

The Mental Health Support Team

Covid-19 Newsletter
June 2020

Welcome to our fifth newsletter! During the current circumstances we wanted to share some resources that parents and carers can do at home when looking after their young people 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>

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

Mindful Morning Routine: Try this routine to start your day right!

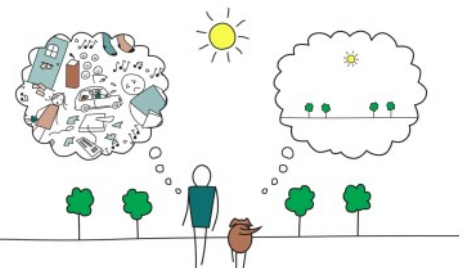
Waking up. Keeping your eyes closed, take six deep breaths, in through the nose and out through the mouth. Listen to your breathing and feel your body waking up.



Getting up. As you step out of bed, stand and take a really deep breath, stretch your hands to the ceiling with your fingers pointing upwards, as you exhale, lean forward towards your toes. Make yourself aware of your breathing and how this stretch feels.

Mindfulness Pinwheels!

Providing children with an object to focus on during mindfulness exercises can really encourage concentration on the breath. You can create your own pinwheel and use this in conjunction with [breathing exercises](#), making the wheel spin with every exhale! They are simple to make with [video](#) or [PDF template](#) instructions!



Mind Full, or Mindful?

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



Videos & Resources

- ⇒ 5 Mindfulness [Exercises](#)
- ⇒ 9 Minute Mindful [‘Paying Attention’ Exercise](#)

Mindfulness

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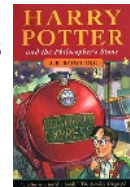
Creative!

Harry Potter At Home! Crafting Magic!

This is a fantastic [website](#) and [YouTube Channel](#) for Harry Potter Fans! It has creative activities inspired by the magical wizarding world, from making Hogwarts house bookmarks & pompoms to drawing magical creatures! Catch up on various stars performing all 17 chapter readings of The Philosopher's Stone!



Harry Potter



Try Photography!

Photography is such a fantastic way to explore and capture the world around you! Try taking your camera around the house, out in the garden, or out on a walk.

You could even try an app that sends you [free prints](#), then put them on your wall!

Make Cake Pops!

This is such a fantastic time to get into cooking and try new recipes!



Cake pops are a fun challenge, they look great—and they're delicious. You can decorate them with different chocolates and sprinkles to make them unique!



Active!

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

Home Sportsday!

Normally it might be near to sports day at school, so why not try having your own at home? You could try the egg and spoon race, hurdles, a hopping race or a skipping race and try and beat your own time! Or if you have a group you could try a wheelbarrow race, three-legged race or a relay race dribbling a football. Get out in the sunshine and have some fun!



be Active!

Videos

- ⇒ [Fun Active Games at Home!](#)
- ⇒ [Sun Salutations & Yoga with Animals!](#)

Home Disco!!

Turn on your favourite music and dance in your living room! This is a great way to get active and a lot of fun! You could also play games like musical statues!



Yoga Pose



LEGS UP THE WALL

A pose for relaxation which stretches your lower back and boosts energy! Great for after physical activity as helps your leg muscles & lowers your heart rate.

Lying on your back facing the wall making sure your hips are as close to the wall as possible. Position your legs vertically up the wall to form an L – shape.

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Science!

Home Experiments!

Set up some really fun and interesting science projects with materials found at home!

This [website](#) has lots of videos and ideas for home science experiments. Have fun with colours, gravity, illusions and design!

Video Resources!

⇒ [10 Experiments that will Amaze Children!](#)

⇒ [Cool Science Experiments](#)

[8 Experiments to Try at Home!](#)



[DIY Lava Lamp!](#)



Fun & Games!

Homemade Play Doh!

Stretchy : 1 cup of conditioner, 2 cups corn flour.

Glittery : 2 cups flour, ½ cup glitter, ½ cup water, 2 tbsp oil, food colouring.

Rock Salt: 2 cups flour, 1 cup coarse salt, ½ cup water, 4 tbsp oil, food colouring.

Original: 2 cups flour, 1 cup water, ½ cup salt, 2 tbsp oil, food colouring.

Scented: 2 cups flour, 1 cup water, ½ cup salt, 2 tbsp oil, 2 tbsp essential oil/ shower gel, food colouring.



Family Bingo!

A great game for everyone at home! You can get creative and make your own cards, or [print them!](#) Use a random number generator and think of some good prizes! You could also try musical bingo by shuffling a playlist of songs!



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

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

BBC Bitesize [Parent Toolkit for Wellbeing](#)

[Self Care](#) Ideas for Children

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

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

twinkl.com

