

EPS Wellbeing Pack 4

Information about this Pack

The Wrexham Educational Psychology Service understand how worrying and difficult this time is for us all. We want to assist our community by providing helpful information, advice and guidance to support the psychological wellbeing of children, young people and adults alike. Resilience and Growth Mindset allow people to confront adversity and cope with challenges they may be facing, such as isolation. Therefore, we have found some great resources that can help build your resiliency, develop a growth mindset and support your wellbeing.

Teachers and School Staff The British Psychological Society have written some advice for schools detailing ways to foster staff resilience during school closures

Well-being Apps to Use at Home

Stop, Breathe and Think Kids - Help children discover their superpowers of quiet, focus and peaceful sleep.

Headspace - Exploring exercises, videos and more to help children and adults become healthier and happier.

Smiling Mind - A guide to support emotional wellbeing with trauma informed mindfulness.

Catch It – Guides you through how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

Stress and Anxiety Companion – Using breathing exercises, relaxing music and games designed to calm the mind.

Older Children and Teenagers

CAMHS and **Young Minds** have produced resource packs offering practical help and advice for addressing your anxieties and well-being in light of Coronavirus.

Building Resilience and Growth Mindset

Our colleagues at **Cornwall EPS** have created a **Resilience Activity Pack** that provides some activities that you can keep in your 'tool kit' to support everyday resiliency.

A. Brock and **H. Hundley**, Growth Mindset authors, have put together a bundle of **growth mindset activities** to help develop and nurture growth mindset during this difficult and volatile time.

Big Life Journal have collated activities to **build grit and resilience** to help children learn how to approach and overcome adversity.

We have selected a handful of activities from our colleagues at **Doncaster EPS** that encourage focusing on positive thoughts - **Primary / Secondary**

Young Minds have created **activities for young people** to develop their resiliency. We have collected our favourites together for you.



Well-being Challenge

Challenges from the '5 Ways to Wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Give them a go and see. Alternatively, look through [Dr Bradley's Menu of Activities](#) for some ideas.



Take notice - Take note of anything good that happens throughout the day, put them in an [All good things jar](#) and share them at the end of the day



Connect – watch a film on video call with a friend or family member – pause half way through for popcorn and a chat.



Be active – Keep yourself moving by trying a challenge, like the ['Keepy-Uppies' challenge](#)



Keep learning – Develop your art skills with Ty Pawb's [Family Art Club resources](#)



Give – Help create a Neighbourhood Safari in your area to support [National Earth Week](#)