

A Whole Organisation Approach to Emotional Health and Wellbeing

Sharing good practice: Secondary Schools and Colleges



December 2020 Issue 10

If you would like to share good practice or have any questions please contact: anna.sims@norfolk.gov.uk

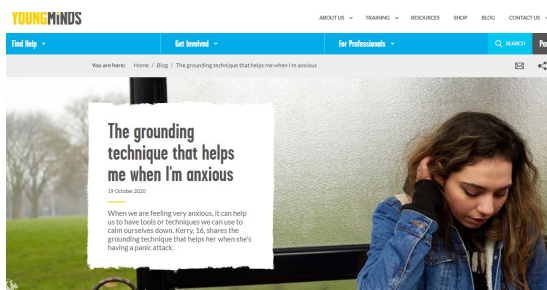
Self Care and Support for Young People



annafreud.org

Apps for Self-Care | On My Mind | Anna Freud Centre

There are a lot of apps that offer self-help strategies. Whether it's meditation guidance or a digital to-do list, it's important to understand what kind of self-help you want.



[The grounding techniques that helps me when I'm anxious](#)

Square breathing – this is where you breathe in for four seconds, hold for four seconds, breathe out for four seconds, hold for four seconds and repeat.

Just chatting - taking your mind off of the worry is a lot easier than you'd think sometimes.

Going through my senses – to do this, name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

The alphabet game is where you name something for every letter of the alphabet within any category of subject. This could be animals, people's names, foods etc.



Kooth Sessions for students

To arrange a Kooth information session for your students please contact [Lauren Treadwell](#)

Calling 11–18s Have your say?

Help shape the future of the [#MentallyHealthySchools](#) website by telling us what you think your teachers need to understand in order to help support your [#mentalhealth](#) needs better.

Have your say <https://bit.ly/3IEOPv7>



SECONDARY

PARENT TIPS: GROWTH MINDSET AT HOME

WHY IS WELLBEING IMPORTANT?

Wellbeing is about feeling good and doing good. Research shows that children who are more fulfilled, learn better and achieve more. These resources are to help families support their children's wellbeing and build on the foundations that have been taught at school.

THE SCIENCE BEHIND A GROWTH MINDSET

A growth mindset is having the belief that intelligence and abilities can be grown by sustaining effort, embracing challenges and trying new strategies. The opposite is a fixed mindset which is a belief that we are born with certain abilities and we can't do much to change them. Research shows that parents have a big influence on helping foster a growth mindset in their children.

Children who have a growth mindset:

- Show greater motivation
- Achieve better academically
- Are more resilient in the face of setbacks
- Are more likely to achieve their goals

The Oxford Education team have worked with an expert in the field, Adam Benbow, to produce this parental toolkit. Adam is a teacher, writer and the founder of www.teachhappy.co.uk. He is the lead author of the Oxford International Curriculum for Wellbeing.

OXFORD

Wellbeing guidance for families of teenagers.

- Growth mindset
- Physical activity
- Positive emotions

See attachment

[Solihull online learning for families](#)

Understanding your child.

Sections

- For teenagers
- Families of teenagers

To access the course click on the link at the bottom of the page using the code JON70



To access the FREE courses: [CLICK HERE](#)

Enter access code: JON70



Supporting a friend



YoungMinds @YoungMindsUK · 1h

Our advice on how you can support a friend if they're struggling with their mental health.

Offer to listen

You don't need to have all the answers. Sometimes offering to listen, and letting your friend talk freely, can be a big help.

Like from you

Asking your friend what they would like from you will help you to support them in the best way possible.

Check up on them

If you feel able to, keep asking them how they are and take the time to truly listen. Mental health problems do not go away after one conversation. Checking up on your friend can make them feel a little less alone.

Talk to an adult

If you are concerned for their safety, tell an adult you trust. Your friend may be reluctant and ask you not to, but, ultimately, the most important thing is to ensure they are safe.

Being kind

KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Leave a positive message for someone else to find.	1. Share the Kindness Calendar with others and spread kindness.	2. Contact someone you can't be with to see how they are.	3. Offer to help someone who is facing difficulties at the moment.	4. Give kind comments to as many people as possible today.	5. Make a gift for someone who is homeless or feeling lonely.	6. Support a charity, cause or campaign you really care about.
7. Do something helpful for a friend or family member.	8. Notice when you're hard on yourself or others and be kind instead.	9. Listen wholeheartedly to others without judging them.	10. Be generous. Feed someone with food, love or kindness today.	11. Buy an extra item and donate it to a local food bank.	12. See how many different people you can smile at today.	
13. Share a happy memory of inspiring thought with a loved one.	14. Contact an elderly neighbour and brighten up their day.	15. Look for something positive to say to everyone you speak to.	16. Practice gratitude. List the kind things others have done for you.	17. Give away something that you have been holding on to.	18. Buy locally and support independent shops near you.	19. Contact someone who may be alone or feeling isolated.
20. Appreciate kindness and thank people who do things for you.	21. Congratulate someone for an achievement that may go unnoticed.	22. Choose to give or receive the gift of forgiveness.	23. Bring joy to others. Share something which made you laugh.	24. Treat everyone with kindness today, including yourself!	25. Get outside. Pick up litter or do something kind for nature.	26. Call a relative who is far away to say hello and have a chat.
27. Be kind to the planet. Eat less meat and use less energy.	28. Turn off digital devices and really listen to people.	29. Let someone know how much you appreciate them and why.	30. Plan some new acts of kindness to do in 2021.	Let's look beyond our differences and help each other. Every act of kindness matters.		

ACTION FOR HAPPINESS #DoGoodDecember www.actionforhappiness.org

British Red Cross

[Ways for young people to cope with feeling lonely.](#)

[Kindness activity pack](#)

[Six ways to cope with loneliness](#)

Be kind to yourself

Breathing with colour

[10 breathing techniques](#)

[Understanding and making meaningful connections](#)

Start a conversation about loneliness

Help others who might be lonely

Develop your ways of coping



Self care

[Self care strategies from Anna Freud](#)



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