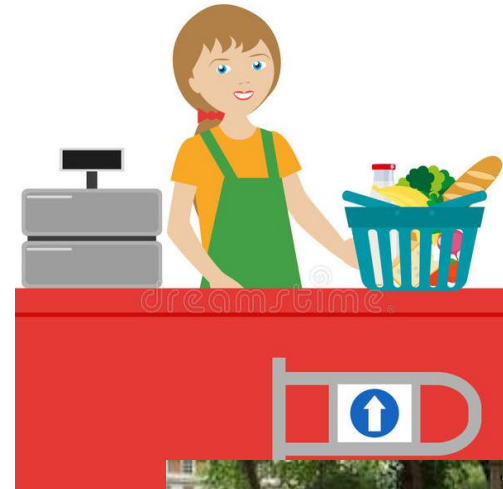


Draw some balloons then write your worries on them. Imagine letting them go and watch as they drift away high into the sky.



Go cloud spotting. Lie down on the grass and see what shapes you can imagine.

Can you draw a picture or write a message for all the superheroes who are working hard. You might want to display this on your window.



Showing gratitude or thanks can help to improve our mental health.

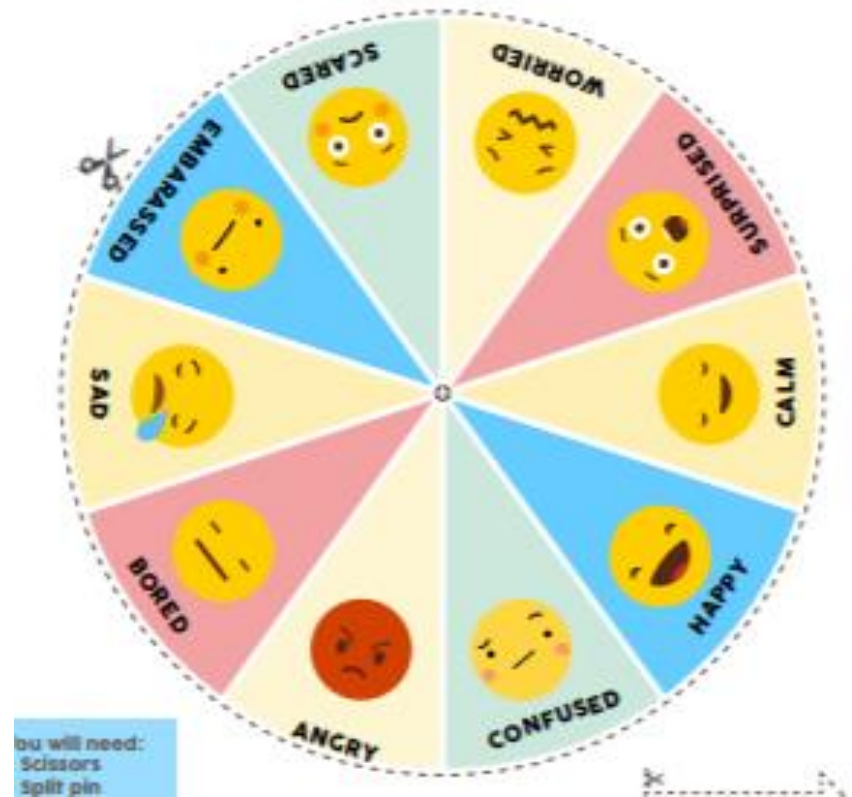


Express your feelings

- Use an emotion wheel to identify how you feel throughout the day.
- If you feel worried or upset then you can try to reduce the anxiety around that situation by doing an activity or talking to a family member.

The link below can be used to find this resource.

<https://www.mentallyhealthyschools.org.uk/media/2001/emotion-wheel.pdf>



Or you could make your own.

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.org/childinmind

- On my mind

www.onmymind.info