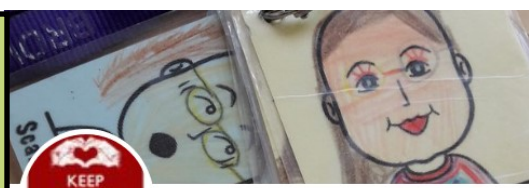


- Be a great communicator
- Remember self care
- Mind Up
- Reflection before returning
- Try a virtual sanctuary



**Thriving in education**

@SEL\_Norfolk\_Sch

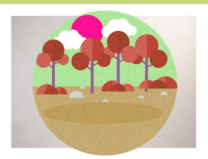
We are working on a number of projects to support children and young people's wellbeing over the upcoming months. Below is a link to a webpage but we want to also think about our wellbeing and mental health.



How we communicate is really important right now; energy levels are low which impacts on resilience

- Listen more than you speak
- Understand the other person first
- Understand needs, wishes and values
- Begin with empathy
- Take responsibility for your feelings

When we are struggling we are usually told to see a professional. Anna Freud have spoken to professionals, looked at academic research and drawn up a varied list of strategies recommended for age 10 upwards. These self care activities are *not* a substitute for seeing a mental health professional. Sometimes we need outside help and advice. Getting help is good. No-one should feel bad about it. That's what this site is about. There's something for everyone; enjoy!



Spending time in nature



Hope box



Get advice

Great communication begins with connection.

There are some suggested wellbeing activities on the NCC page [click here](#)

MindUP is a school-based programme grounded in neuroscience, mindful awareness, positive psychology and social emotional learning.

They have created a set of comprehensive resources (free) to help bring MindUP into your home to support you and your family. Click [here](#) and scroll down for the resources.



**Activities for children**

Access hundreds of ideas for play and learning



**Family activities**

Try some activities that the whole family can enjoy together



**Emotional wellbeing**

Advice on how to guide and support your child



**Get advice**

Information for parents on topics including health and online safety

The Education Support counselling team are here to support anyone who works in education: 08000 562561. Don't wait for a #mentalhealth crisis to develop before you call.



**The Garrison Institute** has created 'A Virtual Sanctuary' for contemplative teachers offering free webinars on all things wellbeing.

LAXEY AND DHOON FEDERATION

How I feel about returning to school:

Things I found difficult in lockdown:

Things I missed about school:

**We have missed you! How are you?**

Here is a picture of me

My name:

Life at home. Share 3 happy things:

Is there anything I need help with for my return to school:

I am worried about...