

Mental Health and Wellbeing

If you have any concerns about your child's mental health or wellbeing please do not hesitate speak to member of staff at school or visit your GP.

Below are some really useful websites:

- <https://www.childline.org.uk/toolbox/>
- <https://www.mentallyhealthyschools.org.uk/>
- <https://www.maind.org.uk/>
- [minded.org.uk](https://www.minded.org.uk/)
- [annafreud.org](https://www.annafreud.org/)
- <https://youngminds.org.uk/>
- <http://www.elsa-support.co.uk/>

Norfolk County Council have resources on their website to support mental health and wellbeing.

See this link for further details –

www.norfolk.gov.uk/children-and-families/send-local-offer/health/health-service-in-norfolk/mental-health-services/mental-health-resources

Cosmic Kids Yoga Quest

An exciting adventure with Cosmic Kids yoga!

You have to complete 20 Cosmic Kids yoga adventures, across 5 different lands. You can download your map pack PDF at the beginning of the Yoga Quest playlist. Print it out and check off the yoga adventures as you complete them and you can print off a certificate too! More information on the Cosmic Kids app or on this website - <https://www.cosmickids.com/yogaquest/>

Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation.

Here are some ideas of activities that you could do in 20 minutes.

One: Play a ball game

Football, catch, basketball, dodgeball... there are endless ball games to choose from. You don't need a court to play - just a garden, or a green space and a ball.

Top tip: Ask your child to pick a game they'd like to play or ask them about their favourite sports team.

Two: Ready, set... bake

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Baking is a great way to have fun together and there are so many 20-minute bakes to choose from. Keep it simple with [fairy cakes](#), [scones](#), [traybakes](#) or [energy balls](#).

Top tip: Take time to sit back and enjoy your bakes together while they're still warm.

Three: Take a walk

Sometimes taking 20 minutes is as simple as taking a walk, whether it's through nearby countryside, to the shops or around the block with the family dog.

Top tip: Leave some silent moments and create a space for your child to talk to about anything that's on their mind.

Four: The 'five things' game

An easy one for you if you're on the move, challenge one another to name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

Top tip: You can play this game anywhere, from the journey to school to shopping in the supermarket.

Five: Put on your dancing shoes

Six: Go for a drive

Car journeys are a great opportunity for 20 minutes with your child. Encourage them to leave their phone for a while, turn down the radio and strike up a conversation.

Top tip: Not sure how to get them talking? Take a look at our [conversation starters](#).

Seven: Explore together

When was the last time you explored somewhere new together? Stick a pin on a map somewhere nearby that neither of you have been to and try your best to get there!

Top tip: The best explorers use their senses, so switch off your phones, avoid distractions and use team work.

Eight: Flex those green fingers

Sow some seeds and watch them grow together! Begin with seedlings on the windowsill and watch them propagate before moving them into window pots or even the garden.

Nine: Yoga time

Designed around controlled movement and breathing techniques, yoga is an easy one to do together at home. Grab a bit of floor space and give it a go!

Top tip: New to yoga? A quick search on [YouTube](#) will bring up lots of beginners' videos you can try from the comfort of your own home.

Ten: Twenty-minute crafts

There are so many crafts you can do in 20 minutes. You could [paint a plant pot](#), make a [friendship bracelet](#), [try origami](#), create a photo collage or [make a musical shaker](#).

Top tip: [Pinterest](#) is full of inspiration. Create a board together so you can always find something you want to make.

Eleven: Design your own cards

All you need for this is some card and pens, and you can draw your own Christmas, Birthday, Thank You or Get Well Soon cards.

Top tip: You could use this as an opportunity to write a card to each other, and use what your child writes as a way to start the conversation.

Twelve: Share your music