Welcome to our fifth newsletter! During the current circumstances we wanted to share some resources that parents and carers can do at home when looking after their young people to support their wellbeing.

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves. 

https://secureforms.oxfordhealth.nhs.uk/mhst/

A lot of the activities and ideas we suggest are based around the 5 Ways to Wellbeing: https://bit.ly/wayswellbeing

A link to our first podcast around how we can use the 5 Ways can be found here: https://bit.ly/5WaysPod

Mindfulness! Being present & engaging fully in each moment.

Progressive Muscle Relaxation: Try this routine to get relaxed!

Our bodies respond automatically to stressful situations and thoughts by becoming tense. By relaxing our body we can trick our minds into being relaxed too! Progressive muscle relaxation relaxes each muscle group by first tensing and then releasing the muscle.

Lie down flat on your back on a bed, sofa or the floor; or you can try this sat in a chair. Play relaxing music or go without. Focus your attention on different parts of your body in sequence. Go through the sequence 3 times:

1. Tense & release: Tense that body part, hold it for a few moments, then relax.
2. Lightly tense & release: Tense that body part with just enough tension to notice, then relax.
3. Release only: Just pay attention to each muscle group and decide to relax it.

1. Right hand & arm (clench the fist like you’re squeezing the juice from a lemon)
2. Left hand & arm
3. Right leg (tense the leg, lifting the knees slightly)
4. Left leg
5. Stomach & chest (imagine a baby elephant is about to sit on your stomach!)
6. Back muscles (pull the shoulders back slightly)
7. Neck & throat (push the head back slightly into the pillow/surface)
8. Face (scrunch up the muscles in your face)

Videos & Resources

⇒ What is Progressive Muscle Relaxation
⇒ Guided Progressive Muscle Relaxation

You can find a mindful colouring sheet at the end of the newsletter.
The Mental Health Support Team

Creative!

Harry Potter At Home! Crafting Magic!
This is a fantastic website and YouTube Channel for Harry Potter Fans! It has creative activities inspired by the magical wizarding world, from making Hogwarts house bookmarks & pompoms to drawing magical creatures! Catch up on various stars performing all 17 chapter readings of The Philosophers Stone!

Learn How to Code!
This website will help you learn how to code for free! You could create a code to calculate things for you, create a website or even create your own video game! It’s also an incredibly useful skill if you’re interested in a future in science and technology!

Make a Tiny Book!
People have been making tiny books for hundreds of years! This article gives you the instructions and ideas to make your own! You could try making a tiny fact book about your favourite topic, or a tiny sketchbook, or a pocketbook filled with encouraging words when you need reminding of how strong you are! Check out the article to see some of your favourite authors have a go at making a tiny book!

Active!

Exercise is amazing for mental health as it releases chemical endorphins in the brain which are known to improve our mood.

Home Sports Day!
Normally it might be near to sports day at school, so why not try having your own at home? You could try the egg and spoon race, hurdles, a hopping race or a skipping race and try and beat your own time! Or if you have a group you could try a wheelbarrow race, three-legged race or a relay race dribbling a football. Get out in the sunshine and have some fun!

Videos
⇒ 5 min “Wake Up Happy” Routine
⇒ How to Do a Handstand and Hold it for a Long Time

Legs Up The Wall
A pose for relaxation which stretches your lower back and boosts energy! Great for after physical activity as helps your leg muscles & lowers your heart rate.
Lying on your back facing the wall making sure your hips are as close to the wall as possible. Position your legs vertically up the wall to form an L – shape.

Home Disco!!
Turn on your favourite music and dance in your living room! This is a great way to get active and a lot of fun! You could also play games like musical statues!
Science!

‘Keep Learning’ is one of the ‘5 Steps to Wellbeing’. Research shows that learning can boost your self-confidence and help you to build a sense of purpose, which is excellent for mental wellbeing! Try out some really fun and interesting science projects with materials found at home!

This [website](http://cospaceoxford.com/survey) has lots of videos and ideas for home science experiments. Have fun with colours, gravity, illusions and design!

**Video Resources!**

- Top 10 Most Amazing Experiments
- 4 Cool Rainbow Science Experiments
- DIY Lava Lamp!
- Make a Lemon Volcano!

Fun & Games!

**Homemade Play-Doh!**

Playing with Play-Doh is an excellent way to help you feel more relaxed and to focus on the present (be mindful!). Here are a few recipes to try:

- **Stretchy:** 1 cup of conditioner, 2 cups corn flour.
- **Glittery:** 2 cups flour, ½ cup glitter, ¾ cup water, 2 tbsp oil, food colouring.
- **Rock Salt:** 2 cups flour, 1 cup coarse salt, ¾ cup water, 4 tbsp oil, food colouring.
- **Original:** 2 cups flour, 1 cup water, ½ cup salt, 2 tbsp oil, food colouring.
- **Scented:** 2 cups flour, 1 cup water, ½ cup salt, 2 tbsp oil, 2 tbsp essential oil/shower gel, food colouring.

**Family Bingo!**

A great game for everyone at home! You can get creative and make your own cards, or [print them](https://bit.ly/EMAnxiety)! Use a random number generator and think of some good prizes! You could also try musical bingo by shuffling a playlist of songs!

Outside Links

**Parent Survey from Oxford University:** Are you a parent of a child or young person in year 0 (reception/foundation) to year 11? If so please take part in [http://cospaceoxford.com/survey](http://cospaceoxford.com/survey)

**Childline:** under 19s can call 0800 1111 for free, confidential support


**BBC Bitesize Parent Toolkit for Wellbeing**

**Self Care Ideas for Children**

**Supporting Parents who are Worried About Their Children’s Well-being during Lockdown** [Booklet](#)—Guidance for discussing worries, wellbeing tips etc

**CAMHS Oxfordshire:** [https://www.oxfordhealth.nhs.uk/camhs/oxon/](https://www.oxfordhealth.nhs.uk/camhs/oxon/)
June 2020 Calendar from Action for Happiness!

If you need some more joy in your life then try giving these suggestions a go! Just doing one of these a day could really make a huge difference to your own wellbeing and the wellbeing of those around you. You could even see if you can go the whole 30 days!