

Children's Wellbeing at St James'

At St James' we value every child and whole heartedly support their emotional health and wellbeing: Our aims at St James' are to:

- Nurture the pupil's emotional and personal development.
- Provide a safe, secure and caring environment.
- Develop the children's understanding of how to be healthy and safe.
- Enable them to express themselves and make good choices.
- Provide access to appropriate support that meets their needs.

Mental Health

We all have mental health. Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change and fluctuate on a daily basis and over time, and can be affected by a range of factors.

When children and young people have good levels of wellbeing it helps them to:

- learn and explore the world
- feel, express and manage positive and negative emotions
- form and maintain good relationships with others
- cope with, and manage, change, setbacks and uncertainty
- develop and thrive.

When children and young people look after their mental health and develop their coping skills it can help them to boost their resilience, self-esteem and confidence. It can also help them learn to manage their emotions, feel calm, and engage positively with their education - which can, in turn, improve their academic attainment.

Talking Mental Health

https://www.youtube.com/watch?v=oz1S66_pYTw&t=34s



We all have Mental Health (Y6 Pupils):

<https://www.youtube.com/watch?v=DxIDKZH3-E>

Mental health Awareness Week – Nature:

<https://cdn.naturalresources.wales/media/691058/activities-and-games-health-and-well-being.pdf>

Cloud Watching:

<https://outdoorclassroomday.org.uk/wp-content/uploads/sites/2/2020/05/4-Cloud-Watching.pdf>

Expressing Our Feelings:

<https://www.loom.com/share/73115856f35d44d9bf0dc60a21664cf0>

Guided Meditation KS1:

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

Guided Meditation KS2:

<https://www.youtube.com/watch?v=-Dc05uSPESI&t=44s>

<https://www.youtube.com/watch?v=7o-oqjiLAOs&t=13s>

<https://www.youtube.com/watch?v=CvF9AEe-ozc>

Breathing Exercises:

<https://www.youtube.com/watch?v=RVA2N6tX2cg&t=63s>

Lazy 8 Breathing Exercise:

<https://www.youtube.com/watch?v=CtYxhIH9Yc&t=1s>

Rainbow Breathe:

https://www.youtube.com/watch?v=HTy_fogH2v0&t=13s

Five Finger Breathing:

<https://www.youtube.com/watch?v=DSgOW879jjA&t=1s>

Continuous Line Drawing:

<https://www.youtube.com/watch?v=xWhXbBaCfxw>

Breathing Hand Exercises:

<https://www.youtube.com/watch?v=S4zsL-WXuFM&t=18s>

Pencil Walking:

<https://www.youtube.com/watch?v=76y5FWFrg0M&t=5s>

How to make a Sensory Bottle:

<https://www.youtube.com/watch?v=D7zp7KbxbKY&t=2s>

Homemade Playdough:

<https://www.youtube.com/watch?v=iv73CEzY1jg&t=14s>

Mindfulness Art Activity:

<https://www.youtube.com/watch?v=sBHF-ETvSBY&t=3s>

Books about Mental Health

Here are some recommended books that help deal with different areas of mental health such as anxiety, feelings, grief and loss.

<https://childmind.org/article/best-childrens-books-about-mental-health/>

Weblinks

<https://www.annafreud.org/>

<https://www.childline.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/>

Support for Parents.

- CAMHS Bromley
- Bromley Community Wellbeing Service
- Bromley Well Young Carers Support Service
- Bromley Y/Bromley Community Wellbeing Service for Children and Young People
- Bromley Children Project