

Mental Health and Well-Being Resource Pack



Dear Parents/ Carers,

We understand that this is a very difficult and testing time and that many children will have worries and concerns about not being in school. They will be missing both their friends and teachers.

We have put together this resource pack to give you some ideas on how to support your child's mental health and well-being during this challenging time.

Keep Smiling,

Michael Syddall Staff 

A positive week...

Write down something good/positive that has happened to you each day of the week.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Wish list...

Fill this jar with ideas of places to go and things to do with your family and friends when things get back to normal.



How to make a perfect day



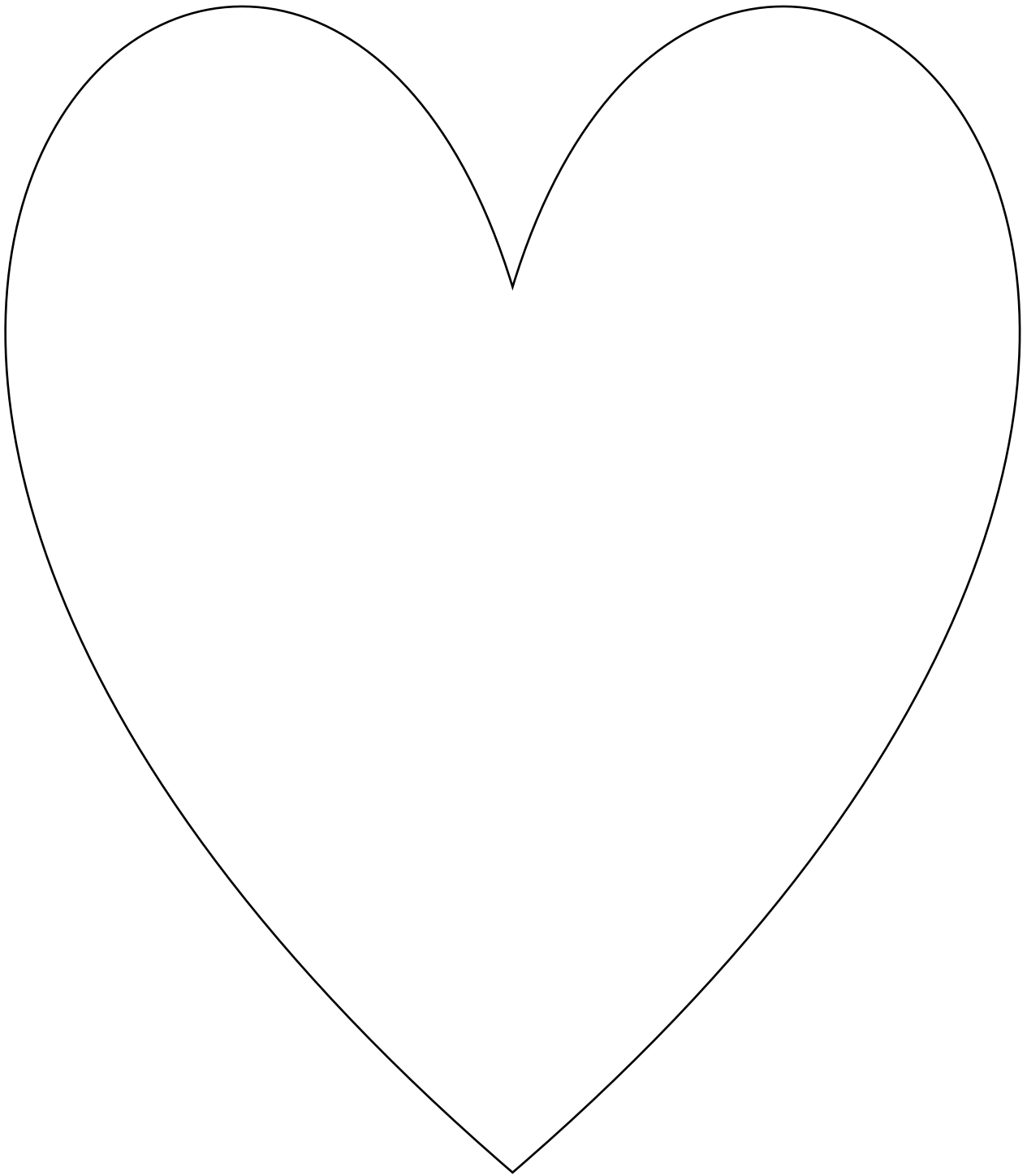
Let's think about how to make a perfect day for ourselves.

What ingredients would you need for your perfect day?

Imagine you have just had the most perfect day...
Describe what happened!

Things I love...

Draw or write a list of the things you love/enjoy doing
inside this love heart.



How do you feel today?...

Write a word or draw a face to explain how you are feeling today.

Emotion words you could use- happy, scared, nervous, worried, excited, surprised, angry.

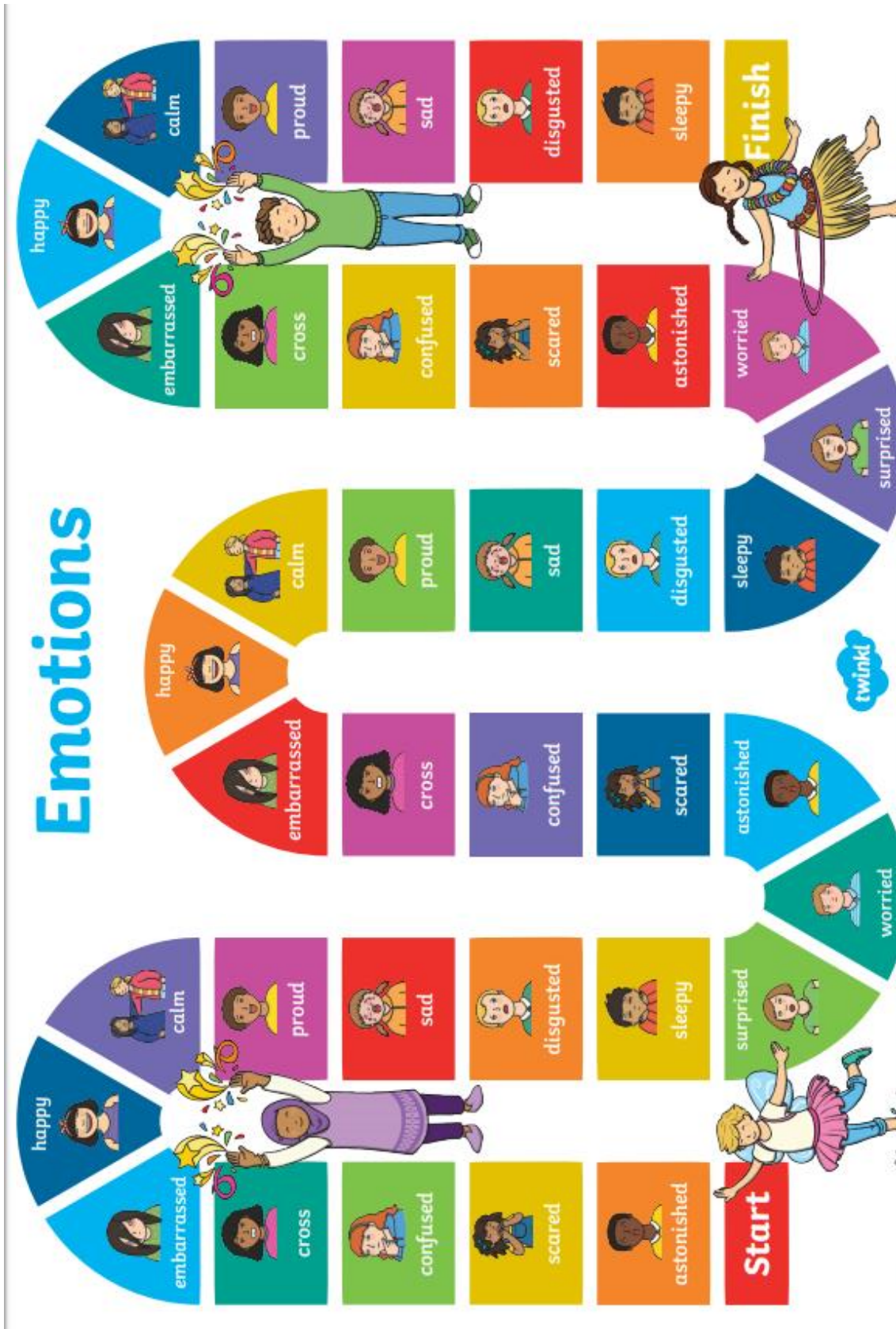
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Gratitude Scavenger Hunt...

- Find something that you enjoy looking at.
- Find something that makes you laugh.
- Find something to give to somebody else that you think will make them smile.
- Find something that makes you smile.
- Find something that makes you feel safe.
- Find something that makes you feel happy.
- Find something that is your favourite colour.
- Find something that smells amazing.
- Find something that you are thankful for outside.
- Find something that is useful for you.
- Find 7 things that are the colours of the rainbow
- red, orange, yellow, green, blue, indigo, violet.

Emotions Board Game...

Roll the dice and move your game piece that number of squares. Read the emotion on the square you land on and then say a time when you felt this emotion.



Kindness Postcard...

Write a message to someone on the post card who you think needs a positive message to make them smile. 😊

The form is a large rectangle with a black border. Inside, there is a smaller rectangle in the top-left corner. To the right of this rectangle are five vertical lines of equal height. Below these lines is a horizontal line that spans most of the width of the inner rectangle. The entire form is surrounded by a decorative border of small red hearts.

Stone Painting...

Go outside and find some stones. Then paint them with positive, kind thoughts or happy pictures, like rainbows.



Worry Monster

You could create your own Worry Monster. When you are feeling worried you can then either write down your worries or tell them to your monster.



Glitter Jar



Wash out a jar. Then fill it with water. Next, add some glitter.

The glitter represents your worries. If you shake it up you will be able to see all of your worries floating around. When the glitter settles, you will see all of your worries resting on the bottom of the jar. This means your worries are still and your worries will float away.