



Education Directorate / Cyfarwyddiaeth Addysg

Educational Psychology Service / Gwasanaeth Seicoleg Addysg

Support Pack 3: Promoting Emotional Health and Well being

Blaenau Gwent Educational Psychology Service has compiled a bank of resources which are intended to support adults working with, or caring for, children and young people, in relation to mental health and wellbeing. They can be used by staff directly or shared with parents and young people.

We hope you find it helpful.

Mental Health and Wellbeing Resources

The Educational Psychology Service in Blaenau Gwent has compiled the following list of resources which are intended to support adults working with, or caring for, children and young people at this difficult time. The materials offer advice and guidance in relation to coronavirus specifically but also, more broadly, in relation to mental health and wellbeing. They can be used by staff directly or shared with parents and young people.

Books

Something Bad Happened: A Kid's Guide to Coping with events in the News by Dawn Huebner

The Worry Workbook for Kids: Helping Children to Overcome Anxiety and Fear of Uncertainty (An Instant Help Book for Parents & Kids by Dawn Huebner

Help Your Dragon Deal With Anxiety: Train Your Dragon To Overcome Anxiety.

A Cute Children Story To Teach Kids How to Deal with Anxiety, Worry and Fear by Steve Herman

How are You Peeling? Food with Moods by Saxton Freyman

Explores how emotions look through pictures of Foods. A good way to talk about emotions with young kids.

Articles

A sample letter an overseas Educational Psychologist shared, giving parents strategies to build resilience and have reassuring conversations with their children. This document can be modified or used to fit your school's needs:

[https://iscainfo.com/resources/ISCA%20Coronavirus%20Suggestions%20to%20Parents%20\(1\).pdf](https://iscainfo.com/resources/ISCA%20Coronavirus%20Suggestions%20to%20Parents%20(1).pdf)

ChildMind: Talking to Children

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Understanding the Mental Health and Social Impact of the Coronavirus:

Finding the Middle Path:

<http://www.restorativecommunityconcepts.com/blog/understanding-the-mental-health-social-impact-of-the-coronavirus-finding-the-middle-path>>

This is a great article explaining the science behind our reactions to epidemics and practical ways we can find balance.

Coronavirus Anxiety: 4 Ways to cope with Fear

<https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/>>

APS article re coronavirus

<https://www.psychology.org.au/About-Us/news-and-media/Media-releases/2020/Coronavirus-psychologists-offer-advice-for-mainta>>

Podcasts

8 Different Podcasts to listen to regarding Anxiety

<https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/>

Peace Out <<https://bedtime.fm/peaceout>> - short stories that help kids calm down and relax.

Videos

Brain Pop Video

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>>-

This is a great clip for kids, explaining the virus and how to stay healthy.

Mindfulness for Kids

Smiling Mind <https://www.smilingmind.com.au> - Smiling Mind is a great mindfulness app/website for the whole family (Age 7+). Many students use Smiling Mind as a way to help calm and focus their brains and bodies.

“Fun, uplifting videos of activities, mindfulness and random happy stuff!”

[Vimeo.com/platfformyp](https://vimeo.com/platfformyp)

A great local offer from Platfform.

Visuals

Weekly Wellbeing Check In

<https://mhfastorage.blob.core.windows.net/mhfastoragecontainer/9ebed09d2a1cea11a811000d3ab8de34/wellbeing%20checkup.pdf?sv=2015-07-08&sr=b&sig=uTIIIi6Txx8qW8zWPYKN6Y8OzQKyJSQ0yU04qH%2FYW9s%3D&se=2020-02-20T02%3A07%3A08Z&sp=r>>

Useful Websites

NHS Wales: Five Ways to Wellbeing

<https://bcuhb.nhs.wales/health-information-advice/5-ways-to-wellbeing/downloadable-resources/>

Barnardos

<https://www.barnardos.org.uk/what-we-do/helping-families/mental-health?gclid=Cj0KCQjwsYb0BRCOARIsAHbLPhGu5-rJXTteSti8PeLZ0plfSxL2u4xeTyZcyeJdQhZ HwtWY1c 2PoaAheiEALw wCB>

Mental Health Foundation

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

MIND

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

Children’s Society

<https://www.childrensociety.org.uk/what-we-do/our-work/young-peoples-mental-health>