

Mental Health is a Spectrum

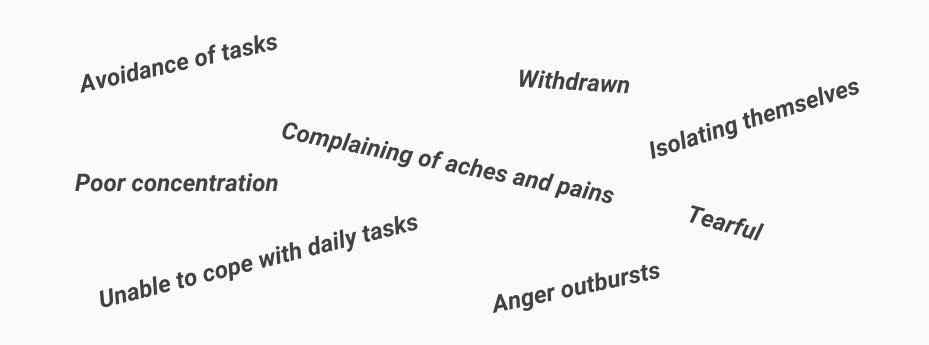
For most children, their mental health will move between the colours: green, amber and red each day - this is healthy.

If your child finds themselves struggling to get out of the red part of the spectrum, they may need support with managing their mental health.



Some signs and symptoms of poor mental health

If you notice your child experiencing one or more of the following over a sustained period of time, they may need support to manage their emotions.



<u>Understanding how children feel</u>

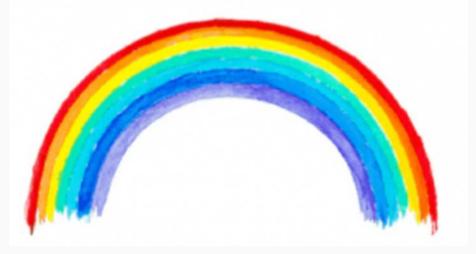
As parents, sometimes we may struggle to understand and explain to our children how they are feeling.

This video is a good example to watch with your child:

https://youtu.be/FfSbWc30_5M

Helpful strategies to use at home Rainbow Breathing

 Place your finger on one end of the rainbow and breathe in until you reach the other side. Repeat with another colour but breathing out this time. Continue using all the colours until breathing has regulated.



Helpful strategies to use at home Grounding for panic attacks

- Name 5 things you can see
- Name 4 things you can feel
- Name 3 things you can hear
- Name 2 things you can smell
- Name 1 thing you can taste



Helpful strategies to use at home

Writing down or drawing your worries in a diary or placing these in a worry monster overnight.





Helpful strategies to use at home Moving away from the situation for a specified time Counting down from 5 focusing on your breathing





If you think that your child requires further support, please contact the Just One Number below for advice.

You may also want to speak to your child's teacher about their behaviour in school. If the teacher believes they need additional support in school, they will refer them to our Pastoral Workers.



If you require any further assistance, please do not hesitate to contact the school.