



Mental Health and Wellbeing Newsletter

Edition 2

St Mary's Catholic Primary School

Learning and Living Through Faith



Edition 2- Activities

Mental Health Activities for children:

Welcome to our second edition of our school's Wellbeing Newsletter! This week we would like to share some ideas that have been tried and tested in supporting Mental Health.

Remember you are a huge role model for your child and can have a brilliant impact on their lives by demonstrating good mental health habits. When it comes to demonstrating a healthy relationship with mental health for children please think of:

- Expressing your emotions calmly and confidently
- Demonstrating healthy coping mechanisms to calm yourself down
- Getting help when you need it and being honest about that lead by example and show your child that it is okay to prioritise your mental wellbeing where possible and take steps to man-

If you're ever at a loss at what you can do when your child is struggling with their mental health there are lots of things that you can do to help. We have researched some interesting activities that you could complete with your children as a starting point....

Create a journal

Sometimes children struggle to verbalise how they feel. While you can always reassure your child that you are there to listen to them and would never dismiss their feelings, you can also remind them that there are nonverbal outlets for their emotions, like keeping a journal.

Feelings bingo

Create bingo cards with various emotions instead of numbers. Children can take turns in acting out different emotions without using words and you can guess the feelings being portrayed.

Sensory Toys

A lot of children can find relief from anxiety and stress through sensory experiences and toys. For some children that could just be taking time to play with their favourite toys. Some children can benefit from toys specifically designed to help with stress, like stress balls, fidget toys, play dough or slime putty. These sensory toys provide a good distraction and can help give children something to focus on. You can make your own stress ball at home; this can be done with your child as a fun activity.

How to make a stress ball:

To make a stress ball you'll need:

- Two balloons
- A funnel
- Some rice or flour

Equipment



Two balloons



A Funnel



Some flour or rice

Instructions

Step 1



Put one balloon inside the other (it will be much easier to do this first)

Step 2



Fill the inner balloon with flour or rice using the funnel to help

Step 3



Once the balloon is completely full, tie off the end. Tie the second balloon separately to make it really secure

Get creative

Creating art is a fantastic way for children to work through their emotions and manage their mental health. It will give them something to focus on and let out what is going on inside their heads without the need for words.

Father, I pray that each child knows their full worth and identity in You. I pray they truly know that they are fearfully and wonderfully made in your image and that nothing of this world can ever make them feel less than who You say they are. And when they begin feeling like they are less, they always remember that they are perfect in your eyes! In Jesus Name, Amen!



Here are some websites to support you with topics surrounding children's mental health:



<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/wellbeing-ideas-to-try-in-nature/#HelpTheEnvironment>

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>