

## EPS Wellbeing Pack 10

The Wrexham Educational Psychology Service understand 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. Joy, our Principal Psychologist, along with the team, Panna, Mark, Regina, Anna, Paula and Sally, would like to offer any support we can.

As we all now turn our attention to returning to school and creating our new normal, the EPS thought we would give you a compilation of our favourite resources that we have shared with you – a greatest hits from the past 10 weeks!

For up-to-date information about Coronavirus, lockdown and return to school please visit the [Welsh Government website](#)

## The Greatest Hits

Two very informative activity books about coronavirus have been produced by [Mindheart](#) and [Yale Child Centre & Scholastic](#). These are designed to start conversations about the virus as well as helping to discuss and label big emotions whilst staying positive.

Staying connected is very important when we cannot see each other face-to-face. [Cambridge University](#) and [Trauma Informed Schools](#) have produced guides with creative ways to stay connected whilst we have to stay apart.

The **Anna Freud Centre** provides [clear and simple advice](#) for young people, families and education professionals to minimise the effect that the Coronavirus, isolation and return to school has on well-being.

[ELSA Support 2020 Lockdown Review](#) and [Long Creations' Time Capsule](#) are both great reflection activities. They encourage children to recognise their emotions, reflect back on their lockdown experience and be hopeful by discussing plans for life after Coronavirus.

## A Reminder of our Packs

Over the past 10 weeks we have put together packs surrounding various themes to support you during lockdown. Schools can access all of these on our [Hwb page](#)

<u>Pack</u>	<u>Theme</u>
1	'Talking about Coronavirus & 'Emotional Well-being'
2	'Staying Happy, Healthy and Hopeful' & 'Play for All'
3	'Outdoor Play'
4	'Wellbeing Apps at Home' & 'Building Resilience and Growth Mind set'
5	'Reflection'
6	'The Essentials' and 'Important Documents'
7	'Preparing to Move Forward'
8	'Mental Health Awareness Week' & '#Kindness Matters Most'
9	'5 Ways to Wellbeing - Wrexham Edition!'



## 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. Here are some of our favourites – why not give them a go!



**Take notice** - Try a short guided mindfulness activity from **Stop, Breathe & Think** to allow you to take notice of your breath and clear your thoughts.



**Connect** – Turn off your electronics for an hour or two and spend some quality time with people in your house – maybe play a board game



**Be active** – Do an online workout like **P.E. with Joe Wicks** to keep yourself fit and healthy.



**Keep learning** – Develop your art skills with Ty Pawb's **Family Art Club resources**.



**Give** – Give some time to yourself for self-care. Read, take a bath, listen to music. Whatever makes you happy.