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# YOUNGMINDS



## ***Supporting you, your colleagues and your pupils this Christmas***

As we come to the end of the Autumn Term, our thoughts turn to the Christmas holidays and what this means for children and staff alike. For many it's a chance for a well-earned rest and time with loved ones. For others, Christmas means yet another list of tasks and competing priorities, which can be exhausting. And we often come down with the dreaded bug as soon

This is particularly true for some of the children we know in school, who can be lost amongst all the plays, performances, Christmas dinners and parties. **Here's a guide of some factors to look out for.** Some of us may experience a combination of these emotions across the break. Wherever you are on the scale, you won't be alone. We would like to support you, your colleagues and

as we relax! For some, this time of year can be associated with loss of routine, loneliness, boredom or unhappiness.

your pupils to have the best holiday possible.

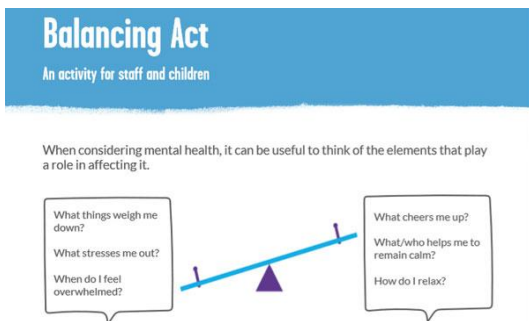
## Resources



### Wellbeing Advent Calendar

Countdown to the Christmas holidays by teaching pupils how to look after their mental health. Quick daily activities you can do as a class, or that can be done independently as they come in from lunch!

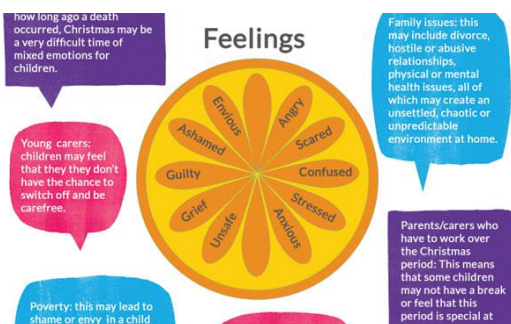
[> Download The Calendar](#)



### 10 Min Activities: Finding Balance

Two simple activities - one for pupils and one for staff - that helps us understand what affects our mental health, and how we can cope and feel more settled if things get tough over the Christmas holidays.

[> Download The Activity Instructions](#)



## What To Look Out For In Pupils

For some children, Christmas and the holidays may be associated with difficult times and emotions. And although we are often unable to change a child's circumstances, we can help by acknowledging how they might be feeling and why.

[> Download Printable Guide](#)



## Activity Sheet: Wellbeing Bingo

A fun colouring sheet bingo game to give to pupils, that helps them identify what they've done in the past week that has been good for their mental health and wellbeing.

[> Download the Activity Sheet](#)

## New Training Course Dates for 2019

Looking to build your skills, knowledge and confidence to deal with challenges and deliver the mental health support that's needed in your school? Book onto one of our courses in early 2019:

January

- 24th: **Addressing Adversity: Trauma and Adverse Experiences**, London
- 30th: **Self Harm**, London

February

- 7th: **Early and Primary Years Mental Health Training**, London
- 12th: **Resilience**, London
- 26th: **Teens, Turmoil and Transition**, London

**>> Browse all our course dates for 2019**

## Showcasing your school: Rockmount Primary School



Rockmount Primary School have created a wellbeing corner in every classroom, a quiet area of the room equipped with calming resources and designed to help children relax. Donna Rankine, Year 2 and 3 Learning and Teaching Leader says "it's a positive safe place for children to take time out in order to regulate their emotions."

In addition to this, Rockmount Primary also hosted a 'Wellbeing Week', giving pupils an opportunity to participate in a wide variety of activities. They used the film 'Inside Out' in lessons to encourage pupils to explore different emotions.

Have you got a wellbeing board, done a classroom activity or held an assembly that focused on mental health?

Email [360schools@youngminds.org.uk](mailto:360schools@youngminds.org.uk) with photos or a description of what you did, so we can share your great ideas with other schools!

### You might also be interested in...

- Do you like to send charity Christmas cards? **Check out our YoungMinds Christmas Cards**, designed by our Activists and with alternative messages for people who may be facing a difficult time this Christmas.
- 1 in 8 children and young people aged 5-19 has a diagnosable mental health condition, according to **new data from NHS Digital**. This data, on the prevalence of mental health problems among children and young people, is the first of it's kind since 2004.
- We are delighted to announce that we have run our first **Teachers' Insights Group**, with 8 dedicated school staff including deputy heads, SENCOs, a learning support assistant and a school counsellor. They are from a range of primary and secondary schools, and one specialist unit. This group will help us review our content and resources, share experiences and best practice and give vital insight on school issues, all so that we can make a 360 Schools' Community that truly delivers what school staff need to support the wellbeing of their pupils.

**Look out for your next 360° Schools' Community email in  
January**

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