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### Mental Well Being Activities For Children

This is such a strange and unfamiliar time for our children so it's therefore not surprising that they may be feeling anxious. So I wanted to put together a list of **my top 5 activities** to do at home to help your children process their thoughts and feelings at this time.

This website is fantastic for resources for helping your children mentally through these times:  
<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

#### 1. Create a worry book or worry box

This is a very stressful time for adults and children and there is a lot of worry going around. Sometimes our children ask us a really important question but their timing isn't great and it can be at a moment when we as parents are quite stressed or trying to do a million other things. So a worry box/book can be a great idea. In our classrooms we have a worry 'monster' but at home this could be a book or a box. Once your child has made their box/book (this can be as creative as you like) the idea is, that when they want to ask you a question or have a worry, that they write it down (or draw a picture to help them remember their thought if they are younger). Then later on at a time when you are able to devote more time to them, in a quiet environment (preferably at the end of the day, not left overnight) you open up the box/book and discuss the matters that are causing them to become worried. If you explain to your child that once they have placed the worry inside the box or book they don't have to think about it until the time when you talk about it, it can help them reduce the frequency of their worries. It can also help if you give them the chance to decorate the worry book or worry box whilst you explain its purpose!

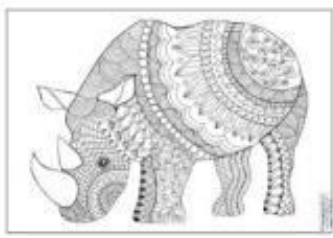


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## 2. Mindfulness

In school we often practice mindfulness, usually through cosmic yoga (available on YouTube), mindfulness colouring (twinkl always has a brilliant collection available to download) or walking and talking during the Berkeley mile. These are activities that children could continue to do at home. Walk and talk is a great one to do, especially if you are going out for daily exercise, as it allows your child to talk to you without having to give you eye contact. This can mean that your child may open up to you more or discuss their feelings more easily. True mindfulness though is just about relaxing and being in your own headspace. It could be the quiet that comes over them when you read to them at bedtime or even playing a computer game ('drifting afternoon' is a good one).



## 3. Connect with others

It is so hard for us stay away from loved ones at the moment but luckily we live in an age where we can stay in touch via technology. We can communicate through phones and even see one other via FaceTime and Whatsapp.

Play games with the family. Learn a new board game or card game and play as a family or even link up to friends or family at the same time.

Send pictures or cards to friends and family or even to local care homes and your teachers at school.



## 4. Get active

Being active is not only great for your physical health and fitness it is good for feeling mentally well too. In my house we have a 10 minute disco and we take it in turns to pick songs to dance to. When we've run out of ideas for dance moves we put Just Dance on YouTube and copy their moves, there are all sorts of songs on there. We also enjoy games of hide and seek and inside or outside treasure hunts. The children enjoy using a camera on the treasure hunt too, for some reason this makes it more exciting!



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## 5. Spend time in nature

Spending time nature can benefit both mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. The repeated patterns in nature can help ease anxiety. You could also bring nature inside through making your own fairy gardens, or wild west for cowboys.



Best wishes,

Mrs Bateman  
Well Being Lead



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