

Mental Health and Well-Being

Emotional well-being and mental health are key factors in child development. At Barnwood our CPSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and loneliness. We have collated a variety of resources to support you at this difficult time. Please don't hesitate to contact your child's class teacher if you have any concerns or worries.

Gloucestershire Families Directory:

<https://www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/home.page>

Government Guidance

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Emotional Well-Being

Books for KS1 and KS2 can be used as a starting point to talk to your child/children about emotional well-being many are listed on the GHLL website or speak to class teachers for ideas to address specific issues. Also attached is 'Help for When I'm Feeling Low'

At Barnwood we use a variety of resources to support well-being:

GHLL (Gloucestershire Healthy Living and Learning),
Facts4Life and SCARF (Life Education van)

- Gloucestershire Healthy Living and Learning:

<https://www.ghll.org.uk>

- Facts4Life

Facebook: www.facebook.com/facts4life

Twitter: [@facts4life_org](https://twitter.com/facts4life_org)

- SCARF

<https://www.coramlifeeducation.org.uk/scarf>

Other support:

[nspcc.org.uk/parent/carer coronavirus hub](https://nspcc.org.uk/parent/carer-coronavirus-hub)

<https://www.mindedforfamilies.org.uk/young-people>

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

<https://youngminds.org.uk/blog/how-im-coping-on-down-days-in-self-isolation/>

<https://www.mentallyhealthyschools.org.uk/resources>

Keeping Active

Being physically active is vital for well-being and also very difficult at this time. The attached School Games pack has lots of ideas for indoor activity.

The follow links can also support yoga and give further other for being physically active indoors.

- **YST PE Activity Cards**

PE activities that can be done individually or in pairs/small groups with a focus on the development of physical competence and actively learning the importance of personal skill to support social, emotional, and mental wellbeing.

<https://www.youthsporttrust.org/primary-pe-activities>

- **At Home Games Panathlon** has been now updated

Please see both new updated downloads and articles

<https://panathlon.com/parallel-pe-teachers-disabilities-sen-lockdown/> for at school/at home lessons

<https://panathlon.com/panathlon-launches-at-home-sporting-challenges/> This will lead you to purely Home Games and Garden Games

<https://www.ghll.org.uk/yoga-resources-for-primary-schools/>

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Stamina

Series: https://drive.google.com/drive/folders/134fCzIZWtVxxsujWLvUDWhWhM94_aFxK?usp=sharing

10 second skips - quick tips for skipping: #DTSM10SecondSkips

Playlist: <https://youtube.com/playlist?list=PLDsXDaeQfmG9Cvyhn6Mqv9iAIYkpkkcRa>

https://www.sportengland.org/jointhemovement?section=get_active_at_home