



Mental Health Awareness & PSHE Week

**Promoting positive mental
health and building
resilience**

Christ Church Primary School

Parents and Carers

Thursday 4th February 2021

Deborah Kaiser and Naila Hirani

Mental Health and Wellbeing Consultants

Today we will think about...

- Mental health, wellbeing and resilience
- The impact of Covid-19 on our mental health
- How to boost our child's mental health and emotional resilience

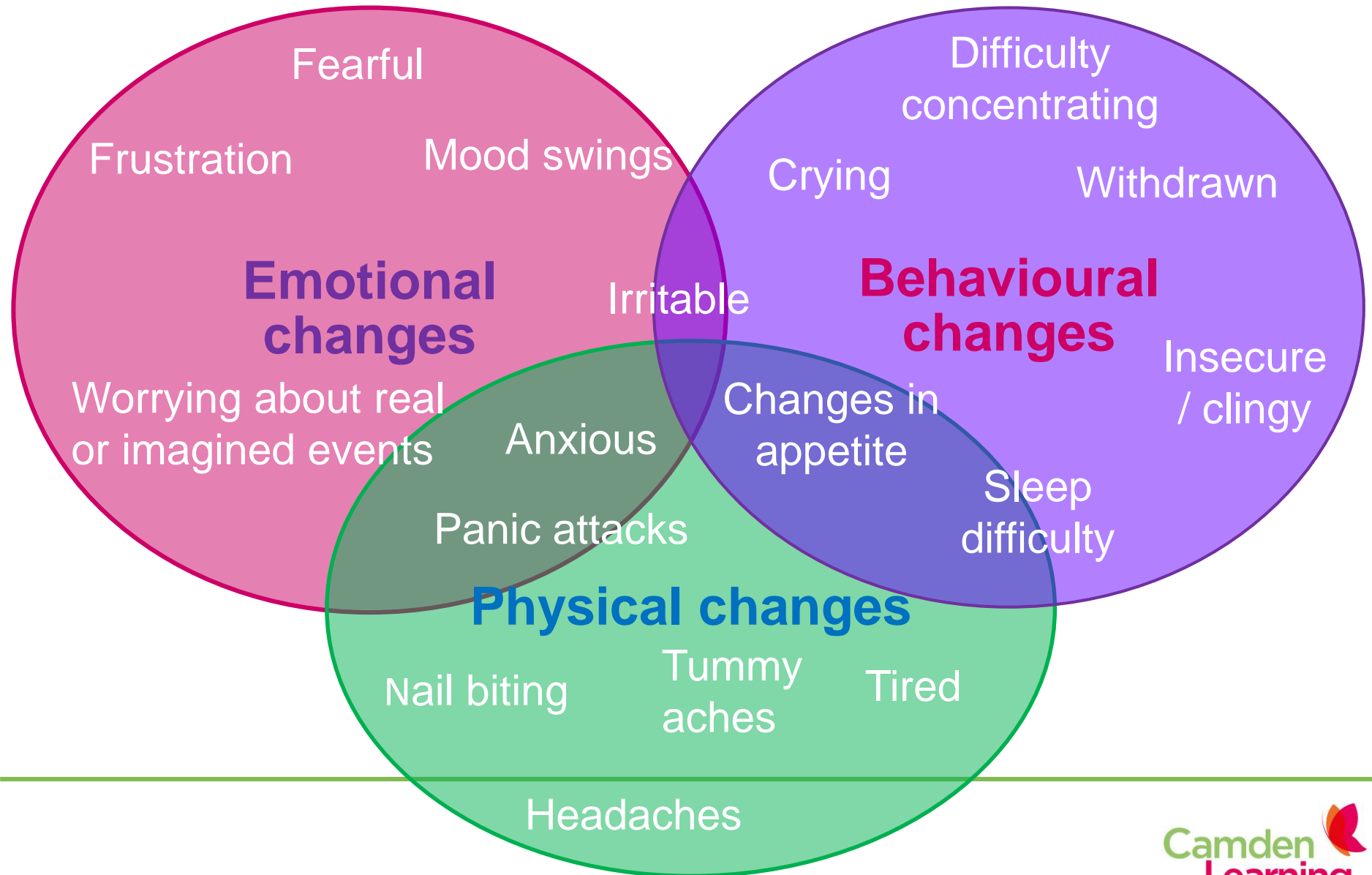
**We are all in the same storm
but not in the same boat**



Positive Mental Health



Signs / Symptoms



FIGHT - FLIGHT - FREEZE

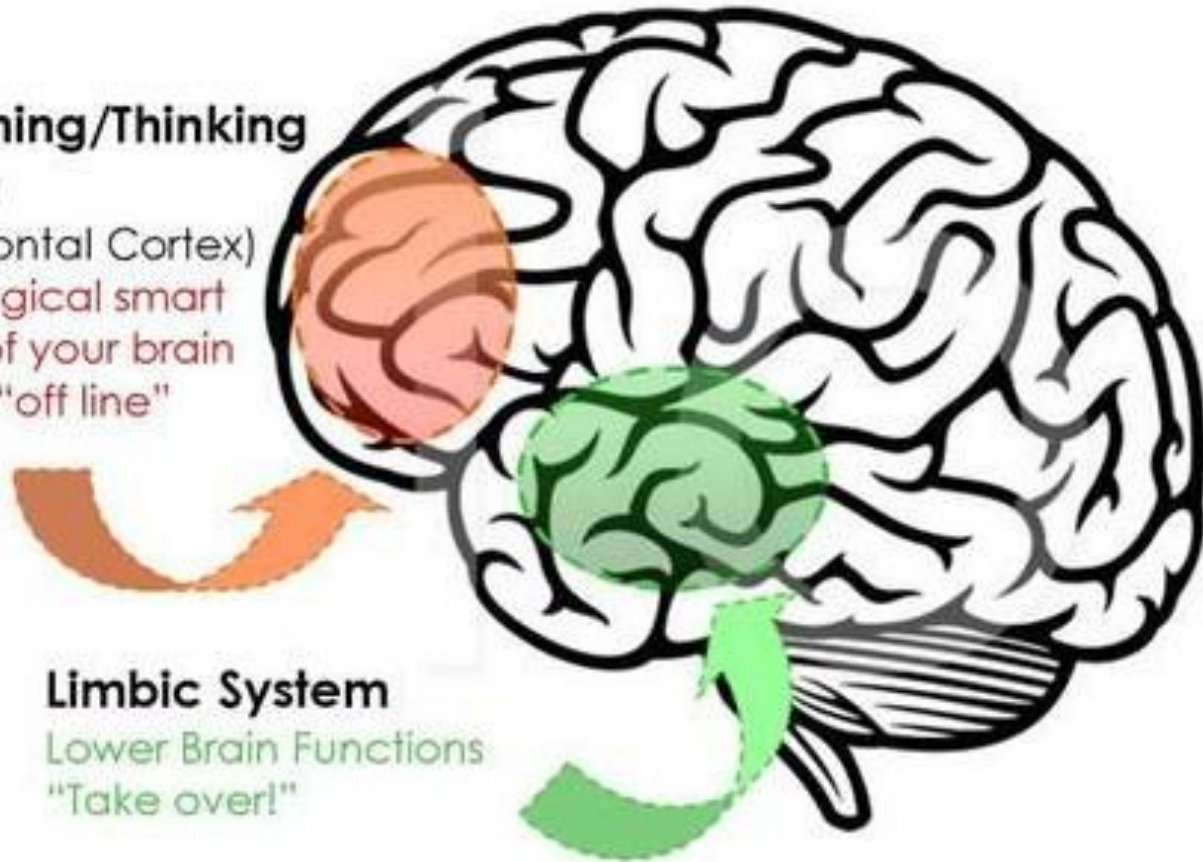
What's really happening when we go into

"Survival Mode"

Learning/Thinking Brain

(Prefrontal Cortex)

The logical smart
part of your brain
goes "off line"



Limbic System

Lower Brain Functions
"Take over!"

Self-Regulation

**Deep
Breathing**



Notice
how it
feels

Sore
head

Name the
feelings

Heart Races

Anxiety

Butterflies

Employ
coping
strategies

Recognise
triggers

Compression



Building Resilience



Prioritise Wellbeing

**Model and
praise talking
about feelings**

**Talk openly about
when times were
difficult and what
you did**

**Look at your
child's support
network
Who else can
they talk to?**

**Use different
creative activities
to help your child
to talk**

**Practice an
attitude for
gratitude with
them**

Setting Boundaries and Routines



Why Failure is Great for Kids

**AN IMPORTANT
LESSON TO
TEACH OUR KIDS:**

**It's OK to fail
It's NOT OK to
give up**

AlfredPeters.com



Active Listening

This tastes
yukky

No it
doesn't, its
delicious!

I'm sorry you don't like it, that's all there is for tonight. Tell me what you would like instead and I'll try and make that for tomorrow.

I don't like
my teacher,
she's mean

No she's
not, she's
lovely!

That's a shame you feel that way, did anything happen to make you feel like that?

I don't want to
play the violin
anymore, it's
boring

No it's not,
and it's good
for you to
learn!

Learning to play the violin is hard isn't it? I'm really proud of how much you've been practicing.

Supportive Conversations

I noticed you didn't want to play with x, is anything on your mind?

Did anything make you smile today?

Let's share some things that went well today and some things that were hard, I'll go first..

I can understand why you feel angry right now, do you want to calm down together?

I'm here for you, it's ok to take your time

These feelings won't last forever, we can take it one day at a time

Nurturing Independence

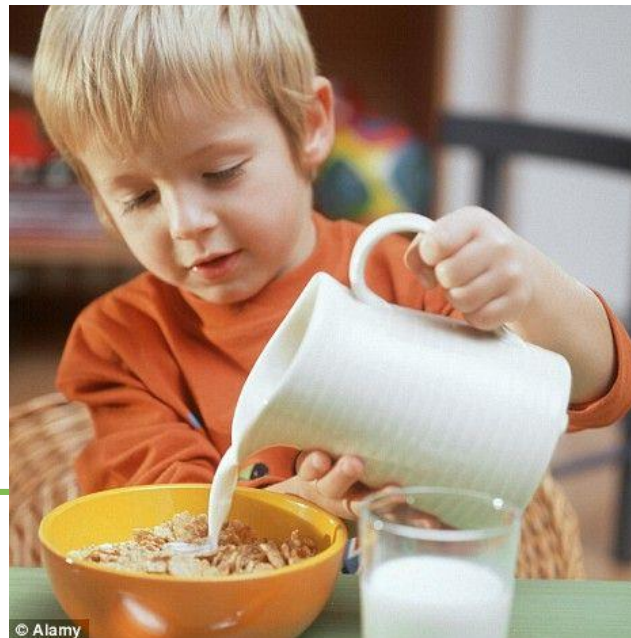
Remembering
PE Kit



Packing
school bag



Making own
breakfast



Develop your Child's Strengths



Writing
FOR
Wellbeing





[Parent Workshop Feedback Form](#)



- “Tomorrow is a new day!”
- Specific positive praise will go a long way
- Role modelling positive self-talk will teach children to do the same
- Make resilience and positive wellbeing a family priority for maximum impact!

Where to get Advice and Support

- Family, friends
- School staff/Mental Health Lead
- GP



Resources and Information:

- [The Happy Self](#)
- [MindEd for Families](#)
- [NHS Website](#)
- [Young Minds](#)