

# SEND News – February 2021



Hello all,

This issue of Acorn SEND News shines a light on the mental health of our children and young people. This week (1<sup>st</sup> to 7<sup>th</sup> February) marks the seventh Children's Mental Health week which was launched in 2015 by Place2Be.

The theme this year is "Express Yourself" and is encouraging children to find ways to share ideas and be creative. This could be via art or drama or music or whatever the child enjoys. Allowing our children to share how they experience the world can help them to process what is happening in their lives as well as fostering self-esteem. According to Place2Be, around three children in every primary school class experience mental health difficulties at some stage. It is therefore imperative that we find ways to support our children to express themselves.

More information can be found on <https://www.childrensmentalhealthweek.org.uk/about-the-week/>

Find some ideas below for encouraging children to explore their emotions and express themselves.

With best wishes, Sue Fulbrook (Head of SEND)

## Ideas from the Thrive Approach's guide for parents to creative expression of emotion at home

**Sensory** – baking with things in the cupboard, creating a calm bottle, making a sensory mini-garden in a box, make slime, make fruity facemasks.

**Animals and nature** – look, listen, smell and touch (with supervision and hand washing at home) when out for a walk, sand play, mud play, cloud watching, dancing in the rain, walk in the woods. For older children, try rock climbing, fishing and hiking.

**Drawing and painting** – painting rocks, hand and feet painting, landscapes, self-portraits. For older children; journaling, doodling, scrap-booking.

**Music and movement** – dance, percussion, make playlists linked to an emotion, yoga, silly walks, making silly faces, follow my leader.

**Story-telling, writing and drama** – puppets to model problem-solving, telling funny stories, making a comfy corner for reading together and writing together.

**Make and model** – junk modelling, creating something from the recycling pile, play doh, clay, shaving foam shapes.

For the full guide go to

<https://wp.cdn.thriveftc.com/prod/uploads/2021/01/Creative-expression-of-emotion-at-home-parents.pdf>

## Links to support children and young people's mental health

<https://www.childrensmentalhealthweek.org.uk/news/how-parents-and-carers-can-support-childrens-mental-health-and-wellbeing/>

<https://schoolgardening.rhs.org.uk/News/News-results/National/2020/March/Bringing-the-sunshine-inside>

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

<https://www.thriveapproach.com/resources/>