

DEALING WITH CHILD ANGER

Lockdown and mental health-related resources

The Anna Freud Centre for mentally healthy schools, have adapted teaching methods to support pupils both at school and at home as taking care of our mental health and wellbeing is more important than ever.

Over the past 10 months, they have produced and shared lots of resources specifically about supporting mental health during the coronavirus pandemic and subsequent lockdowns. Below, they have rounded up our most helpful lockdown-related resources to help put mental health and wellbeing at the core.

The resources are designed to be social distancing-friendly, and many can be adapted to be delivered remotely.

[Dealing with the effects of lockdown toolkit](#)

A toolkit focusing on managing the effects of lockdown, including loneliness, boredom, family problems and sleep disturbance.

[Managing anxiety and improving wellbeing toolkit](#)

Mindful crafts, breathing exercises and other self-care ideas, informative videos, emotional expression worksheets and helpful strategies to address anxiety during the pandemic.

[Tools for managing emotions](#)

Tools designed to help children understand and manage their emotions and feelings, and stay calm and in control.

[The anxiety thermometer](#)

Using a feelings thermometer is a great tool to help children recognise what feelings they might be experiencing in any given moment.

[Helping children reframe negative thoughts](#)

This simple activity will show children how to reframe their thinking around a negative situation, and look for positive ways to view the situation.

[‘Resilience ladder’ activity](#)

Developing resilience will help children deal with difficult situations and challenges. This resource teaches children about resilience and the steps they may need to take to achieve their goals.

[Video: Lockdown productivity](#)

A video about how to take care of your mental health, be productive and keep yourself motivated while under lockdown. It is aimed at KS3 but may be suitable with upper KS2, depending on the children.

Working together to keep our children safe and happy

Halina Rooney

Deputy Head of Inclusion/SENCo