

The Mental Health Support Team

Covid-19 Newsletter

June 2020

Welcome to our fifth newsletter! During the current circumstances we wanted to share some resources that parents and carers can do at home when looking after their young people to support their wellbeing.

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>

A link to our first **podcast** around how we can use the 5 Ways can be found here: <https://bit.ly/5WaysPod>

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

Progressive Muscle Relaxation: Try this routine to get relaxed!

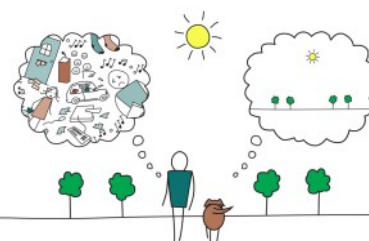


Our bodies respond automatically to stressful situations and thoughts by becoming tense. By relaxing our body we can trick our minds into being relaxed too! Progressive muscle relaxation relaxes each muscle group by first tensing and then releasing the muscle.

Lie down flat on your back on a bed, sofa or the floor; or you can try this sat in a chair. Play relaxing music or go without. Focus your attention on different parts of your body in sequence. Go through the sequence 3 times:

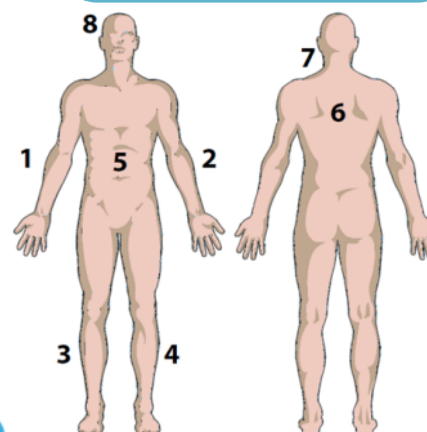
1. **Tense & release:** Tense that body part, hold it for a few moments, then relax.
2. **Lightly tense & release:** Tense that body part with just enough tension to notice, then relax.
3. **Release only:** Just pay attention to each muscle group and decide to relax it.

1. **Right hand & arm** (clench the fist like you're squeezing the juice from a lemon)
2. **Left hand & arm**
3. **Right leg** (tense the leg, lifting the knees slightly)
4. **Left leg**
5. **Stomach & chest** (imagine a baby elephant is about to sit on your stomach!)
6. **Back muscles** (pull the shoulders back slightly)
7. **Neck & throat** (push the head back slightly into the pillow/surface)
8. **Face** (scrunch up the muscles in your face)



Mind Full, or Mindful?

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



Videos & Resources

- ⇒ What is [Progressive Muscle Relaxation](#)
- ⇒ [Guided](#) Progressive Muscle Relaxation

Mindfulness

The Mental Health Support Team

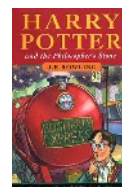
Covid-19 Newsletter

June 2020

Creative!

Harry Potter At Home! Crafting Magic!

This is a fantastic [website](#) and [YouTube Channel](#) for Harry Potter Fans! It has creative activities inspired by the magical wizarding world, from making Hogwarts house bookmarks & pompoms to drawing magical creatures! Catch up on various stars performing all 17 chapter readings of The Philosopher's Stone!



Harry Potter



Learn How to Code!

This [website](#) will help you learn how to code for free! You could create a code to calculate things for you, create a website or even create your own video game! It's also an incredibly useful skill if you're interested in a future in science and technology!

Make a Tiny Book!

People have been making tiny books for hundreds of years! This [article](#) gives you the instructions and ideas to make your own! You could try making a tiny fact book about your favourite topic, or a tiny sketchbook, or a pocketbook filled with encouraging words when you need reminding of how strong you are! Check out the article to see some of your favourite authors have a go at making a tiny book!



Active!

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

Home Sports Day!

Normally it might be near to sports day at school, so why not try having your own at home? You could try the egg and spoon race, hurdles, a hopping race or a skipping race and try and beat your own time! Or if you have a group you could try a wheelbarrow race, three-legged race or a relay race dribbling a football. Get out in the sunshine and have some fun!



Videos

- ⇒ 5 min ["Wake Up Happy"](#) Routine
- ⇒ [How to Do a Handstand](#) and Hold it for a Long Time

be Active!

Home Disco!!

Turn on your favourite music and dance in your living room! This is a great way to get active and a lot of fun! You could also play games like musical statues!



Yoga Pose



Legs Up The Wall

A pose for relaxation which stretches your lower back and boosts energy! Great for after physical activity as helps your leg muscles & lowers your heart rate.

Lying on your back facing the wall making sure your hips are as close to the wall as possible. Position your legs vertically up the wall to form an L – shape.

The Mental Health Support Team

Covid-19 Newsletter

June 2020

Science!

'Keep Learning' is one of the '5 Steps to Wellbeing'. Research shows that learning can boost your self-confidence and help you to build a sense of purpose, which is excellent for mental wellbeing! Try out some really fun and interesting science projects with materials found at home!

This [website](#) has lots of videos and ideas for home science experiments. Have fun with colours, gravity, illusions and design!

Video Resources!

⇒ [Top 10 Most Amazing Experiments](#)

⇒ [4 Cool Rainbow Science Experiments](#)

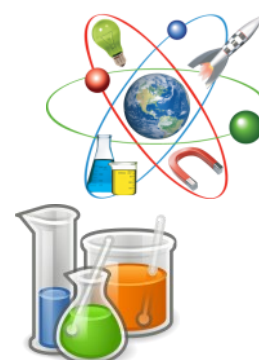
8 Experiments to Try at Home [Article!](#)



[DIY Lava Lamp!](#)



[Make a Lemon Volcano!](#)



Fun & Games!

Homemade Play-Doh!

Playing with Play-Doh is an excellent way to help you feel more relaxed and to focus on the present (be mindful!). Here are a few recipes to try:

Stretchy : 1 cup of conditioner, 2 cups corn flour.

Glittery : 2 cups flour, ½ cup glitter, ½ cup water, 2 tbsp oil, food colouring.

Rock Salt: 2 cups flour, 1 cup coarse salt, ½ cup water, 4 tbsp oil, food colouring.

Original: 2 cups flour, 1 cup water, ½ cup salt, 2 tbsp oil, food colouring.

Scented: 2 cups flour, 1 cup water, ½ cup salt, 2 tbsp oil, 2 tbsp essential oil/ shower gel, food colouring.



Stretchy

Glittery

Rock Salt

Original

Scented

Family Bingo!

A great game for everyone at home! You can get creative and make your own cards, or [print them!](#) Use a random number generator and think of some good prizes! You could also try musical bingo by shuffling a playlist of songs!



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 etc

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

The Mental Health Support Team

Covid-19 Newsletter

June 2020



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

THURSDAY

4 Show your appreciation to those who are helping others

FRIDAY

5 Smile and be friendly, even while you're social distancing

SATURDAY

6 Notice the upsides during the lockdown, however small

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

8 Write a letter to thank someone for what they did

9 Find the joy in music today: sing, play, dance or listen

10 Take a photo of something that brings you joy and share it

11 Say positive things in your conversations with others today

12 Make a plan with friends to do something fun together

13 Appreciate the joy of nature and the beauty in the world around

14 Do three things to bring joy to other people today

15 Rediscover a fun childhood activity that you can enjoy today

16 Ask a loved one what they feel grateful for at the moment

17 Be kind to you. Treat yourself the way you would treat a friend

18 Send a positive note to a friend who needs encouragement

19 Create a list of favourite memories you feel grateful for

20 Make time to do something playful today, just for the fun of it

21 Enjoy trying a new recipe or cooking your favourite food

22 Share a happy memory with someone who means a lot to you

23 Look for something to be thankful for where you least expect it

24 Thank a friend for the joy they bring into your life

25 Eat food that makes you feel good and really savour it

26 See the upside in a difficult situation you learnt from

27 Watch something funny and enjoy how it feels to laugh

28 Create a playlist of your favourite songs and enjoy them

29 Take time to do something that makes you happy today

30 Make a list of the joys in your life (and keep adding to them)



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

June 2020 Calendar from Action for Happiness!

If you need some more joy in your life then try giving these suggestions a go! Just doing one of these a day could really make a huge difference to your own wellbeing and the wellbeing of those around you. You could even see if you can go the whole 30 days!





twinkl.com

