



Darlinghurst
ACADEMY

**Supporting your emotional wellbeing
For children and adults**

At Darlinghurst Academy we recognise that mental good health and emotional wellbeing are fundamental to living a happy and successful life. Sometimes it can feel like we don't have any control over what we think or how we feel, particularly at the moment due to the Coronavirus pandemic. However, by making simple changes to our lives, we can make a real difference in promoting our mental good health, especially during these unprecedented times when we all can't see loved ones, the children are learning from home and many adults are working from home too, all at the same time. We recognise that feeling good is worth investing in – and the best thing is that many of these simple tips won't cost you much in time and or money.

Anxiety is Covid-19's silent, unpredictable side effect – and it may during lockdown. Mental Health Services are already facing an uphill battle and this virus will only make the climb more difficult. For every person who is "fine" and learning how to adapt in these unprecedented times, there will be many struggling to even pull back the covers in the morning. Sometimes things can seem overwhelming, and you may feel you can't cope. You may simply just be having a bad day, or you may have an ongoing mental health difficulty that needs support. The important thing is not to try to cope on your own. If you are an adult with an existing mental health need you no doubt already have your own support network but some of the adult tips may also be useful to support you.



It's not good to spend too much time alone, especially if you are feeling low and vulnerable but at the moment it is really difficult to change that. It's at times like these that you need to be able to talk to someone but that in itself can also be very difficult. Don't be afraid to ask for help for yourself or your children. Some families will also find themselves trapped in abusive relationships without any reprieve and this is going to have an impact on the whole family. Many children will have celebrated school closures on March 20th but are now champing at the bit to get back and see their friends, yet everyday on the news the Government officials and reporters seem to make that seem further and further away; this also has an impact on us.

Some of our parent's work on the front line, and we thank you for all that you do, but they will be potentially scarred from what they have seen and could suffer post-traumatic stress disorder. Many of us could also be traumatised from losing a loved one and not being there for them at the end.

Experts predict that there will be a mental health fallout as a result of lockdown. Whilst the lockdown process itself happened relatively quickly the fallout will continue for many years to come and that is why we **Must look after ourselves, and each other, as best we can**, through technology now, and in person in the future.

According to experts it takes 21 days to develop a new habit and therefore we will have all formed new habits during lockdown. Not just ourselves, but also our children will have learned good and bad habits, as well as many new skills too, such as learning a musical instrument or a foreign language. Learning new things and being creative is a great outlet. Please share your new achievements and interests with us.

Life is going to be very different when restrictions are removed and the friends and communities that we have supporting us will be very different too so we need to build our resilience as much as we can now. Within this document are hints and tips that you can use to support the emotional wellbeing of your children and to protect yourselves as well. The children can access our pastoral support team through the Anchor Room Community in DB Primary and there is a separate section at the end for adults to help you through these times.

We hope you find this useful and if you have any further suggestions we will be happy to share these with our whole school community. We care about the well-being of all within our community.

Stay safe and take care of one another.

Darlinghurst Academy

Top Tips to help you through the day

<p>Now that we are all working from home, try and keep a healthy work schedule which includes lunch, breaks and a reasonable log-off time. Keeping parts of your normal routine can be helpful like eating breakfast and getting dressed into (comfortable) clothes, even if it is just changing out of the PJs which you went to bed in.</p>	
	<p>Stay active. The Government has said that it is okay to go for a walk, jog or bike ride as your one period of exercise outside the home, getting some fresh air can be a great way to unwind. The sunny weather has really helped in this respect but it will be difficult for people who can't access the outdoors. There are also lots of activities you can do from home like yoga, weights, pilates and gardening if you have one. You can find lots of classes on YouTube and Joe Wicks is proving very popular with his 9am exercise challenge but there are other things you can do if you find this too challenging, or maybe you want to mix up what exercise you do</p>
<p>Focus on the present, rather than worrying about the future can help with difficult emotions and improve our wellbeing. Mindfulness and relaxation are great ways to stay calm and relaxed. There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help ease any anxiety. The Mental Health Charity, Mind recommend Headspace. See the Mindfulness Monsters.</p>	
	<p>Board games can be a great way to spend time with family while giving you something to focus on. (Remember not to be too competitive you still have to live together !!!!) You can also play a lot of these games online, like Monopoly or Chess, or via apps like Words With Friends 2. There are lots of Quiz groups popping up all over the internet which might be fun to join in with including on YouTube</p>
<p>Accept that there are many things out of your control and that you can only work with what you have got – this might involve getting used to this feeling of discomfort and letting go of some of those perfectionist ideals. 'Good enough' may have to be just that - good enough. Try to focus on things that you can control, such as your behaviour, who you speak to and how often you get your information and where from, even something as simple as what to have for dinner</p>	
	<p>Take a break from the news. It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health, try limiting how often you check.</p>
<p>Keep in contact with each other as much as possible. It can be easy to feel isolated when you are cooped up indoors so try and schedule in video calls and check-ins with friends and family, even if it's just to have a cup of tea and a chat.</p>	
	<p>Get plenty of sleep. Good quality sleep makes a big difference to how we feel mentally and physically, so it is important to get enough. Try to maintain regular sleep patterns and keep up good sleep hygiene practices – live avoiding screen time before bed, cutting back on caffeine (remember coca-cola also contains caffeine) and creating a restful environment.</p>
<p>Be reassured that this intensely difficult time will change and will be replaced by a different perspective. Reach out for help. If you're feeling anxious about what's going on, speak to someone you trust like a friend, colleague or family member. Just because you support others doesn't mean you don't need support too. Remember we are all in this together and we all WILL come out the other side. The Government guidelines are there for a reason – to prevent the continuing spread of COVID-19 – we are not invincible.</p>	

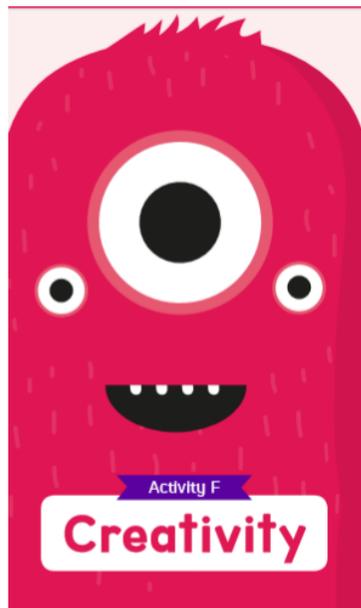


In school we have been using Mindful Monsters for some time now as well as a Mindful Minute after lunch to help everyone collect their thoughts and prepare for learning. Mindfulness is taking over schools, parenting blogs and even Facebook feeds - but what is it?

It's simply the act of being present in the moment, paying attention to your thoughts and feelings. Being mindful regularly has some brilliant benefits including:

- More resilience in day-to-day life
- Improved focus
- Better understanding of emotions
- A sense of calm
- More positive thinking — promoting kindness and gratitude

There are a selection of Mindful activity cards and we have downloaded a few for you but there are many more available to buy (should you wish). There's no wrong way to use your activity cards, so just have fun!



Activity A

Opposites

Draw an animal with the hand you normally write with.

Now try drawing it again with your other hand. It's a bit more tricky isn't it?

Activity B

Find and seek

Search each room of your house and find something that is your favourite colour.

How many things have you found?

Activity C

Bingo bango

Stand in your garden or doorstep, try and listen for:

- A dog barking
- Birds chirping
- A car driving by

When you have heard them all shout 'Bingo Bango!'

Activity D

Flower power

Collect some stones, leaves and flowers from your garden or on your walk.

Create a face. You could use stones for eyes, a twig for a smile, leaves for hair and a flower for a nose.

Activity E

Rock and roll

Make your own drum kit from pots and pans in your kitchen.

Do they make different sounds? Which one is your favourite?

Activity F

Fishy feet

Place your foot on a piece of paper.

Draw around your foot with a pencil or crayon.

Use the shape of your foot to design and create a funky fish - use your toes as the tail fin!

Activity G

Jar of joy

Find an empty Jam Jar and decorate it. Every day, put a positive word that starts with the first letter of your name into the jar.

For example, if your name is Jake you could use "joyful", "jolly", or "jazzy".



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Activity H

World of hugs

Phone or video call your friend.

Create a list of 5 or even 10 things you like about them.

Take turns saying one thing you like best about each other.



You're so creative, Sparky!



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Activity I

Woop woop!

Think about the adventures you can have at home today.

You could bake, build or blow bubbles.

Get an adult to help plan your WOOP moment:

Wish
Outcome
Obstacle
Plan



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Activity J

Soapy bubbles

Pull up your sleeves and fill your sink with lovely warm water and some soap.

Rub your hands together. Do soapy bubbles appear?

Now, wash it all away till the water runs clear.



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Activity K

Make a bed

Making your bed in the morning can help start your day with a calm, clear head.

Shake the big duvet! Can you pull it on tight?

Puff up the pillows! Can you tuck them in just right?



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Activity L

Yoga tales

What is your favourite story?

Can you tell it using yoga moves and stretches?

Arms up high, can you stand tall?

Or curl up small, like a ball?



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Helping Your child manage anxiety

Everyone feels worried sometimes. But for someone with anxiety, these feelings can stick around and make life really hard.

Anxiety is more than just feeling stressed or worried; it is when feelings of fear or worry don't go away. Anxiety is a problem when it gets in the way of:

- Everyday things like talking to people or going to new places
- Being around friends and family
- Going to school
- Doing fun things



Fear that bad things will happen

Nervous or on-edge all the time

Panic or feeling 'out of control'

Fearful of going places or doing things

What are the physical symptoms?

- Trouble catching your breath
- Pounding heart
- Dizziness, headaches
- Sweating
- Trouble sleeping
- Trouble concentrating
- Feeling tense or sore
- Feeling tired or very awake



What can I do to manage anxiety?

Different things work for different people. So it's important to figure out what's going to work for you and your situation. Here's some stuff you can try:



Learn and read about anxiety

Stay away from drugs and alcohol

Replace anxious thoughts with positive ones

Learn how to relax

Eat healthy and exercise

Find out what makes you anxious so you know when it's likely to pop up

Feeling Sad and Depression

Feeling sad is not the same as being depressed. Sometimes it's hard to tell the difference. Sadness will pass on its own, but depression will stick around.

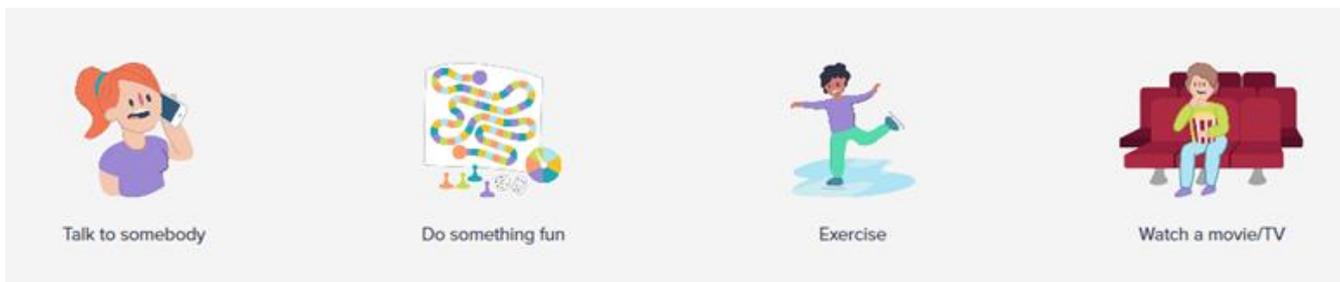


Feeling sad is okay

Feeling sad can happen when:

- Someone is mean to you
- You have an argument with someone
- You feel lonely
- You're just having a bad day
- You feel unwell

Sadness will pass on its own but here are some things that you can do to help



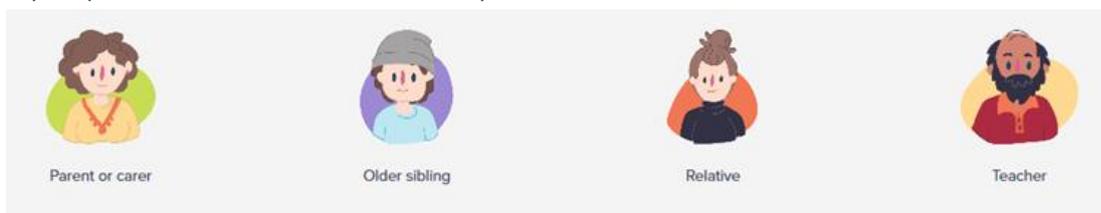
Do you feel sad all the time?

Sometimes you can't shake the feeling of sadness. This may or may not mean you are depressed. You may feel:

- Lonely
- Numb
- Helpless
- Hopeless
- Distant from others
- Like hurting yourself

What to do if you think you're depressed.

Remember, depression can be treated. With help and support you can get better. It's really important to talk to someone you trust.



Ways you can help yourself feel better

- Do something fun or nice for yourself
- Ask a parent to take you to the Doctor
- Communicate with people who make you feel good about yourself
- Remind yourself that you can get better
- Tune out negative thoughts by watching a film or TV
- Talk to someone who can help
- Spend time with a pet



Learning to cope with painful emotions

Some emotions are easier to deal with than others. When things are really difficult, it's sometimes hard to cope. Learning to cope with these emotions in a positive way can help you live a healthier and happier life. Express your feelings and thoughts by talking with someone you trust.

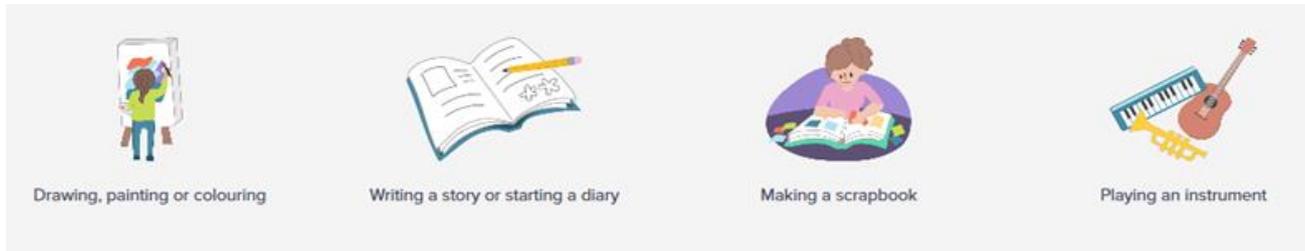
Let your emotions out physically by:

- Going for a run
- Squeezing a stress ball
- Screaming into a pillow
- Singing and dancing
- Ripping up a newspaper
- Playing a sport
- Doing some chores
- Crying



Find creative ways to express your emotions

When you can't find the words, try to express your feelings by:



Try some relaxation strategies to help your mind and body to refocus

- Deep breathing
- Meditation
- Mindfulness
- Muscle relaxation



Comfort yourself

Try to calm or soothe your emotions by:



Distract yourself

If your emotions are too strong to express in other ways try to distract yourself by:

- Watching TV or a film
- Looking up funny videos
- Doing something you enjoy
- Playing a game
- Learning something new
- Talking with friends

O₂ | NSPCC

Let's keep kids safe online

The internet offers endless possibilities for kids to play, create, learn and connect. But there are also risks.

Our simple, practical information and advice can help you make sure your kids can safely navigate the online world – working as a **TEAM**:

Talking openly and regularly about what they're doing online

Exploring what your child enjoys doing online together

Agreeing rules and boundaries

Managing settings and controls



Staying safe on-line and on-line support

Net-Aware.org.uk for bitesize information and advice about the latest social networks, apps and games children are using.

parentworkshops@nspcc.org.uk for online safety parent workshops with practical tips
www.internetmatters.org/advice/6-10

www.ceop.police.uk/safety-centre

www.parentinfo.org

S Stay Safe
Don't give out your personal information to people / places you don't know.

M Don't Meet Up
Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

A Accepting Files
Accepting emails, files, pictures or texts from people you don't know can cause problems.

R Reliable?
Check information before you believe it. Is the person or website telling the truth?

T Tell Someone
Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!



www.southendcarers.co.uk
Facebook Page : [Southend Carers@southend.carers](https://www.facebook.com/Southend-Carers@southend.carers)
Tel: 01702 393933 or email:



Are you a Young Carer?

Do you have a Young Carer in the Family?

Are you supporting a Young Carer in School?

If the answer is yes then get in contact with our Young Carers Support Coordinator
Louise Hart

[email: youngcarers@southendcarers.co.uk](mailto:youngcarers@southendcarers.co.uk)

What's a Young Carer?

Young Carers are children between 5-17 years of age, who are providing support & care to a family member (usually a parent/sibling) who has either a physical disability, learning disability, experiencing mental health difficulties, a mental illness, a drug/alcohol addiction, critical illness or terminal condition.

Having the above conditions can be difficult to live with for the person and for the people caring for them. Being a young carer can happen to any one at any time and it is important to reach out and get support. To learn more about young carers visit our web page to view the EBook.

All our Young Carer Groups have been put on hold to keep Young Carers, Families and Staff safe from infection of Covid19.

Emotional Freedom Technique

Mrs Wheeler has recently become an Emotional Freedom Practitioner and here are a few tips that might be useful in supporting your emotional health which, as we know, is important for our physical health and for healing. Many illnesses can be as a result of anxiety and EFT, as an intervention, uses the same pathways found in conventional medicine. It is easy to learn and do together.

EFT (Tapping) is clinically proven to help in the classroom and at home. Anyone choosing to use this tapping procedure or script is entirely responsible for their own wellbeing. Parents are advised to read the script with their children and provide emotional support if any emotions should come up.

Tapping and use of this script should not be used to replace seeing a doctor or specialist, its purpose is solely to provide accessible, light relief and emotional support. Whilst this version specifically relates to Covid19 it is simple to adapt to whatever worry you have. Give it a try, before things become too much.

Happy Tapping for Kids **to help fears around 'The Corona Virus'** **(Please wash your hands before you start tapping)**

Mia Monkey and Charlie Chameleon are here to help children to feel calm and relaxed while they are having fears, anxieties and are feeling vulnerable around the Corona Virus. Mia Monkey shows children how and where to tap, it's a bit like **'Simon Says'**. Mia Monkey has little hearts on her face and body to show us where the tapping points are. Just follow along and Mia Monkey and Charlie Chameleon will help you do some magic tapping to help you feel a little bit less worried about the Corona virus and other worries around it.

Mia Monkey says **'sometimes children can find things very worrying and a little scary'**. Mia Monkey says **'it is a great idea to do some 'calming tapping' so children are not so worried'. Especially at this time when children's routines are disrupted and things are a bit up in the air'**.

Mia Monkey says **'sometimes we can just stop what we are doing, put our hands over our heart and bow our heads, close our eyes and just breathe gently'**. Mia Monkey says **'if we can focus on calming our breathing it will help us to feel peaceful, settled and relaxed'**.

Mia Monkey wears an **invisible safety vest** with a little **pocket over her heart**, (you can't see it because it's invisible). She also has an **invisible safety blanket** that she can wrap around herself to feel safe. Mia Monkey says **'you can wear one too to help you feel calm and protected'**. Mia Monkey says **'lets zip up our invisible safety vest with the little pocket over our heart, close the little door on any unhappy thoughts or feelings or let in any happy calming thoughts or feelings and lets do some super tapping for 'feeling relaxed and calm'**.

Mia Monkey says 'are you ready to do a little bit of 'Relaxing, calming tapping?' just copy



Mia Monkey and lets do some peaceful relaxing, calming tapping.

Mia Monkey says 'cross your hands over your heart in the heart healing position and take three deep breaths, **in and out, in and out, in and out**, name your title' 'Relaxing, calming tapping', now copy Mia Monkey and do some magic 'relaxing, calming tapping' on your fears around the Corona virus.

I am feeling a bit stressed and anxious about the Corona virus.

Mia Monkey says tap the top of your head very gently 5 times.

I have heard people talking about it and seen it on the TV, it all looks a little bit scary.

Mia Monkey says tap the middle of your forehead very gently 5 times.

It is making me feel a bit worried, upset and vulnerable and I find it difficult to relax and feel safe.

Mia Monkey says tap your inner eye brow very gently 5 times.

I am worried about catching it or my family or friends catching it too.

Mia Monkey say tap the outside of your eye very gently 5 times.

I am a bit sad as I can't play with my friends or go to the park like we used to but hopefully it won't be for too long.

Mia Monkey says tap under your eye very gently 5 times.

I don't know when I will go back to school or be able to go out for the day. I hope we can go out again soon.

Mia Monkey says tap under your nose very gently 5 times.

It is all a bit up in the air and that makes me feel a bit stressed and worried, I find it difficult to relax.

Mia Monkey says tap under your mouth very gently 5 times.

My Mum and Dad say it is okay to feel vulnerable and by staying at home it can help us to stay safe, so that is great for everyone and it helps the doctors and nurses to not be too busy.

Mia Monkey says tap your collar bone very gently 5 times.

I get a bit worried at night when I try to sleep but maybe I could relax and trust it will all be okay.

Mia Monkey says tap your thumbnail with another finger gently 5 times.

I can breathe quietly and slowly, in and out, in and out, in and out, to help me to feel calm.

Mia Monkey says tap your index fingernail with another finger gently 5 times.

I can wrap myself up in my invisible safety vest during the day and use my invisible safety blanket at night to help me feel safe in my bed.

Mia Monkey says tap your middle fingernail with another finger gently 5 times.

I am a bit worried about us being able to get our food as people are buying all the pasta and beans and not leaving enough for me and my family.

Mia Monkey says tap your ring fingernail with another finger gently 5 times.

I hope it can all go back to normal soon so we can go out again, meet our friends and family and feel safe outdoors.

Mia Monkey says tap your little fingernail with another finger gently 5 times.

I choose to feel peaceful, safe and relaxed, and let go of all these feelings of worry and stress around the corona virus.

Mia Monkey says 'tap your karate chop with another finger gently 5 times.

Now cross your hands over your heart in the heart healing position and take three deep breaths, in and out, in and out, in and out, then just relax. Aaah that feels better'.



Look at **Charlie Chameleon's scale** and see how you are feeling. If your number is less than a zero tap a few more rounds until you get up to a +3 a +4 or even a plus +5 so you are feeling calm and relaxed and energised and feel you no longer need to do some 'calming tapping'. Mia Monkey says **are you feeling nice and calm and relaxed now?**

Mia Monkey says **'it is good to have a moment now and then just to help us to feel calm and focused. Hopefully you are now in the happy**

plus numbers on Charlie Chameleon's scale and are feeling much calmer'.

Mia Monkey says **'now lets do a happy calming round of tapping to help us to feel even better'**.

I can close my eyes, bow my head and tune in to my breathing.

Mia Monkey says tap the top of your head very gently 5 times.

Focusing on feeling calm and relaxed.

Mia Monkey says tap the middle of your forehead very gently 5 times.

In and out, in and out, breathing nice and slow.

Mia Monkey says tap your inner eye brow very gently 5 times.

Feeling calm, relaxed and smiley.

Mia Monkey says tap the outside of your eye very gently 5 times.

I wrap my invisible safety blanket around me like a nice big hug.

Mia Monkey says tap under your eye very gently 5 times.

Feeling calm, happy and relaxed.

Mia Monkey says tap under your nose very gently 5 times.

Happy, safe, warm and chilled out.

Mia Monkey says tap under your mouth very gently 5 times.

Breathing nice and calm and slow.

Mia Monkey says tap your collar bone very gently 5 times.

Thinking happy calming thoughts.

Mia Monkey says tap your thumbnail with another finger gently 5 times.

Breathing quietly and slowly can help me to feel calm.

Mia Monkey says tap your index fingernail with another finger gently 5 times.

Feeling happy, relaxed and focused.

Mia Monkey says tap your middle fingernail with another finger gently 5 times.

Safe and settled and warm.

Mia Monkey says tap your ring fingernail with another finger gently 5 times.

Tapping with Mia Monkey helps me to feel so calm and relaxed.

Mia Monkey says tap your little fingernail with another finger gently 5 times.

Feeling peaceful, safe and relaxed, aah that feels better.

Mia Monkey says 'tap your karate chop with another finger gently 5 times.

Now cross your hands over your heart in the heart healing position and take three deep breaths, **in and out, in and out, in and out, then just relax. Aaah that feels better'**. Mia

Monkey says **'just repeat these little scripts every time you are feeling a bit worried and try to get yourself up into the plus side of the scale so you feel happy, calm and relaxed, she says 'we will all get through this together'**.

Domestic Abuse



Where can I get help?

- Your GP
- **Young Minds** provides advice and support on a range of topics affecting children. Parents Help Line on 0800 802 5544 (Free Monday to Friday 9.30 to 16.00) www.youngminds.org.uk/
- **Childline** 0800 1111 www.childline.org
- **Emotional Wellbeing and Mental Health Service** (EWMHS) 0300 300 1600 (Monday to Friday 9.00 to 17.00) www.nelft.nhs.uk/services-ewmhs
- **NSPCC** at NSPCC.org.uk
- **Samaritans** call 116123 or email jo@samaritans.org
- **School Nurse** 01702 534843 or via email on: sccg.southendpublichealthnurses@nhs.net
- **Mind** provides advice and support on a range of topics including types of mental health problem, legislation and details of local help and support Phone: 0300 123 3393 (weekdays 9am - 6pm) www.mind.org.uk/
- **Mental Health Foundation** provides a guide to Mental Health problems, topical issues and treatment options via their website. <https://www.mentalhealth.org.uk/>
- **SANE** provides confidential emotional support and information to anyone affected by mental illness. It also provides a resource for anyone affected by suicide. Phone: 0300 304 7000 (4.30 - 10.30pm daily) www.sane.org
- **Rethink Mental Illness** offers practical help and information for anyone affected by mental illness on a wide range of topics such as The Mental Health Act, living with mental illness, medication and care. Phone 0300 5000 927 (Mon-Fri 9.30am-4pm) www.rethink.org
- **Young Carers** at www.carers.org or YoungCarers@southendcarers.co.uk
- 24 hour National **Domestic Abuse** Helpline 0808 2000 247

Whenever there is a risk of life call 999

If your mental health need is not as urgent you can call the NHS Helpline on 101 or get additional advice from the NHS website