

## EPS Wellbeing Pack 3

The Wrexham Educational Psychology Service understands 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.

Play is very important for children of all ages as it helps them process information and experiences. In this pack we have put together some of the best information we could find to help support engaging outdoor play. We hope you find it both fun and useful.

### **Teachers and School Staff**

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

## Playing Outdoors

**Woodland Trust** has collated some simple [nature-based activities](#) you can enjoy together at home or in your garden

**Super Healthy Kids** has lots of fun, simple, and creative ways to [help children get outside](#) – ones that don't cost a lot of money, time, or planning.

**Naturally Learning** has produced a collection of [fun outdoor activities](#) for younger children and toddlers that get them closer to nature.

**Pobble** have created a list of 25 activities to help [limit screen time](#) whilst in isolation.

The **Institute of Child Psychology** have created a small infographic to explain how [children's play may change](#) during the current circumstances.

### Older Children and Teenagers

We have sourced two great collections of [activities for older children and teens](#). These can be done inside or outdoors and aim to [keep teens engaged](#) during their time at home.



## 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** – Write down 5 things that you are thankful for



**Connect** – Ring a friend, neighbour or family member you haven't spoken to in a while and reconnect



**Be active** – Try a [YogaEd](#) class - great online yoga classes for children, teens and adults (suitable for all levels)



**Keep learning** – Challenge yourself to learn a new skill such as [British Sign Language](#)



**Give** – Support our NHS. Draw a rainbow to put in your window or join in the '[Clap for our Carers](#)' on Thursdays at 8pm