

# The Mental Health Support Team

Summer Newsletter  
August 2020

Welcome to our third Summer Newsletter! We wanted to share some great resources & activities for children to do over the summer to support their wellbeing.

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



A lot of the activities and ideas we suggest are based around the 5 Ways to Wellbeing: <https://bit.ly/wayswellbeing>

## Mental Health Support Team Podcasts & Videos!

Our team has created some great podcasts & videos based on mental health & wellbeing



**Podcasts** Include: *100 Self Care Activities, Relaxation, Positive Self Talk, Transitioning from Lockdown.*

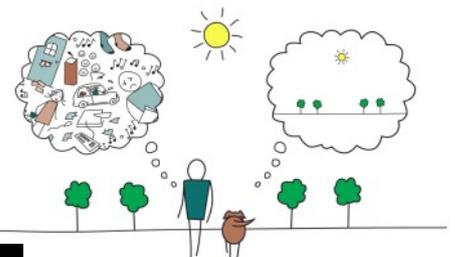
**Videos** Include: *Big & Small Emotions, 5 Finger Breathing, Emotional First Aid Kit, Circle of Control*



You can access all of these [here!](#)



**Mindfulness!** *Being present & engaging fully in each moment.*



Mind Full, or Mindful?

You can find a [mindful colouring sheet](#) at the end of the newsletter.



### Musical Mindfulness



Select a piece of instrumental music (or song!) you've never heard before, or pick your favourite!

Close your eyes and start playing the song. Without judgement, listen to the song, paying attention to the range of sounds and each instrument, focussing on it's pace, changes in volume etc.



**Reflect:** how did you feel before the song versus now? did any thoughts come up whilst listening?

### Videos

- ⇒ [Simple Breathing Exercise](#)
- ⇒ [10 Minute Calming Waves Relaxation Music](#)
- ⇒ [5 Tips for Everyday Mindfulness \(Teens\)](#)

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## Creative!



### Emotion Octopus

A great **craft activity** to make a fun octopus toy for children out of a paper cup. It's a fantastic thing to use to discuss emotions and how to deal with them!



### Paper Spinners!

Get creative and colourful making a fun **paper spinner!** These are simple to make and a good object to focus on for mindfulness. Try making a sun spinner to celebrate summer!



### Candle Making

Learn a new skill and hobby with these **candle making instructions** for beginners. These are lovely for all year round and a great thing to focus on in meditation & mindfulness exercises. Try making them with eco friendly soy wax!



## Active!

Exercise is amazing for mental health as it releases chemical endorphins in the brain which are known to improve our mood.

### Frisbee Noughts and Crosses



Play a classic game out in the sunshine using Frisbee's!



A fantastic way to get moving and enjoy the outdoors whilst spending quality time with family and friends.

All you need is two different coloured or marked frisbees, and a sheet or old shower curtain to draw the grid on.



Alternatively you can make a grid using other materials such as [poles](#) or tape.

### Videos

- ⇒ [Sun Salutation Yoga Flow \(Teens\)](#)
- ⇒ [ABC Outdoor Fun Workout](#)

be Active!

## Yoga Pose



seated twist

**A simultaneously relaxing and invigorating pose.**

Sit with your legs in front of you. Bend your right knee & cross your right leg over, placing your foot next to your left thigh. Bend your left knee, positioning your ankle next to your right glute. Reach your right arm behind you, fingers on the floor and gently twist your body to the right. Hook your left arm around your right knee. Take a deep breath & exhale as you twist further to the right.

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## BSL Fingerspelling Alphabet



[www.british-sign.co.uk](http://www.british-sign.co.uk)

## Keep Learning!

**British Sign Language** or **BSL** is used by over 150,000 people in the UK every day, helping to connect people with a huge range of hearing and speaking disabilities. It's super easy to learn the basics, like the alphabet, numbers and greetings.. Why not try learning to spell your name?

[BSL zone children's shows](#)   [School of Sign Language Online](#)

This YouTube series by Natasha Lamb is a brilliant way to start communicating using BSL, have a look and see for yourself!  [Learn Beginner's BSL](#)

  
hello

  
please

  
thank you

  
you're welcome

  
sorry

  
excuse me



**Design your own family tree!**

Here are some cool ideas you can use to design and make your very own unique family tree!

[Printable templates for family trees](#)

[Family tree charts and how to make 'em](#)

[Martha Stewart's creative trees](#)

## Fun & Games!

### Make your own lava lamp!



This experiment is really fun, simple to make, and looks amazing! You can find instructions by [following this link!](#)

### Glow in the Dark Games!

These are all easy to create and play, and are a fun activity as our evenings start to get a little shorter:

DIY Glow-in-the-dark Games



**GLOW IN THE DARK BOWLING**

## Outside Links

**Parent Survey from Oxford University:** *Are you a parent of a child or young person in year 0 (reception/foundation) to year 11?* If so please take part in <http://cospaceoxford.com/survey>

**Childline:** under 19s can call **0800 1111** for free, confidential support

**SHOUT:** text 'shout' to **85258** for 24/7 crisis text support

**Emerging Minds:** <https://bit.ly/EMAnxiety>

**Self Care Ideas**

**Supporting Parents who are Worried About Their Children's Well-being during Lockdown [Booklet](#)**—Guidance for discussing worries, wellbeing tips and more!

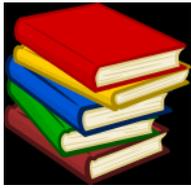
**CAMHS Oxfordshire:** <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

### It's a crisis

If it's an emergency, phone 999. This is if your child's life or the life of another child or young person is at immediate risk

Call the Oxfordshire and Buckinghamshire Mental Health Helpline if you need help with a mental health problem. This number replaces 111 for mental health advice in Oxfordshire.

- For children and young people call 01865 904 998



# The Mental Health Support

## Back to School Top Tips!



Returning to school after lockdown may be very daunting and could be causing a lot of anxiety for some of you. Below are some top tips to help you with any worries and feel a little more prepared when returning to school in September.

- **Familiarise yourself with what school life will be like when you go back** - knowing what your school experience is going to look like will make you feel better prepared and less anxious.
- **Take your time** - Teachers won't expect you to have everything perfect on the first day so don't put too much pressure on yourself!
- **Write down your worries** - Writing a worry down can help us let go of the worry and help us to stop thinking about it as much.
- **Ask questions** - Don't be afraid to ask questions about anything you're uncertain about! Knowing this information will put you at ease and make you less anxious.
- **Daily emotional check ins** - You may be quite worried and anxious about returning to school. Checking in with yourself every day allows you to recognise your feelings, find ways to accept them and move forward without letting these feelings or emotions consume you.
- **Transition away from technology** - Going from using technology throughout the day to not being able to use any at school can be difficult. In the time before school starts try to slowly increase the time you spend away from technology each day.
- **Make time to reward yourself with something you enjoy in your first week back** - Doing things that you enjoy is good for your emotional wellbeing. It can give you a sense of achievement and improve your day.
- **Get a good night's sleep before the first day of term** - Sleep is vital for us to feel energized, capable and prepared for the day ahead, as well as for keeping our immune system healthy and reducing stress.
- **Know who you can go to when you need to talk** - Friends, family, teachers, trusted adult, support organisations. Change can be difficult so whoever it may be, make sure you know what support is available to you.





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