



RESOURCES & ACTIVITIES TO SUPPORT CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH

(MAY 2020)

THE ANTI-BOREDOM PROJECT



1

8-10AM: GOOD MORNING!

Wake up, pop your clothes on, eat breakfast and go on a walk or follow a funny exercise video



2

10AM-12NOON: ACTIVE LEARNING

Learning without electronics: Puzzle books, journaling, flash cards, reading books, maths games, creative story writing, lego and construction games, art projects, printed worksheets

3

12NOON-2PM: MARY POPPINS

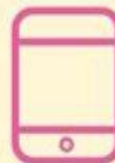
Have a yummy lunch then have some Mary Poppins Chores time (wipe kitchen table / do dishes / wash car / Hoover / tidy away toys and resources)



4

2-4PM: TECHNO LEARNING

Learning with screens: iPad / tablet / computer based educational games, educational tv shows, internet research for a project theme



5

4-5.30PM: ACTIVE AFTERNOON

Play outside if possible (park / trampoline / hide and seek / kick a football / frisbee). If you can't go outside, then play active games at home (e.g. YoYo / hide and Seek / hoola hoop)



6



5.30-7.30PM: DINNER & PJ'S

Enjoy a nice dinner together then do the getting-ready-for-bed routine (baths, brush teeth, PJ's on)

7

7.30-9PM: STORIES & BED

Reading time, bedtime stories and winding down to go to sleep



SafeHands
ThinkingMinds

[Resources to support children and adults around anxiety, worry, stress, and fears; including specific Covid resources](#)



[Useful resources from AWARE to support your mental health at this time](#)



Western Health
and Social Care Trust

[Resource to support parents who are worried about their children's emotional health and wellbeing during lockdown](#)



[Mindfulness activity cards to help build confidence, positivity and resilience](#)

Staying Well at Home: Coping With Feelings of Frustration and Anger

A FREE Workbook for Young People
Aged 11-19 Years Old



Staying Well at Home: Coping With Anxiety and Stress

A FREE Workbook for Young People
Aged 11-19 Years Old



Workbooks to help young
people aged 11-19

[Staying Well at Home: Coping
with Feelings of Frustration
and Anger](#)

[Staying Well at Home: Coping
with Anxiety and Stress](#)



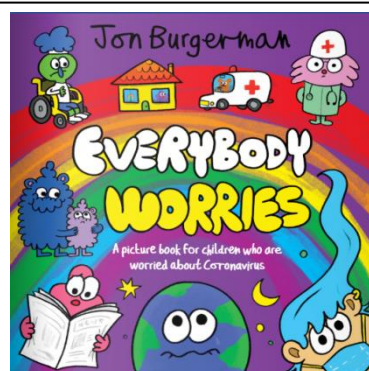
Website created for young people,
carers and professional to pool
together lots of helpful resources from
across the internet that are available
to help support your mental health
and well-being.

[Go to Website](#)



Ideas and resources which you
may find helpful in supporting
children and young people's
mental health.

[View Resource](#)



Picture book designed to support children
who may be feeling worried about
Coronavirus and in particular everyday
changes to their lifestyle that it has brought
about - [read online here](#)



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

HOW PARENTS CAN SUPPORT TEENAGERS DURING LOCKDOWN

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01



Encourage them to be involved in activities or tasks around the house (E.g. cleaning, cooking, gardening)

02



Be clear with them some of the things that you'd appreciate their help with and why their help is important

03



Don't get stressed if they have the odd sleep in. Try not to tell your child what to do. Instead suggest things that might help

04



Agree on some ground rules that you can all work towards together as a family. Respect each other's choices

05



Identify a physical or creative challenge that they can master over the coming days and weeks. Encourage them to keep practising it

06



Work together as a team who are looking to support each other

07



Support your child to find things to do which will help to reduce boredom

08



Encourage your child to stay connected to friends and family and to engage in activities that provide a sense of achievement

09



Encourage your child to schedule things into their week. This will bring back a sense of control over what they are doing

10



Identify some coping skills that you can test out and practise together. This is a great way to promote self care



10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

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ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



TALKING

Support your child to talk about their problems and how they are feeling

COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety



PLAY

Promote play and creativity among your child. Allow them to explore



SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

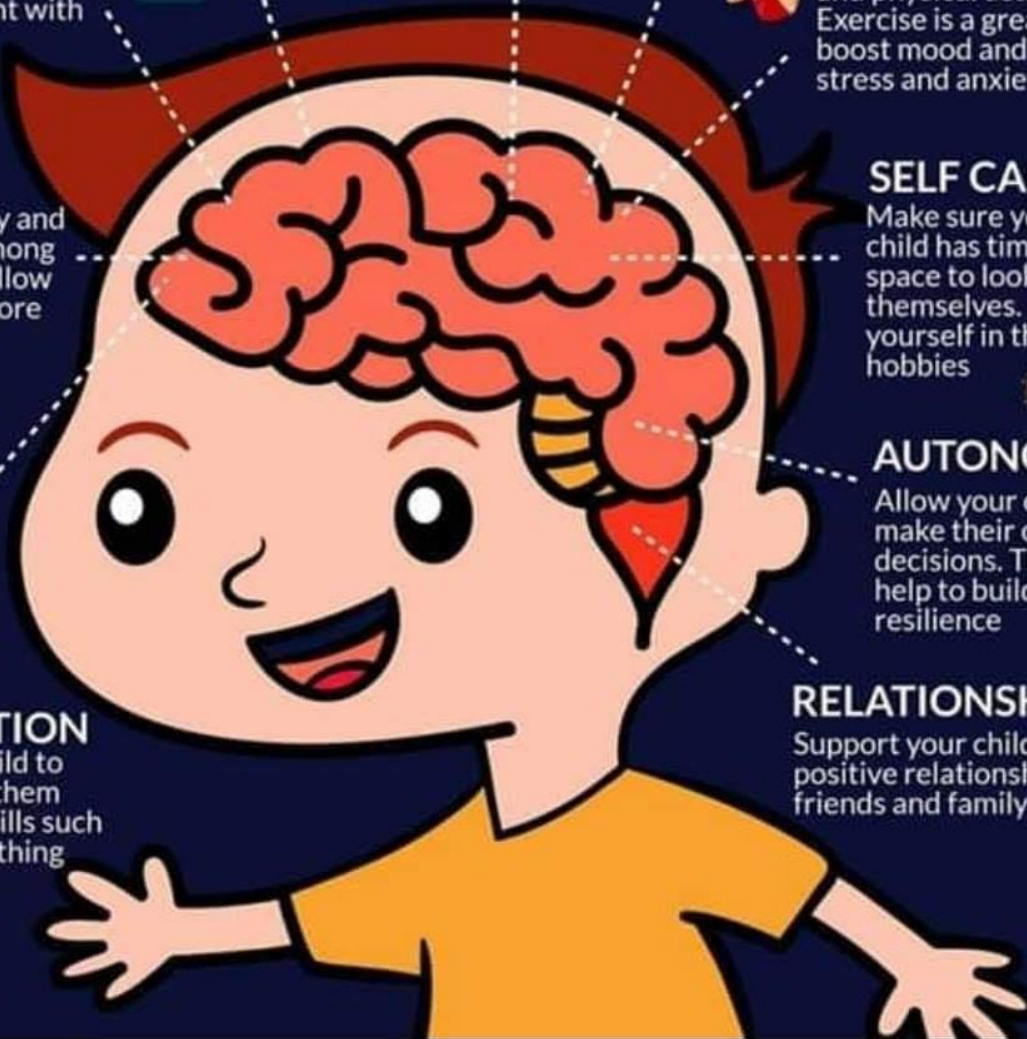
RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



RELATIONSHIPS

Support your child to build positive relationships with friends and family





Ride a Bike
OR SKATEBOARD



ASK FOR HELP



Blow
Bubbles



Color
Paint
Draw

CREATE ART!



Listen to
MUSIC



PLAY a
BOARD GAME

MAKE &
PLAY
WITH
SLIME



Practice

Gratitude



WEAVE,
KNIT OR
CROCHET

Use Kind &
Compassionate
Self-Talk



JOURNAL OR
WRITE A LETTER



Take Slow,
Mindful Breaths



Make a
SCRAPBOOK
OR COLLAGE



PRACTICE
YOGA



Hug
or
Climb
a Tree

KICK
BOUNCE
OR THROW
a BALL



Smile & Laugh



Get Plenty
of SLEEP



EAT Healthy



TAKE A SHOWER
OR BATH

STRETCH



Go on a
Walk, Run
or Hike



Forgive
Let Go
Move On



Use
Aromatherapy
(Smell Something Good)



Cuddle or Play
with Your Pet



Drink
Water



Cook
or Bake



SAY Positive
Affirmations

Take
GOOD
CARE
of the Earth



Look At or Take
PHOTOGRAPHS



Garden or
Do Yardwork



Visualize
a Peaceful Place



Try or
Learn
Something
New



READ a Book
or Magazine



DRINK
A WARM
CUP OF TEA

Create
ORIGAMI



USE a STRESS BALL
(OR OTHER FIDGET TOOL)



Get a
HUG



DO a PUZZLE



EXERCISE



Play Outside



Cry

JUMP on a
Trampoline

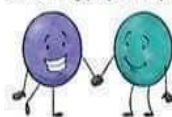


Clean,
Declutter
or Organize



Rest,
Take a Break, OR Nap

Do
Something Kind



BUILD
Something



TALK
to Someone
You Trust

50 COPING SKILLS for kids

66

POSITIVE THINGS TO SAY TO YOUR CHILD

1. I'm grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe you.
11. I believe in you.
12. This family wouldn't be the same without you.
13. You are valuable.
14. You can say no.
15. You can say yes.
16. I know you did your best.
17. You were right.
18. I accept who you are.
19. We can try your way.
20. You are helpful.
21. You are worth it.
22. You make me happy.
23. I love your creativity.
24. Being around you is fun.
25. I can't wait to hear about it.
26. Don't be afraid to be you.
27. You're making a difference.
28. I'm excited to spend time with you.
29. You are interesting.
30. I love seeing the world your way.
31. It's good to be curious.
32. I love the way you tell stories.
33. What you did was awesome.
34. I admire you.
35. That's a great question.
36. Your friends are lucky to have you.
37. I trust you.
38. That was a really good choice.
39. Seeing you happy makes me happy.
40. Being your parent is my favorite job.
41. I learn new things from you every day.
42. You make me better.
43. You are a good boy/girl.
44. Thank you for being you.
45. I'm so glad you're here.
46. You look great.
47. I understand you.
48. Watching you grow up is the best.
49. That was really brave.
50. I forgive you.
51. I appreciate you.
52. We all make mistakes.
53. Yes, me too.
54. You are very good at that!
55. You can try again tomorrow.
56. Nobody is perfect.
57. I love how you said that.
58. Not everyone will like you, and that's OK.
59. You did that so well.
60. I'm listening.
61. That's a very fair point.
62. You are beautiful inside and out.
63. I love you.
64. I could never stop loving you.
65. You are enough.
66. You make my heart full.

THE EMOTIONAL CUP

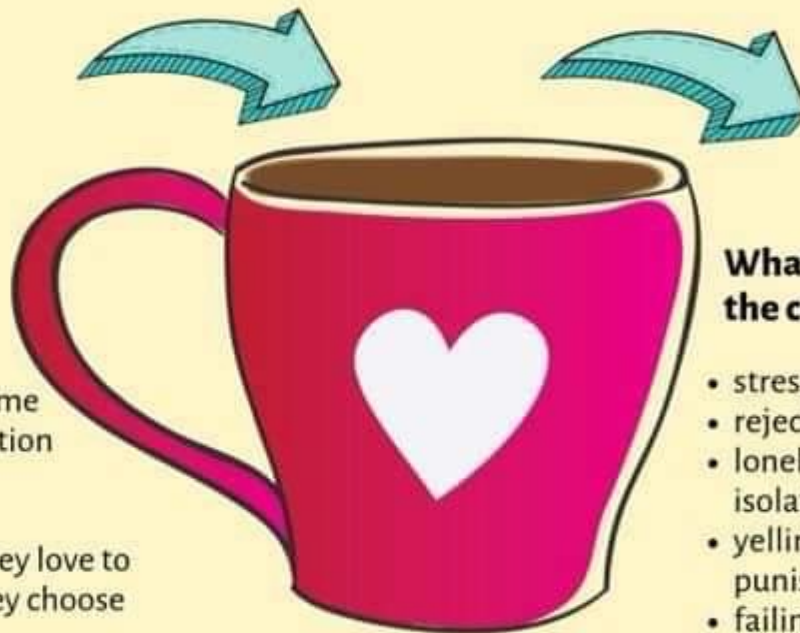
Imagine that every child has a cup that needs to be filled – with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbidity

Publisher of Therapy Resources

Talking to your child about mental health



TOP TIPS

We understand it can seem difficult to talk to your child about their emotional health. Here are some top tips for starting the conversation.



Start small

You don't need to set hours aside to chat, just opening up conversation can make a difference



Keep it informal

Informal spaces like car journeys or whilst watching TV allow great opportunities to talk about serious topics in a relaxed way. TV shows and characters are a good way to bring up the topic



Use face flash cards

Younger children will probably not understand feelings as well as older children. Use pictures of different facial expressions e.g. happy, sad, angry, surprised, to help them identify and understand mental health.

Let them know



Let your children know you are happy to talk and listen to them about any worries they may have

Use appropriate language



Talk in their language rather than using terminology they may not understand, but most children will understand the idea of feeling stressed, anxious or low. Explain this is what is meant by mental health

Keep an open mind



Avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about it.

Wash your hands often.



Drink more warm water.



Ample exercise and sunlight.



Be happy and positive.



PREVENTIVE MEASURES
FOR
HEALTH AND WELL-BEING

5 Do's & 3 Don'ts

ICDAY FOWPAL
www.icday.org www.fowpal.org

Be careful and stay well-informed.



Don't lose your temper.



Don't worry and be well-prepared.



Don't be anxious.



HOW TO HELP YOUR CHILD OVERCOME BOREDOM DURING LOCKDOWN



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01
Draw up a weekly plan and encourage your child to schedule activities into their week. This can be day by day or week by week



02
Encourage your child to identify a list of activities that they can do which will promote physical health habits



03
Make sure your child schedules activities into their week which provide them with a sense of relaxation and calm. These can be their self care activities



04
Encourage your child to organise play dates with their friends or family member using a range of technology



05
Encourage your child to stay connected to friends or family via text, email, messenger or other online apps



06
Identify a list of routine and necessary activities that you can schedule into your child's day each week



07
Support your child to begin a long term project that they can do each day



08
Involve your child in helping with daily tasks such as cooking or cleaning



09
Identify a list of pleasurable activities your child would like to engage in and schedule them in on a regular basis



10
Work with your child to identify their top 5 strengths and think about how they can use them each week

