



To watch a webinar message from
Bounce Forward [click HERE](#)

**Support for Parents
Oldham Council Mental Wellbeing Team**

Focus On the Good Things

Each evening scan your day

- For three good things
 - small or big
- Write them down
- Share with someone



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Notice Your Strengths

Complete the VIA Strengths to identify your top 5-8 strengths

Ask those you are currently living with – (children 10 -17)

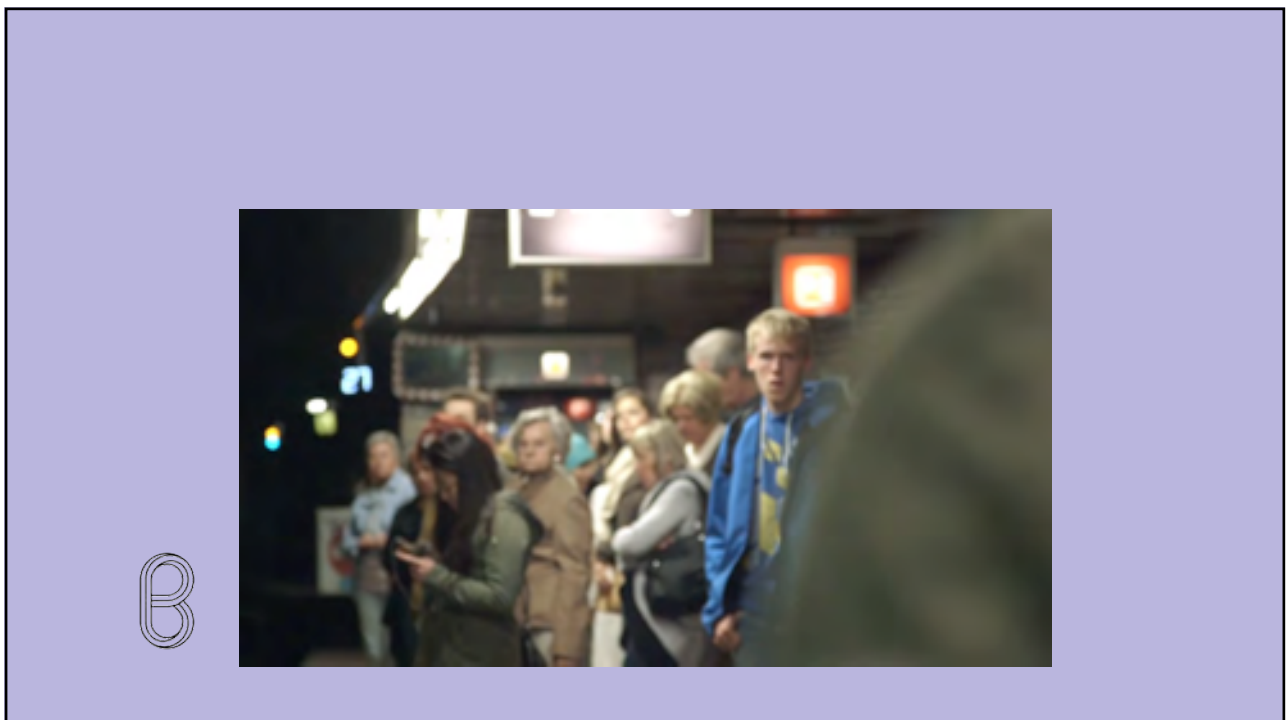
Over the next few weeks

- Notice when they are in play
- When they are helpful
- When they get in the way



<https://www.viacharacter.org/survey/account/register>





Create a Safe Space

In your mind
Then you can go there
whenever you want/need to

MY SAFE SPACE

When things bother me, I can go to my **Safe Space** in my mind.

ACTIVITY: Create a picture on a blank piece of paper.

Things to include: What you can see, hear, smell. Who/what is there with you? What are you doing when you are there?

ACTIVITY: List the positive emotions you feel when there.

ACTIVITY: List the everyday activities that you do that create the same positive emotions for you? How can you create that same positive emotion during COVID-19?

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Some Thing to Try



- **Distraction** – move through the alphabet and think of place for every letter
- **Calm** – Take 5
- **Write a gratitude letter to yourself**
- **Organise your day and include looking after YOU into the schedule**



MY SAFE SPACE

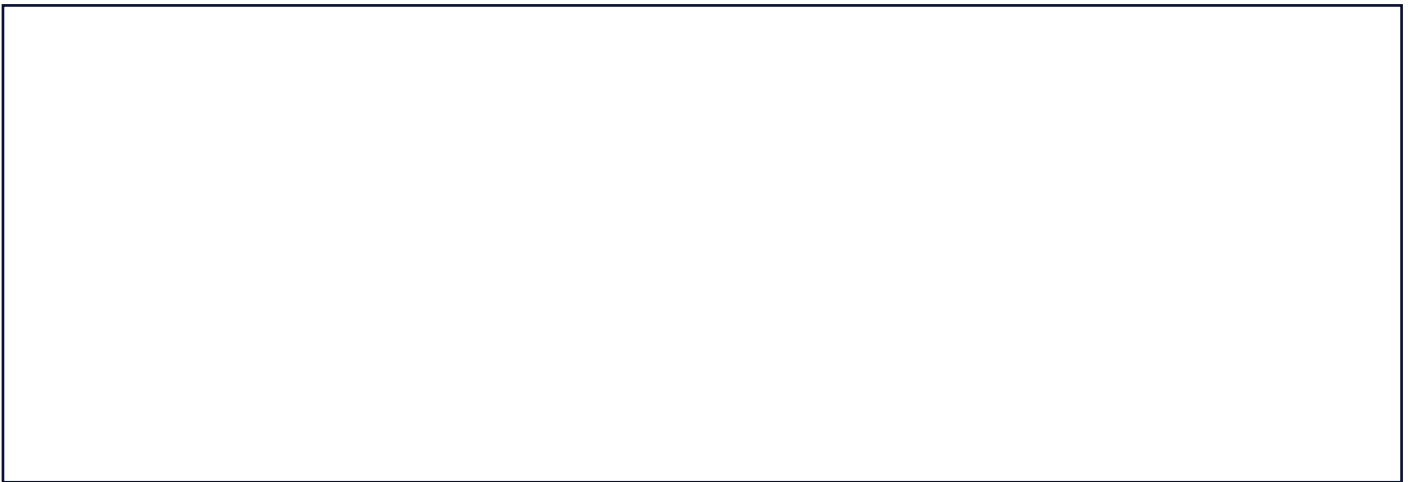
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ACTIVITY: List the positive emotions you feel when there.



ACTIVITY: List the everyday activities that you do that create the same positive emotions for you? How can you create that same positive emotion during COVID19?



ACTIVITY

THE FIVE WAYS TO WELLBEING



Developed by the **New Economics Foundation**, the **Five Ways to Well Being** are evidenced based actions that individuals can take to improve their wellbeing, that is feeling good and functioning well.

You can learn more about the five actions here

www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/

The Five Ways to Wellbeing are:

Connect – connect with the people around you: your family, friends, teachers and neighbours. Spend time developing these relationships.

Be active – take a walk, dance, or play a game that requires you to be on your feet. Find an activity that you enjoy and make it a part of your life.

Keep learning – learn something for fun that isn't linked to school. Learn to cook a recipe, learn an instrument, or figure out how to fix your bike?

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. How can you 'give' during COVID19?

Take Notice – be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Put down your phone and take notice of what is around you and really 'see' it. Some people call this awareness "mindfulness", and it can positively change the way you feel about life and how you approach challenges.

ACTIVITY

Use the template below to create a weekly plan and build in all five actions.

Include what you will do each day and any reminders will you need to set yourself.

ACTIVITY

THE FIVE WAYS TO WELLBEING



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

SOURCES OF FURTHER SUPPORT

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FOR YOUNG PEOPLE

www.youngminds.org.uk

Young Minds is a charity which focuses on young people's mental health and emotional wellbeing. The site includes downloadable information leaflets on a range of topics, including self-harm, aimed at both young people and adults.

www.childline.org.uk

Childline provide support to young people who have concerns about themselves or their friends. They are trained listeners who will never break your confidentiality and will never judge. They are available 24 hours a day, every day of the year. You can either call them on 0800 1111 or you can talk to them online at www.childline.org.uk

www.studentminds.org.uk

Empower students and members of the university community to look after their own mental health, support others and create change.

Wellbeing Books List

For Children

www.childrenslibrarylady.com/wellbeing-picture-book-list/

FOR PARENTS

www.annafreud.org/parents

Anna Freud offer a range of expert podcasts to help parents understand and manage child and family mental health problems.

<https://www.family-action.org.uk>

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

<https://www.actionforhappiness.org/calendars>

Action for Happiness provide monthly calendars packed with actions you can take to help create a happier and kinder world.

Reading list

- The Optimistic Child - Martin Seligman
- Mindset – Carol Dweck
- Mindfulness Finding Peace in a Frantic World – Mark Williams
- The How of Happiness – Sonja Lyubomirsky
- Positivity – Barbara Fredrickson
- Aging Well – George E. Vaillant
- Happiness by Design – Paul Dolan
- Can we be Happier - Richard Layard