

EPS Wellbeing Pack 2

Information about Coronavirus

The Wrexham Educational Psychology Service understand how worrying and difficult this time is for us all. We want to assist our community by providing helpful information, advice and guidance to support the psychological wellbeing of children, young people and adults alike. As a service, we recognise the importance of having time to play with your children and / or take part in rewarding activities yourself. In this pack we have put together some of the best information we could find to help support play and hope that you find it useful and fun.

Teachers and School Staff

Mentally Healthy Schools have created an [advice document](#) for schools detailing how to [support school staff](#)

Staying Happy, Healthy and Hopeful

The **NHS** have produced a very informative guide to **take care of mind and body** which provides practical tips on how to stay physically and mentally healthy in isolation.

5 Ways to Wellbeing have created a fun, family friendly **Healthy Family Challenge** to help instil healthy habits such as reduced screen time, physical activity and healthy diet.

Action for Happiness have devised an **Active Coping Calendar** with daily actions to help look after ourselves and each other as we face this global crisis together

ELSA-Support have created a **14 day challenge** that includes activities to help and support your child's emotional well-being.

Long Creations have devised a **Time Capsule** activity that encourages children to recognise their emotions and helps inspire hope by discussing plans for life after Coronavirus.

Play for All

During times of uncertainty and isolation, play helps children of all ages recover a sense of normality. It allows children to make meaning of what is happening to them, and enable them to experience fun and joy.

Our colleagues in **Neath Port Talbot** and **Doncaster EPS** have created informative resources for Early Years and Primary aged children that include a wide range of play-based activities.

My Kids Time have listed 50 play activities by age that could be played indoors during isolation.

Play Wales and **Playful Childhoods** have created practical guides that stress the importance and value of play as well as providing great ideas for general and indoor play.

Coronavirus has, as with all of us, disrupted the norm for teens and older children. **Playful Wales** state play is an important method to manage these changes. See the **My Kids Time** link for older child and teen-friendly activities.

Well-being Challenge



Challenges from the '5 Ways to Wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Give them a go and see. Alternatively, look through [Dr Bradley's Menu of Activities](#) for some ideas.



Take notice – try a grounding activity like [The Tree Exercise](#) or the [5-4-3-2-1](#) technique to bring yourself into contact with the present



Connect – write a letter to a neighbour



Be active – enjoy themed [dance classes](#) with Oti from Strictly Come Dancing



Keep learning – Challenge yourself to learn a new skill e.g., learn how to bake with [Mrs Bun](#)



Give – Write down 3 reasons why you are thankful for someone and share it