

Mental Health and Emotional Wellbeing

Welcome to our well-being/ ELSA page. Here you will find lots of different resources here to support your child with their emotional well-being at home. If your child would like any additional well-being support please contact me or your child's teacher via dojo.

A photo challenge for you or/and the children. Each day you are prompted to take a photograph. This will help to create a positive attitude and also give a purpose to one part of the day.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/04/photo-challenge.pdf>

An April well-being calendar with a different activity for every day.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/april-calendar.pdf>

The starfish story is a lovely story to read to children. It is about making a difference. It can be the smallest thing but can make a big difference. Encourage children to be kind and helpful and make a difference. They can draw a starfish each time they have done something kind or helpful. They can then fill up the grid with starfish. There is also a starfish to colour when they have filled in their grid.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Starfish-story.pdf>

Children have worries and of course they should always talk to you if they are feeling a bit worried about something. It is also good to encourage children to try and cope with their worries too. Sometimes distraction can be amazingly powerful.

These are little tear off/cut off strips with suggestions on what to do. If they are finding their minds are worrying a lot then encourage them to try one of the activities.

In time they may just do that themselves and start feeling a whole lot better.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Take-a-coping-strategy.pdf>

This is a fun activity to play with children to get them talking and thinking positively.

All you need are two dice. Roll one and get the horizontal row and roll the other one to get the vertical column. Where they meet is the question you will answer.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Roll-a-positive-question.pdf>

A simple art activity to explore different emotions.

These emotions are the basic 6 emotions that children need to recognise early on in emotional literacy.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Emotions-wheel-art-therapy.pdf>

How can you look after your health and wellbeing during the Coronavirus outbreak?

This applies to adults and children. A simple poster with some pointers.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/health-and-wellbeing.pdf>

Our homes are usually about security and feeling safe. This little activity is a mini booklet about the child's home. When you feel you belong somewhere it is a huge boost of self-esteem and is really worth remembering.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Home.pdf>

This is a drawing exercise where children can think about their happy place. It might be a real place it might be imagination such as unicorn land or in the clouds with rainbows and sunshine. It really doesn't matter. They are learning to visualise a place that makes them feel happy so that when things get tough they can 'go to their happy place'.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Happy-Place.pdf>

These rainbows are lovely to do and pop in your windows. Lots of colouring and discussion about what the quote might mean.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Rainbow-art.pdf>

Colour the sunshine. Cut around the edge. Cut along the faint lines and stop at the inner circle. Hang around your home or hang in your window to brighten someone's day!

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Sunshine.pdf>

A daily plan of activities that your child would like to do today with a social story to help with creativity and ease boredom.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/We-are-at-home-right-now.pdf>

Hand washing support for younger children. Join the superhero team and lets beat this virus!

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/ELEPHANT-HAND-WASHING-2.pdf>

Mindfulness colouring with a 'Bee positive' message.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Bees.pdf>

A really useful story to help explain Coronavirus to children.

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

This activity will help your child to think about all the things that make them feel warm inside like a cup of hot chocolate. They can decorate their mug and add drawings to the marshmallows of all the things that make them feel happy.

<https://www.elsa-support.co.uk/wp-content/uploads/2019/12/Hug-in-a-mug.pdf>

How many positives can we find in the situation we find ourselves?

<https://youngminds.org.uk/media/3554/how-many-positives-360-activity.pdf>

Mrs Squirrell

