



# Resources for Parents & Carers

## 1: **Boosting their** Mental Fitness

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# Resources for Parents & Carers

## 1: Boosting their Mental Fitness

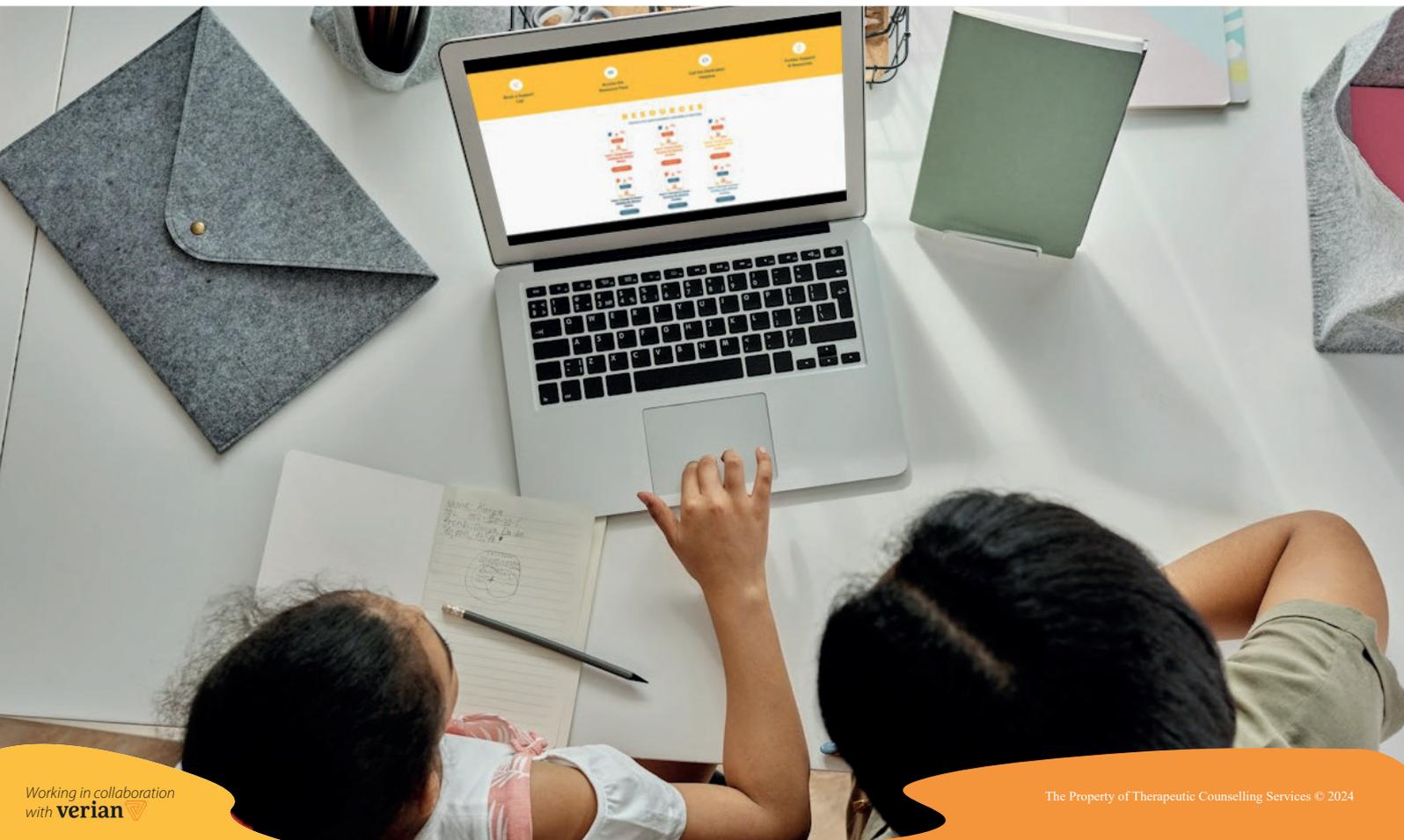
This resource pack has been designed to help you support your child with boosting their Mental Fitness.

The exercises are best completed by you and your young person to spark emotional wellbeing discussions.

We recommend trying to make each of the activities fun to understand more about each other and to learn ways we can support each other. These then can be incorporated into our daily lives whether we need support or not. The activities can boost our wellbeing and have a positive impact on both you and your young person.

Should they require further support, there are other resource packs which may be more suitable for higher levels of distress.

**If you would like further support you can visit our Support Hub. From there you can call our helpline or make an online booking with one of our team.**



## TOP TIPS

In this pack you'll find resources for your child to use that will help them to connect with how they are feeling and may help bring a sense of calm if they have found the interview questions difficult in any way. The resources can help begin to build some healthy coping strategies for your child and perhaps can become part of their daily routine.

**Top Tip:** Before beginning ask yourself-  
Who do you want to help?  
What do you want to do to help your young person?  
What would be a good outcome for you?  
What would be a good outcome for your young person?

**Top Tip:** Encourage your young person to go at their own pace and take their time, there's no right or wrong when completing these activities, just encourage your young person to answer how they feel.

**Top Tip:** Try implementing the **Feelings Thermometer** into your daily family check-ins.

**Top Tip:** Try doing the **Stress Busters** regularly with your child to help monitor stress.

**Top Tip:** Getting into the habit of thinking about things we are grateful for can really help build children's gratitude and confidence. Why not trying, as a family, choosing 3 things that have gone well each day.

**Top Tip:** Making time for moments of calm, even if it's only five minutes, can help **Mindful Moments** feel more achievable. Doing this with your child can help them relax.

**Top Tip:** Set some time aside to check in on your child's **Wellbeing Wheel** and make a plan for how to boost areas that are lacking.

**Top Tip:** Set aside some time every week or so to talk to your child about the things they are doing well, this can help boost their self esteem and can help them realise their strengths.

**Top Tip:** In order to get the full benefit, get the best outcome and be fully involved in the process it's important to use Active Listening skills while completing these with your child. You'll find below our **Active Listening Cheat Sheet** to help.

# ACTIVE LISTENING – CHEAT SHEET

Remember active listening can be done anywhere- at bedtime, on a walk or whilst doing an activity. This Cheat Sheet gives handy tips for how to be an active listener but the same rules apply not just for children but for adults too.

There are a few basic key principles to focus on:

**Allow silence** take things slowly, don't rush and don't be tempted to fill the silence

**Repeat words** which the person has said so they know you have "registered" these words- "Let me see if I am understanding this?..."

**Do not express judgement** or disagreement, just empathy

**Notice and show you care** – "Are you okay? You seem a little down. Anything you want to talk about?"

**Don't minimise the situation or their emotions** – "this isn't a big deal" "You are over-reacting, this isn't worth getting upset about."

**Validate their feelings** - "I can see why you would feel angry about this..."

**Help them unpack their feelings** by inquiring about their emotions - "Are you feeling frustrated because...?", "It must be so overwhelming to see..., is it?"

**Keep your opinions and views out of the conversation** as much as possible (for the time being). You can offer advice if you feel necessary but wait until the end of the conversation.

**Don't say or imply to look at the bright side, count your blessings or tell them it's all going to be okay.** This can cause the young person to feel misunderstood. If you want to share your hope you can say things like "this seems very difficult for you, I hope we can work together to make some changes"

**Summarise what you have understood**, this will also help the young person feel listened to.

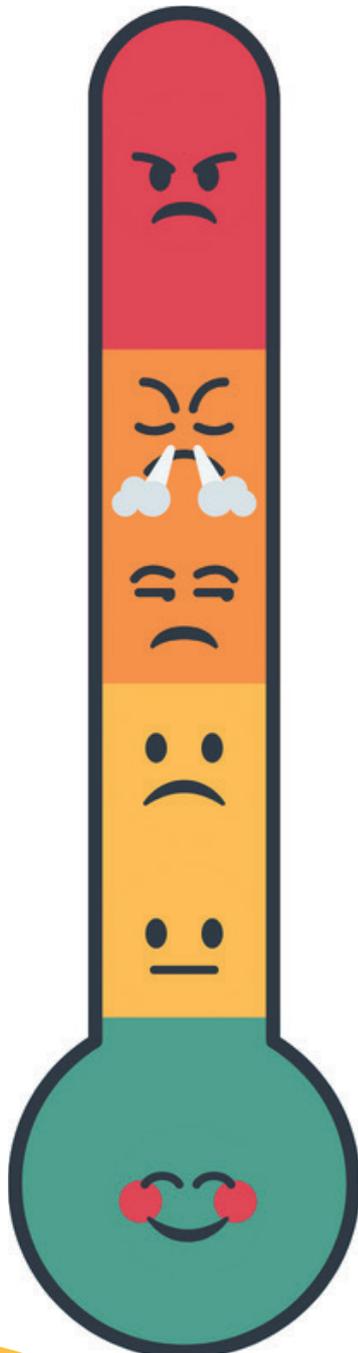


# Check In - Feelings Thermometer

You may be feeling a bit out of sorts or “jumbled” up after your interview and might not be sure of how you’re feeling.

Some of the questions may have taken you by surprise or perhaps brought up some difficult feelings for you. Checking in with how we are feeling is so important and the feelings thermometer is a great way to do that.

This is good for you to do before and after each activity, but also when you notice a big feeling coming up – it is good to check in with our-selves before we react. You can then check in again after completing an activity to see if it has helped.



I feel overwhelmed.  
I'm struggling to control my emotions.  
I need space.

I feel angry.  
Lots of things are irritating me.  
I don't want to talk to anyone.

I feel irritated.  
Some things are annoying me.  
I am trying to control my emotions.

I feel sad.  
I feel like quite low.  
I need comfort and support.

I feel okay.  
I just feel a little worried.  
I can cope with things as they are.

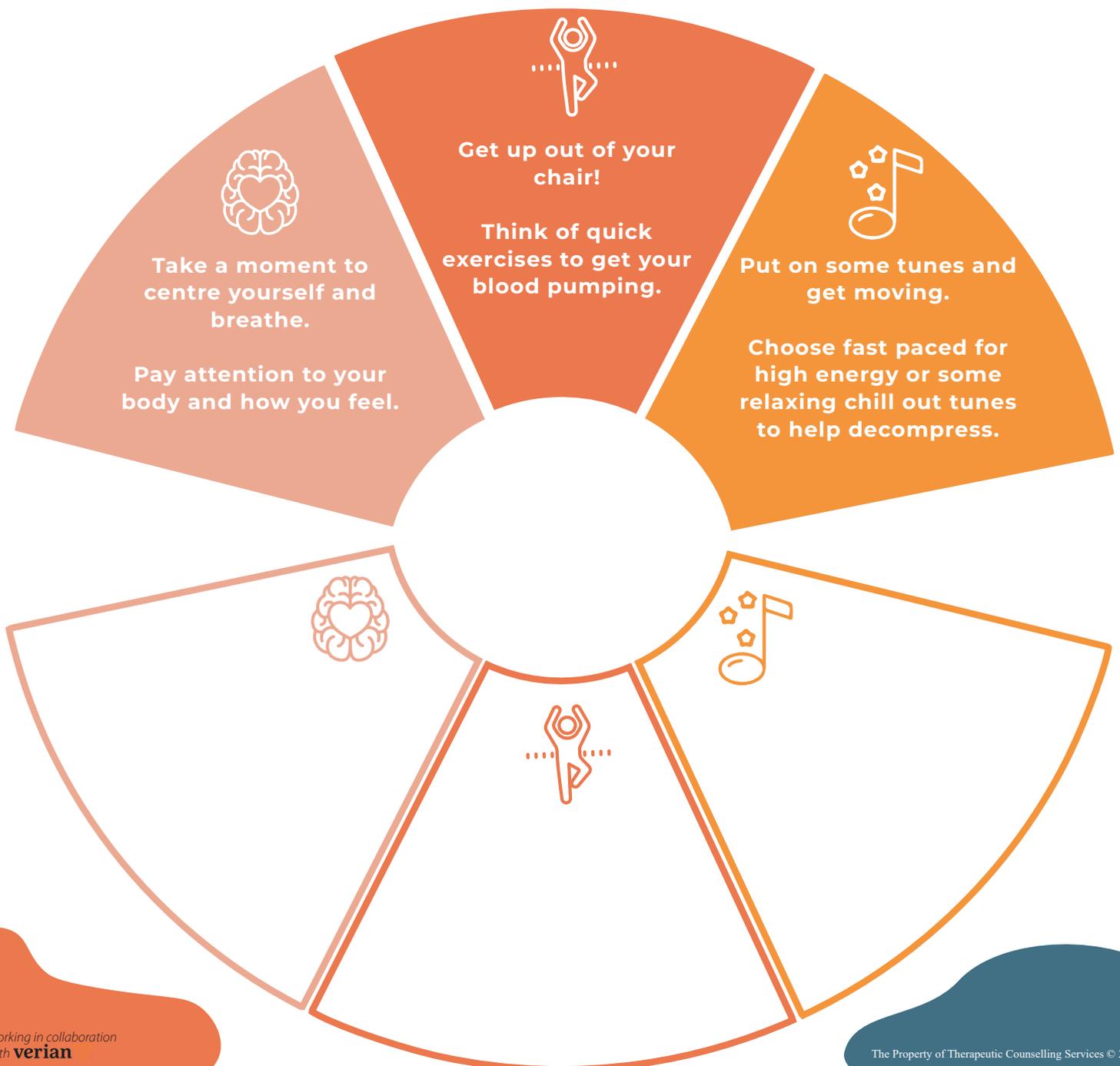
I feel happy.  
I feel positive and optimistic.

# Stress Busters

Having to take part in the interview might make you feel stressed or worried. You could be anxious about the questions you are being asked, or perhaps some of the memories it might bring up.

It is helpful to try to manage this stress. We all have different ways of managing our stress and things that make us feel better. Knowing what these things are can really help when you are experiencing stress. Take time to consider your stress busters. What type of things can help when we feel overwhelmed?

Think about movement, music & mindfulness- fill in the boxes with activities for each.



# An Attitude of Gratitude

You might be feeling overwhelmed at the thought of an interview or feel stressed having to remember COVID. When we feel overwhelmed & stressed it's important to recognise and be grateful for the little things in our lives.

Taking note of simple things can have a positive impact on our wellbeing. Even better is sharing our gratitude for others.

Write a list of 3 (or more) things that you are grateful for each day.

I am grateful for...	
<input type="radio"/>	

**My friend taking time to listen to me**

**Cake for lunch!**

**Being able to enjoy a walk in the woods with my dog**



# Mind-full Moment

Another way to help with overwhelming feelings or stress is to take the time to slow down, to ground ourselves, this can really help us to feel calmer and less overwhelmed.

Building in “mind full moments” can really help with this. You can do this by allowing yourself to focus just on one thing at a time, or trying breathing exercises like the ones below.

Put your finger anywhere on the loop and whilst breathing in, follow the shape.

Then whilst breathing out, go round the shape in reverse.

Repeat this a few times to allow your breathing to regulate.



Take the palm of your hand and using one finger from your other hand run it up every individual finger.

Whilst you go up a finger **breathe in** then  
When you run it back down **breathe out**

Repeat for all 5 fingers

# The Wellbeing Wheel

Periods of stress and big life events like COVID can impact our wellbeing. Throughout the interview questions you might have realised that during covid your own wellbeing was impacted and it may still be having an effect now.

Our wellbeing is made of lots of different things such as how we are feeling, are we eating well, do we have people around to support us and are we getting enough rest. Completing this audit can help you not only think about your wellbeing but also help you notice areas that might need boosted.

Use the categories to “audit” the different areas of your wellbeing and write down what you already do to boost them. You can then use the Wellbeing Planner to make time for them in your week.



# WELLBEING PLANNER

## I'M GRATEFUL FOR

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-----  
-----  
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## I'M PROUD OF

-----  
-----  
-----  
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### BODY

- Exercise
- Eating well
- Drinking water
- Rest

### ACHIEVE

- Work/School
- Chores
- Study
- Planning

### CONNECT

- Friends
- Family
- Community
- Ask for help

### ENJOY

- Play
- Fun
- Social Activities

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

# The Reel Me



Likes, shares, reposts , tweets ..... Sound familiar?

Social media may have been a part of what you remember from COVID. It may have helped you connect with others and keep up with what was happening in other places.

We can sometimes forget what makes us "us". The "Reel me" is a good way to reconnect with yourself, you might even learn something new about you!

**Name:**  
**Age:**  
My favourite quote that has helped me:

Things I like about myself:

Things other people like about me:

Likes

Dislikes

For fun I like to:

If a friend was going through a tough time, I would:

# My Strengths and Qualities

Reflecting on COVID you may remember things that you didn't get to do or experiences you missed out on, or you may remember feeling less confident during this time. Our routines changed so much you may have forgotten the things you managed to do and the challenges you may have faced.

This activity can help you to focus on your strengths and the things you managed to achieve, and perhaps help you to feel more "you".

**Things I'm good at...**

**Compliments I've received...**

**What I like about my appearance...**

**Challenges I've overcome...**

**What I value the most...**

**Times I've made others happy...**