

Dear colleague,

Though you may be closed to most pupils, and physical Educational Psychology visits are unlikely to take place for a while, we are available for you to contact via email or telephone. If there is any support that we can offer you then we will do our very best to do so.








Children, young people, families and staff's wellbeing is an absolute priority for us during these challenging times. Thus, the Educational Psychology Service have decided to continue to support our community, schools and families via a Helpline.









You can reach us for advice on 01472 323308

Emotional Wellbeing and Mental Health

In the uncharted waters ahead it is going to be incredibly important to be aware of and look after our mental health and emotional wellbeing and that of those around us (family, friends and the wider community).

Please see below for some files, information and activities specifically directed at emotional wellbeing and mental health.

Title	File
75 Mindfulness Games for Kids	 Sitting Still Like a Frog Activity Book.p
School Closure Toolkit	 School_Closure_AS D_Toolkit.pdf
Free online resources and ideas for activities	 Resources and activity ideas.pdf
Top tips for being at home... (Children)	 Poster for our children.pdf
Breathing Techniques for Nervous System Regulation	 NS Breathing Techniques for Nerv
Helping children cope with stress during the 2019-nCoV outbreak	 helping-children-cope-with-stress-print
Regulating the Nervous System	 FINAL Regulating the nervous system .

Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence	 Enhancing-and-Practicing-Executive-Fu
Supporting anxiety and worry linked to the Coronavirus A guide for parents, carers and secondary school pupils	 Doncaster EPS_Secondary agec
Supporting children and young people around any anxiety/worry about the coronavirus A guide for parents and carers- Recommended for primary school aged children	 Doncaster EPS_Primary aged Ct
Barrier games: a fun and interactive way of developing attention, concentration and listening skills; expressive and receptive language skills and social interaction skills.	 Barrier games.docx
ELSA Support: 14 Day Home Challenge	 14 day-home-challenge
The Pause Button Strategy: Children and adult wellbeing	 The Pause Button Strategy.pdf
Breathing Exercises	 Calm-Down-Brain-Break-Breathing-Exer
Breath Social Story	 breath social story.docx
Mindful Moments –Videos	Three-Part Breath - Original, Full Belly Breathing Alternate Nostril Breathing Extended exhalation

Resources

[For those experiencing Obsessive Compulsive Disorder \(OCD\)](#)

[Advice for young people](#)

Thinking around coping with isolation, maintaining links with extended family & friends, [maintaining mental health and learning from home activities](#)

On-line Resources

[Regulating Obstacle Course Video from Beacon House](#)

[Cosmic Kids have many fantastic videos to calm or energise you](#)

Additional support and ideas

[A blog by Dr Gemma Handelsman providing information about supporting pre-school children at home](#)

Free on-line training

[MindEd a free educational resource on children & young people's mental health for adults](#)

[Trauma awareness training](#)

[The Open University have a range of free courses](#)

[Inclusion Development](#)

[Free training about brain development](#)

[Communication Trust Speech and Language training](#)

Podcasts

[List of podcasts looking at trauma-informed practice and resilience](#)

[Child in Mind looking at mental health](#)

[Understanding the architecture of the brain](#)

[Psychology](#)

Stay safe everyone in North East Lincolnshire, across the UK & the World. While we may have to keep some physical distance between ourselves to remain healthy we can still connect and reach out to each other with thoughts and messages

Warm wishes and kind thoughts

Community Educational Psychology Service
April 2020

Wellbeing Advice line **01472 323308**