

The Mental Health Support Team

Covid-19 Newsletter
July 2020

We know the end of term is near. If you would like to continue receiving our newsletter over the summer, please follow this link to sign up with your email address:

<https://www.surveymonkey.co.uk/r/PBDHLL2>

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>

Mental Health Support Team Podcasts & Videos!

Our team has created some great podcasts & videos based on mental health & wellbeing



Podcasts Include: *100 Self Care Activities, Relaxation, Positive Self Talk, Transitioning from Lockdown.*

Videos Include: *Big & Small Emotions, 5 Finger Breathing, Emotional First Aid Kit, Circle of Control*



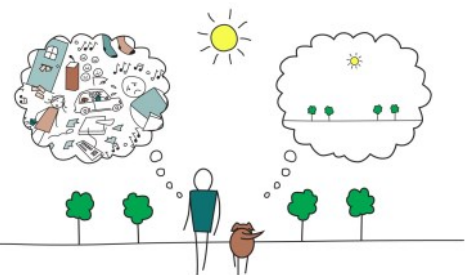
You can access all of these [here!](#)



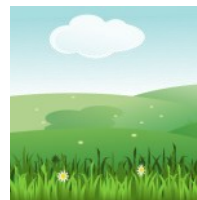
Mindfulness! *Being present & engaging fully in each moment.*

Mindful Walks

Research shows that even a short walk can be fantastic for our mental health. However, how often do we actually pay full attention to our surroundings? Try going on a [mindful walk](#) with the intention to notice and appreciate the environment, whether this be a familiar or new location. Be present and notice the sights, smells, and sounds as you walk!



Mind Full, or Mindful?



Try this [rainbow activity](#) – encourage your child to notice & appreciate things during a walk they feel represent each colour of a rainbow!



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



Videos & Resources

- ⇒ Cosmic Kids [Mindful Walk](#)
- ⇒ Children's [Mindfulness Activities for Sleep](#)
- ⇒ Headspace Mini Meditation '[Appreciate Nature](#)'

Mindfulness

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Creative!



Growing things can be really positive for mental health— there's nothing more satisfying than watching seeds you have cared for sprout and grow into beautiful plants! Here are a few easy bits of indoor gardening you can try out, and you might even get something tasty out of it at the end!

[Microgreens: the teeny tiny superfoods](#)

[Mini Indoor Garden Hacks](#)

[Making a butterfly garden](#)



[Plant people, soil art and rainbow bouquets: cool activities from kidsgardening.org](#)

Create your own Corner Bookmarks!

Have fun making some bookmarks for your favourite books!



[Rainbow Cloud](#)



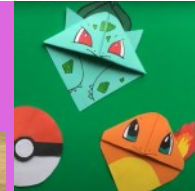
[Unicorn](#)



[Ocean Themed!](#)



[Safari Animals](#)



[Pokémon](#)



Active!

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

Balloon Tennis!

Play a fun game of balloon tennis or volleyball to keep active! Don't let the balloon touch the ground!

To make paddles, glue large popsicle sticks/cardboard to the back of a paper plate.



Videos

- ⇒ [20 minute Dance Class](#)
- ⇒ [Yoga KS2](#)
- ⇒ [Yoga Early Years/KS1](#)

be Active!

Charades is a popular game which can be played with the whole family and get you moving! It can be played with any word or phrase—you may find that movie titles and TV shows work best! Try [sports charades!](#)



Yoga Pose



TABLE

Great for core strength, arms and legs!

Sit with your legs straight in front of you. Bend your knees, and place your feet flat on the floor. Place your hands flat on the floor behind you. Straighten your arms, and lift your hips up towards the ceiling, so your chest and legs are parallel to the floor. Relax your neck so it is in line with your spine.

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Science!

Did you know that our oceans hold 96.5% of all Earth's water? They are also home to lots of amazing animals and plants! Which sea creatures are **your** favourites?



National Geographic Kids has some great resources for learning about the oceans - [this link to the Ocean Portal](#) and [this one to Scuba Sam's World](#) are good places to start!



[This time-lapse video](#) will show you some of the strangest creatures that can be found beneath the waves, and you can also [take this quiz](#) to find out how much you know about the underwater world!



Fun & Games!

Mission Impossible Maze Game!

Get active and creative by making your very own [laser style maze](#) in a hallway at home! Children will love the challenge of navigating through the maze, challenging others, or trying to beat their best time! This is great fun for all the family and only requires crepe paper and masking tape!



Who Am I?

A fantastic family game that only requires post it notes and a pen!

How to Play: Write down a famous character or celebrity name on a note. Stick the note on a player's forehead so that they cannot see what is written on it. The players then ask questions to his group member for which they should either answer yes or no. They should finally try to guess the character. Each player gets a maximum of three attempts to guess the name!



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 and more!

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

