



# Resource update for the COVID-19 outbreak



Thursday 7th May 2020

Please see below this week's free resources. These can be shared with colleagues in your school and also with parents and carers where you feel appropriate.

## Charlie Waller Memorial Trust Wellbeing Challenge (CWMT)

CWMT has created two interactive challenges (one primary and one secondary/sixth form) for parents and children to do at home. The idea is to encourage young people to think positively about their mental health through using the Five Ways to Wellbeing. The main aim is to complete at least one activity for each of the five ways during a period of time and document it by sending CWMT a photo. There are lots of ideas in the pack and people are welcome to come up with their own too! Follow the link to sign up and receive a pack. <https://www.cwmt.org.uk/wellbeing-challenge>

## Families Magazine

Families Magazine has produced a freely available digital issue, full of useful ideas and advice for families on lockdown during April/May. It includes free printables; a selection of home learning resources, SEN resources, recommended podcasts, a suggested lockdown timetable the best virtual zoo and aquarium tours, and more! Find the first issue here. [https://issuu.com/familiesonline/docs/leeds\\_westyorks1](https://issuu.com/familiesonline/docs/leeds_westyorks1)

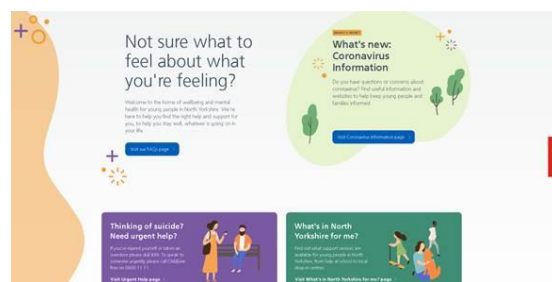
## Coronavirus Acrostic Poem

In life, our minds often focus on the negatives, known as the negativity bias. Our brains have evolved this way over time and it means we can often end up dwelling on the negative aspects of things. I think we can all agree that this is definitely understandable in the current climate. One of our learnings from the Resilience Framework is that staff ought to be 'accepting'; we accept wherever they are at currently, we respect it and we validate it. Then, there might become a time when you think a child or young person is ready to move on to the next stage in their emotional journey. This is when people might benefit from making a purposeful effort to look for the good. It's important to practice giving extra attention to the positives in life. We all know that this time has presented us with some real challenges and difficulties, but that being said, we can sensitively identify some positive elements to this unusual time too. This worksheet can help children to focus on the positives of this time by completing an acrostic poem on coronavirus.



## The Go To Website

We are delighted to announce that a **new website for children, young people, parents/carers and professionals** has been launched! 'The Go-To' [www.thegoto.org.uk](http://www.thegoto.org.uk). The Go-To is a portal or 'single point of information' for the wide range of **mental health** support services offered by different agencies in North Yorkshire. This new website will **signpost young people to the most appropriate support** and has **lots of useful tips and information** to help young people cope with stress or anxiety.



The Go-To has been developed by clinical commissioning groups in North Yorkshire and York and North Yorkshire County Council and will promote services within the existing North Yorkshire County Council boundary.

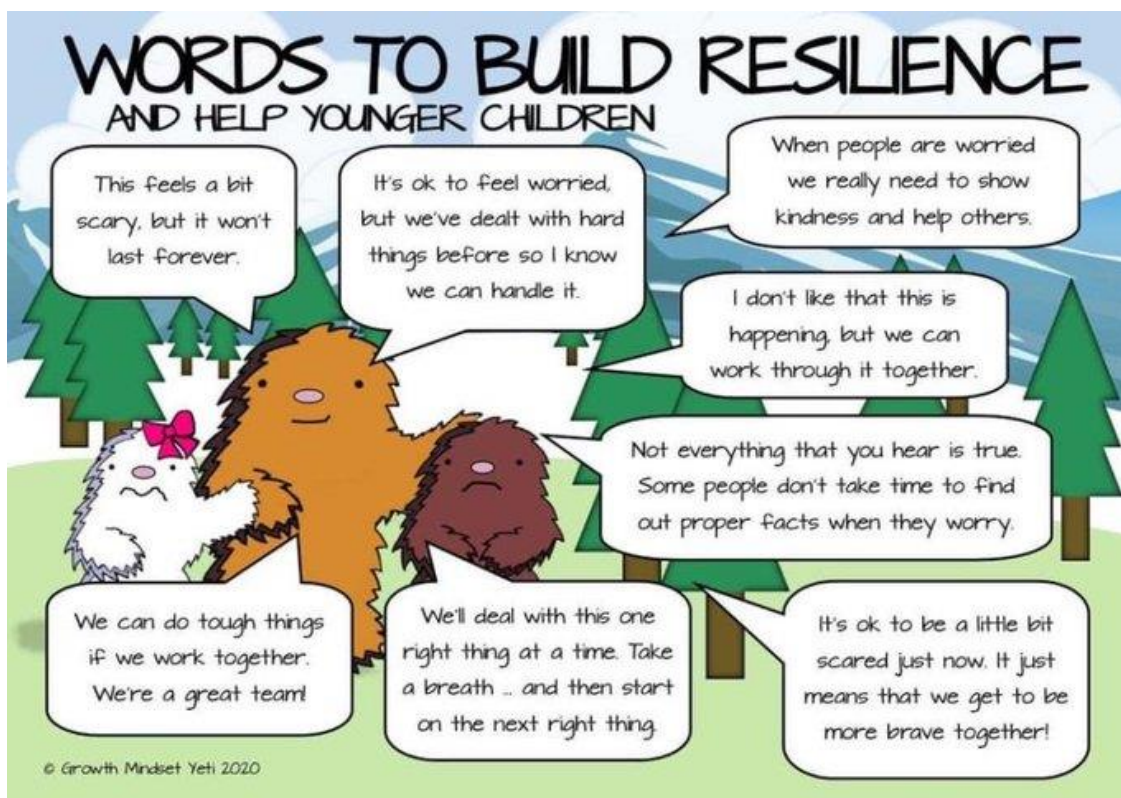
## I Statements

You can use this 'I' statements template to help children and young people express themselves and to work through problems with others. The statements encourage children and young to speak in an assertive way that communicates their feelings without being aggressive or passive. An "I message" does not judge, attack or cause annoyance like a "you message."



## Words to Build Resilience

Building resilience is important at any time when working with children and young people, but some of the phrases below seem particularly poignant right now to what we are all going through together. A few subtle changes in our language and how we respond to things can make a big difference.



## Postie Connect Four

From our recap on the Resilience Framework last week, we know that a sense of belonging is a really important part of building resilience. We also know that connecting with others is one of the Five Ways to Wellbeing. Particularly at this time then, whilst we are socially distancing, it would be great if we could make a big effort to still connect with others, perhaps in different ways. One example of how to do this is our Postie Connect Four. This is also really lovely for helping the child to feel a sense of purpose, they can show a key worker they care, that they are grateful and maybe put a smile on their face.



## Request for Support Process

Finally, I just wanted to reiterate that our telephone consultation line is still open to offer advice, guidance and resources to school staff who are working to support a child/ young person/ group around mild to moderate mental health and wellbeing issues. You can call up our administrator, Rob, who will schedule a time for you to chat over the phone with a wellbeing worker. This service is temporarily being operated via mobile rather than our office land line. Please call **07860 438486**.