



Positive Steps to Wellbeing for us all to consider

Be kind to yourself - Take up a hobby and/or new skill - Help others -
Eat healthily - Connect with others - See the bigger picture – keep
things in perspective - Exercise regularly - Have some fun and/or be
creative – Relax - Get enough sleep



**The School Wellbeing Service website provides further
information regarding the service and suggestions of mental
health apps and websites for young people, professionals
and parent/carers**

<https://www.yor-ok.org.uk/sws.htm>



Helpful tools and information for Parents and Carers

Support your child to manage

Self-regulation



Self regulation is one of the most important life skills we can teach our children.

It is the ability to manage emotions and behave appropriately.

Developmentally we expect there to be tantrums and meltdowns from 2 year olds but if this is continuing as they are starting school it will impact on their ability to learn and develop friendships.

Self regulation consists of a set of skills-being able to control a behaviour, a thought, an impulse or behaviour.

As the parent/carer we can use situations that present themselves daily as teachable moments e.g. waiting to open a present, taking turns in a game, being quiet to listen to someone reading a story, waiting for everyone to finish eating before leaving the table.

It is important to show patience and give positive feedback to nurture self-regulation.

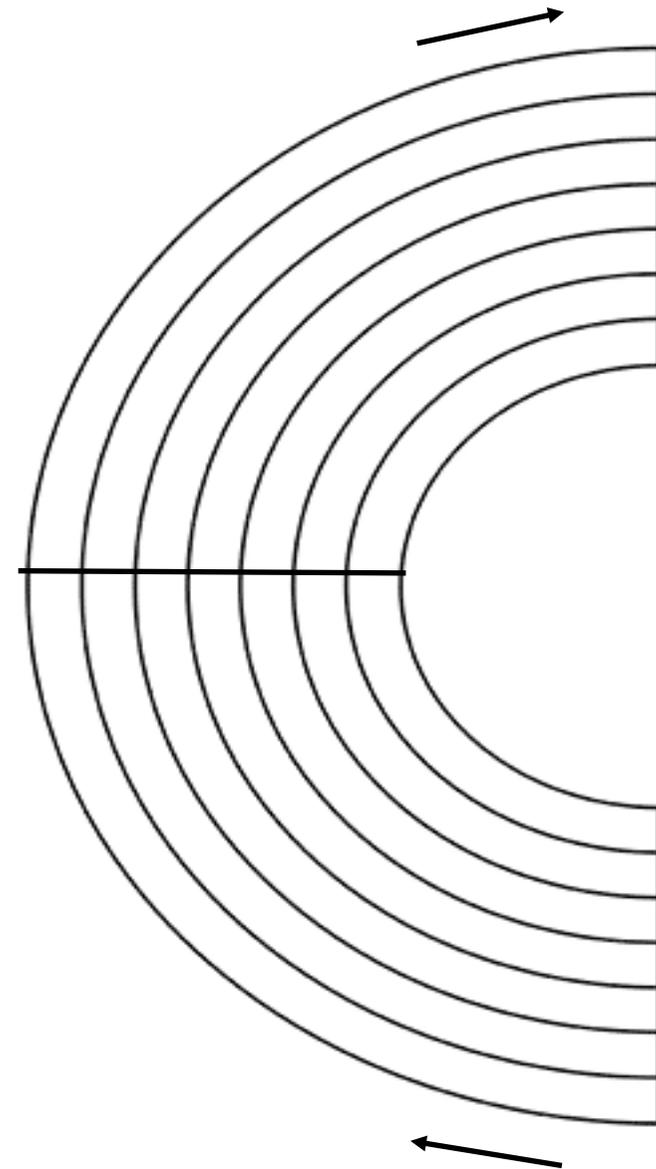
Look out for what may be causing the dysregulation.

Check these 4 possible triggers first as they can sometimes be easily sorted.

Stop! Think:- HALT

Hungry
Angry
Lonely
Tired

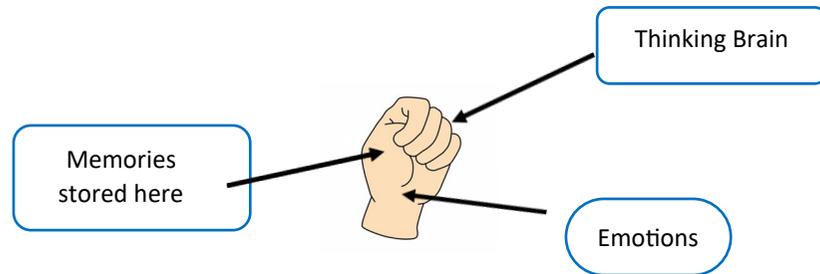
Rainbow to colour and practice calm breathing (See Page 3).



The Hand Brain

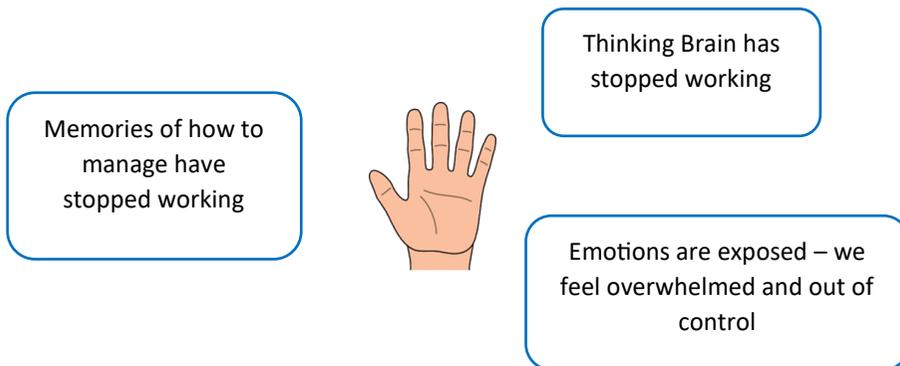
When we are feeling happy, calm and in control our emotions are protected by our thinking brain.

We can make sensible choices and find solutions to problems.



As we start to get overwhelmed by a thought or situation our thinking brain struggles to contain how we are feeling.

We can forget how to manage those big feelings and our reactions so as our thinking brain flips it forgets to protect our emotions.



Recognise that your emotions are taking over, our thinking brain has flipped open and stopped working.

Breathe deeply, focus on the palm of your hand where we imagine our emotions to be. Massage the palm with the thumb of the other hand (Meerkat Paw strategy)– Keep breathing

Calming down strategies that your child can use with your support or independently



Push the wall

- this can be effective in releasing frustration, irritation or anger.
- No damage to self, others or property
- Encourage your child to push as hard as they can and they can growl, grunt or count to 10 out loud
- When they finish and drop their arms to the side see if they notice the irritation dropping out of their hands, shaking their hands gently



Meerkat paw

- Notice if your child is nervous, worried, like a meerkat on the alert
- Encourage them to focus on the palm of their hand massaging it in circles with the thumb of the other hand.
- This can give a focus to help calm down



Rainbow breathing

- Encourage your child to breathe in as they slowly bring their straight arms up above their head
- Then to slowly breathe out as they bring their arms back down.
- Work through the colours of the rainbow, giving 7 deep breaths in total
- Red, orange, yellow, green, blue, indigo, violet
- Alternatively they can trace their finger up a picture of a rainbow half way breathing in as they do this and breathing out as they trace down the other side. They can colour their own rainbow picture. To



Blow some bubbles.

- Your child can chase and pop them using up excess energy.
- Let them blow some to help regulate their breathing and feel calmer.
- It is a good distraction focussing on the bubbles floating, look at the colours, see how high they go.



Flower and candle

- Encourage your child to imagine they are sniffing a flower, then blowing out a candle
- This can regulate the breathing, slowing down their heart rate that may be increased, helping them to regain control.
- It reminds them to breath in through the nose and out through the mouth

5 Finger Breathing



Five finger breathing

- Trace round each finger, breathing in as you go up and breathing out as you trace down
- Slow as they can
- Some children like the feeling of using a pen to draw round their hand on to a piece of paper.

Shake it out

- Shake your big feelings out of different parts of your body. Choose random parts of the body to shake out. Shake out your left hand, shake out your right foot, and shake out your whole body. Now relax,
- This exercise can use up excess energy before your child need to settle down and focus on a task
- It can also wake them up so they are ready to concentrate.



Cooling off

- When upset or angry we can over heat
- Running hands under cold water helps physically cool us down and also gives your child something to do, distract them from what is making them feel out of control.



Gratitude Diary

Encourage your child to list 3 good things that have happened each day, however small. Complete your own gratitude diary along with your child.

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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Looking at the positive things in your day can help you feel happier, sleep better and improve resilience.

(PositivePsychology.com)