

Battersea Education and Wellbeing Service

Creativity for resilience Parent/Carer Resource pack


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Who we are?

Battersea Education Wellbeing Service

NHS
South West London and
St George's Mental Health
NHS Trust

 **Are you OK
Wandsworth?**

Our wellbeing practitioners are trained to support children, young people and families to build their emotional understanding, wellbeing and resilience.



What can we help with?

Anxiety
(ages 3-11)

- Worried when separating from parents
- Worries about sleeping alone / going to school
- Fearful of specific things e.g., the dark, dogs, bees

Behaviour
(ages 3-8)

- Not listening to instructions / rude to parents
- Difficulty managing big emotions
- Rude to parents or teachers



We work directly with parents & offer 1:1 support, workshops and groups




Parents/carers learn new strategies and tools to try at home



We support parents to feel more confident when responding to their child

Next steps...

If you are interested in our service, speak to your school SENCO/mental health lead or complete our referral form and submit by email to:
Wandsworthwp@swlst.g.nhs.uk

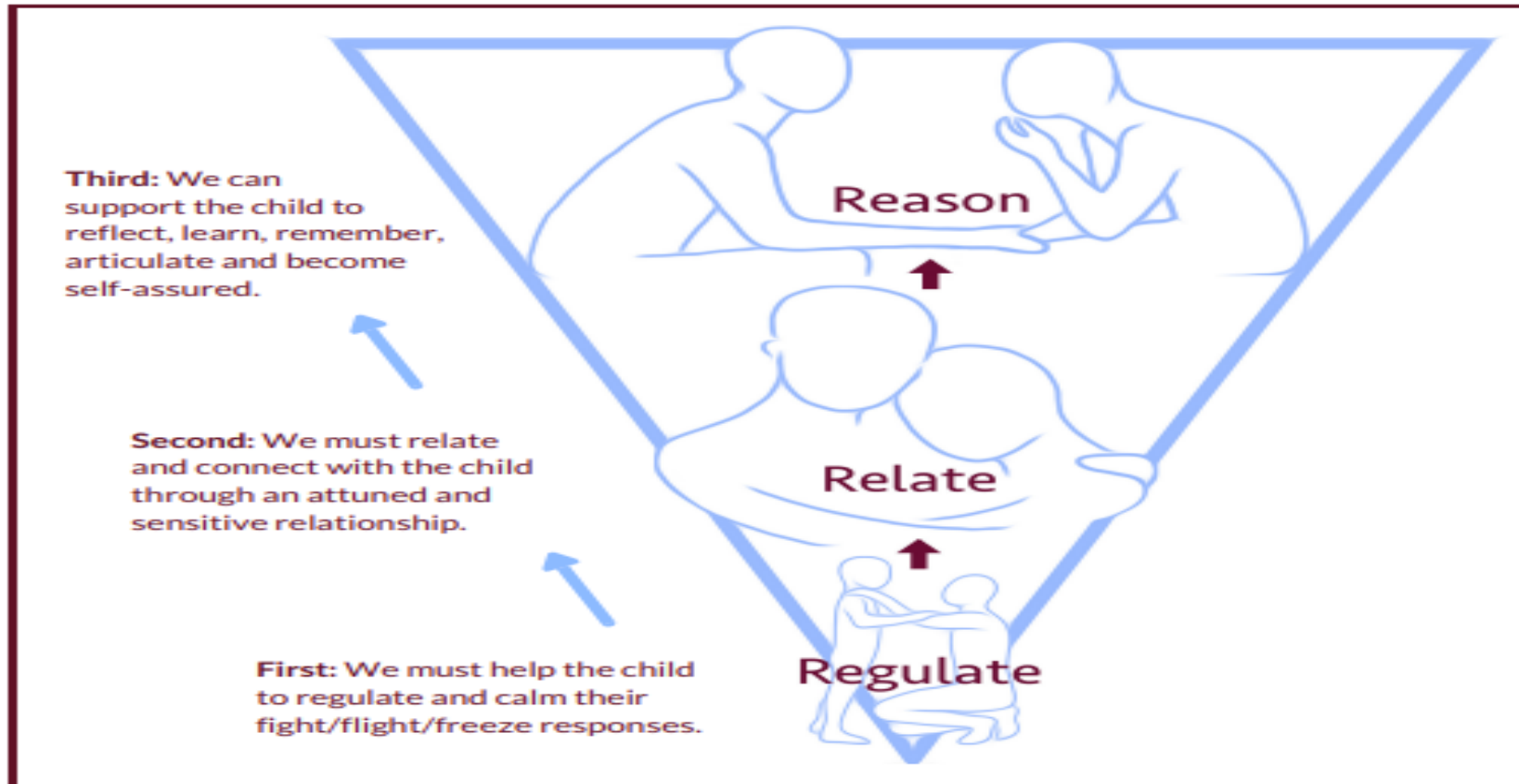


Each workshop in the **Creativity for Resilience** series focused on a different aspect of the *Regulate*, *Relate* and *Reason* concepts to supports children in building emotional resiliency. This pack contains further resources for learning about the topic and creative ideas for you to practise with your children.



The Three R's: Reaching The Learning Brain

Dr Bruce Perry, a pioneering neuroscientist in the field of trauma, has shown us that to help a vulnerable child to learn, think and reflect, we need to intervene in a simple sequence.



Heading straight for the 'reasoning' part of the brain with an expectation of learning, will not work so well if the child is dysregulated and disconnected from others.



What is regulating for a child in distress?

- Hugs, physical touch, sitting at their level. This shows them you are with them which can be comforting.
 - Tuning into their energy. For example: If they are very angry let them run, shake, hit a pillow, rip play dough, or if they are low energy then calming music, coloring, breathing together, squeezes and hugs, sensory objects to touch i.e. stress balls or using glittery jar or similar.
- Allowing time to be with their big feelings, and an adult validating that their feelings are okay.

Ideas for your regulation tool kit



Toys or activities which are interesting or calming when we touch them, they make a visual effect, or they make sounds.

These activities can be soothing on the body when a child is dysregulated because they can have a calming effect.



Make a
glitter jar.

How/ why to make a glitter jar

1. Pour 1/2 cup of water into a clean jar.
2. Pour 1/2 cup of PVA glue into the jar. You can also add food coloring if you want.
3. Add 1–2 teaspoons of extra glitter to the jar. You can use chunky or fine glitter.
4. Fill up the remainder of the jar with water.
5. Seal the jar with a lid.
6. Put a torch or a light underneath it and turn other lights in the room off or down.

Shaking the jar and watching the glitter settle can be soothing.

Body based regulation tools

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog.



BEAR WALK

Hands & feet on the floor, hips high - walk left and right.



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Our bodies carry our emotions whether happy, excited, sad or worried or even angry.

Movement based regulation activities can be a great way to help children regulate their emotional state.

5 Finger Breathing



5 Finger Breathing:

1. Get your child to copy you, as you place your left hand in front of you and your right index finger to the bottom of your left thumb.
2. As you breathe in swipe your right index finger up to the top of your left thumb.
3. As you breathe out sweep your right index finger down between your left thumb and index.
4. Repeat this breathing up and down the hand slowly with the rest of the fingers with your child copying.

Why do this? Breathing slowly together creates a regulating and calming effect. Using the body also can help children to become aware of how their body feels and this can be comforting.



Progressive Muscle Relaxation

- Find a quiet, comfortable place where you can lie down or sit up straight.
- Take a few slow, deep breaths.
- Tense and relax each muscle group in your body, one at a time, starting from your feet and working your way up your legs, torso, arms, hands, shoulders and head/ face.
- Coordinate your actions with your breath, tensing muscles as you inhale and releasing when you exhale.

This helps the body notice where it is holding tension and reminds it to relax which has a regulating effect on the body and emotions.

Further learning about regulation:



Helping your child to regulate their emotions
SWLSTG Education Wellbeing Service YouTube Channel.

Part 1: <https://youtu.be/0emvOPBivHg?si=64nSpMEm0VEzlyZj>

Part 2: <https://youtu.be/0emvOPBivHg?si=RUY2dpEXEK4CsIMm>

Relating

- Once you have taken steps to regulate your child, they will need you to connect to them emotionally.
- Get down on their level (language and physically) and help them to feel that you understand them and recognise their big emotions.
- Using words to validate their emotions helps children to feel understood. This is calming for children.



Name it to Tame It



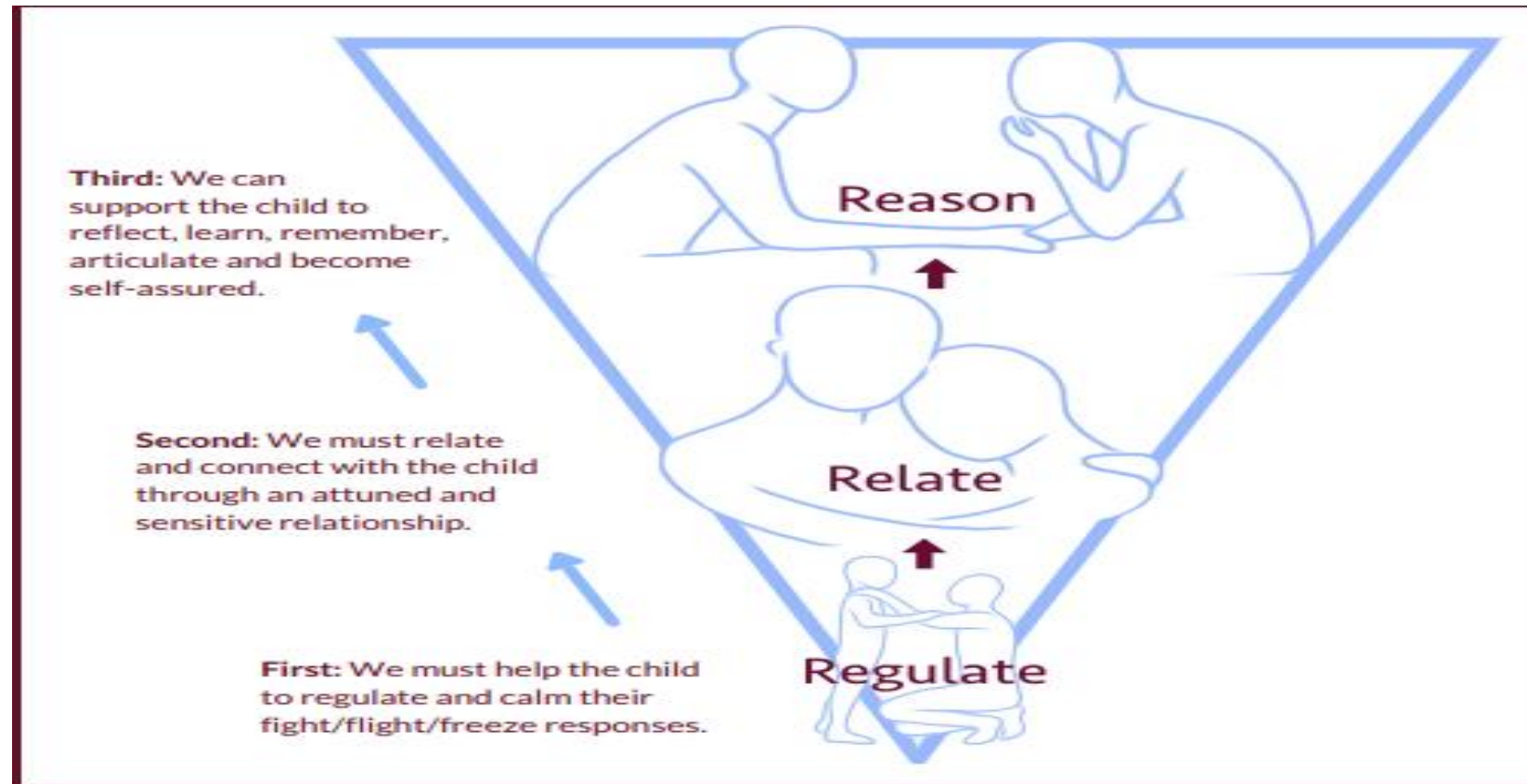
'Name it to Tame it' by Dr Daniel Siegel.
[Dan Siegel: Name it to Tame it \(youtube.com\)](#)

Creative Tools for Relating:

- Role play with toys about their feelings.
- Draw pictures about feelings.
- Get them to show you how they feel with a pillow or playdough and how they move it.
- Create emotions cards and have your child choose cards about their feelings.(Or you can start first if that is easier for your child) Then do an activity to manage the feeling together.



When a child is regulated and related too, they can then reason with you.



Reasoning and Emotional Resiliency

- When we feel we know how to manage our mistakes we are more **resilient** towards them.
- When we have thoughtful conversations about what happened, children **learn** not to shut down and instead how to manage.
- Instead of believing 'they are bad,' they can learn that they can **manage** and make good choices.
- *Note: "bad" BEHAVIOUR does not equal ≠ "being bad" as a child.*



Structuring Reasoning Conversations:

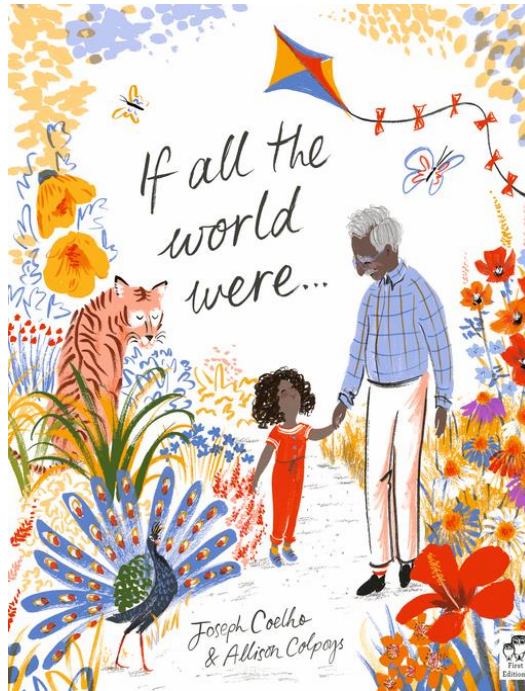
Once a child is calm and regulated then there are some options to help child think through (reason) what has happened

- Words- have a chat with your child- be Curious? How were they feeling ? What happened for them.
- Using resources and props: Utilize resources and props to enhance children's learning experience. Books, pictures, videos and other materials can serve as references or aids to help children understand and complete tasks.
- Provide constructive feedback that highlights children's efforts, progress, and areas and how they can succeed at the behavior you want them to see. Celebrate their achievements and encourage them to take risks and persevere.

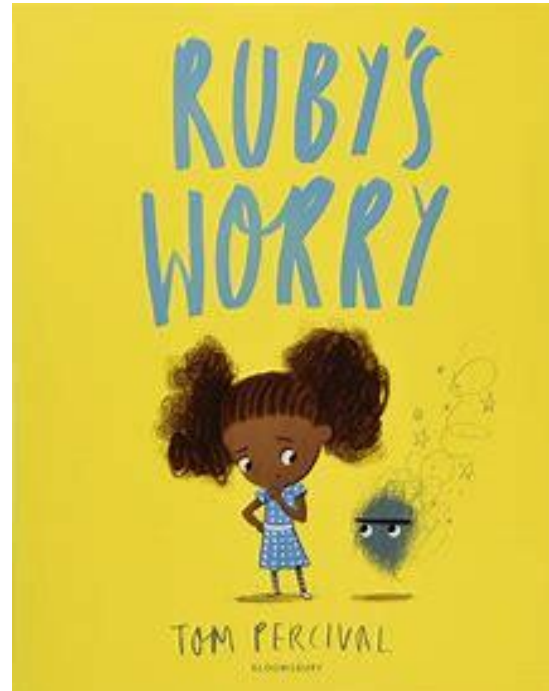




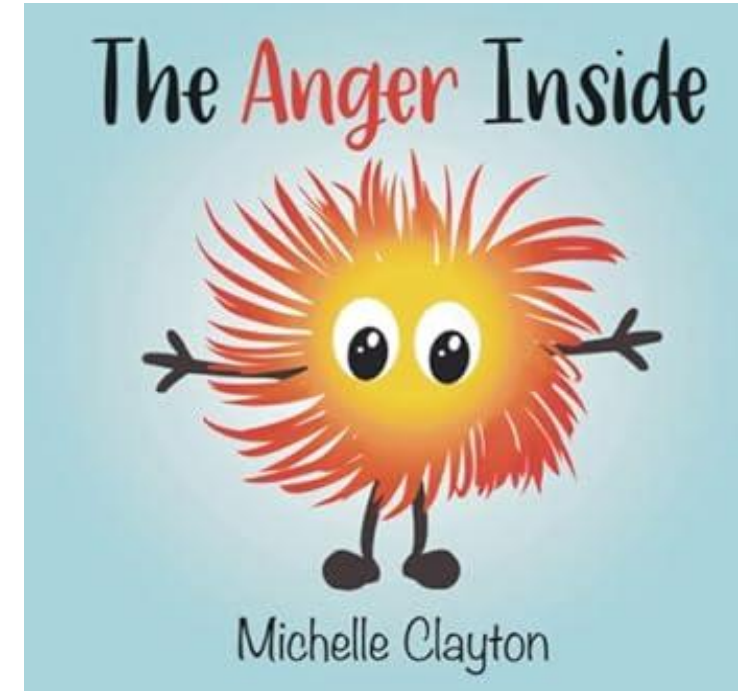
Books about Emotions



If all the World Were by Joseph Coelho, A story about bereavement of a grandparent.



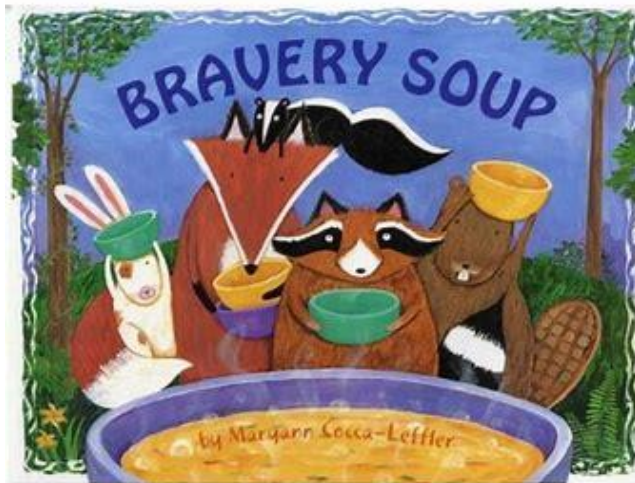
Ruby's Worry by Tom Percival, A story about learning to share and manage worries.



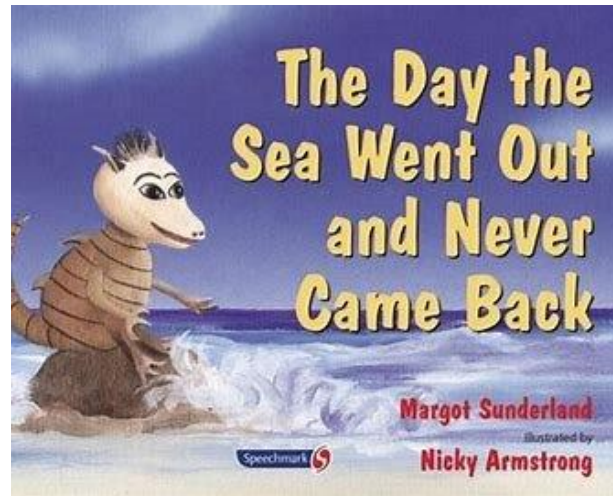
The Anger Inside by Michelle Clayton, A story about learning to manage anger.



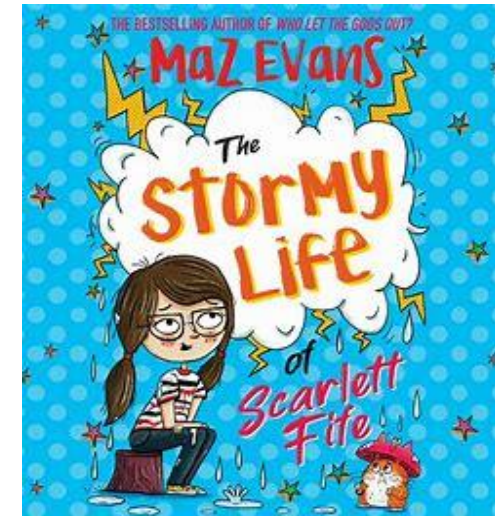
Books about Emotions for children



Bravery Soup by
Maryann Cocca-Leffler,
A story about taking
brave steps to overcome
worries.



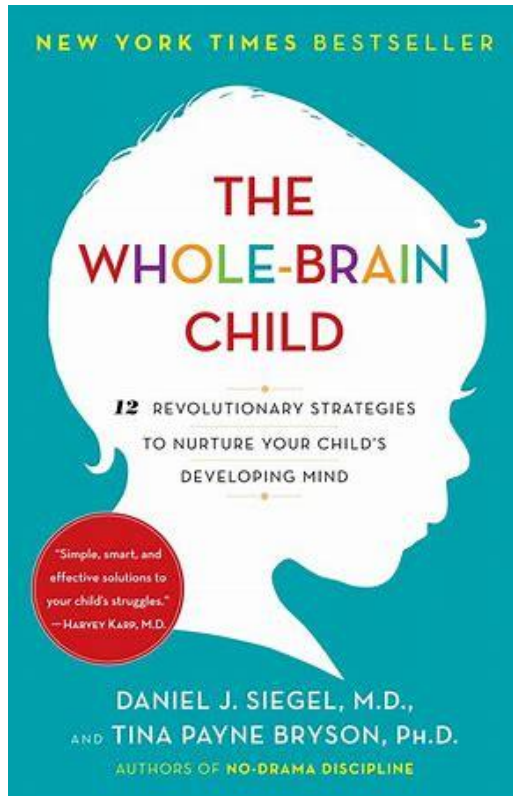
**'The Day the Sea Went
Out and Never Came
Back'** by Margot
Sunderland and Nicky
Armstrong. A story
about living with loss
and sadness.



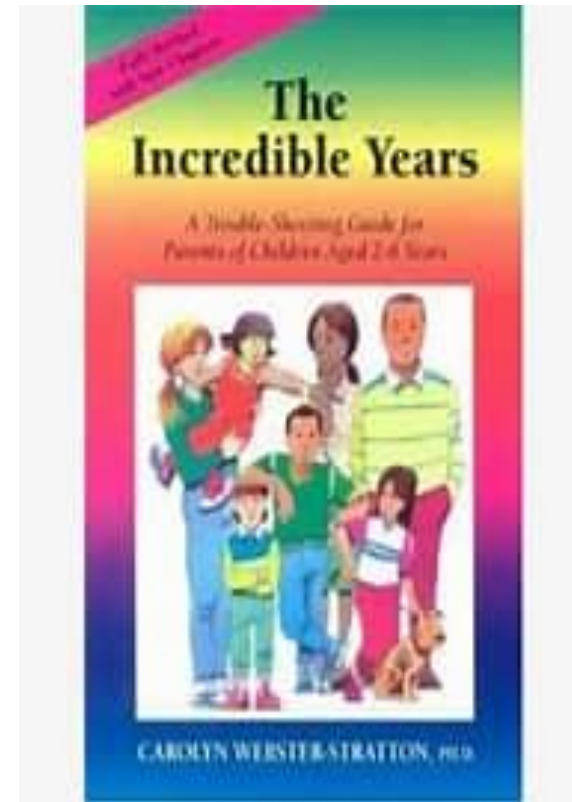
**The Stormy Life of
Scarlett Fife** by Maz
Evans, A story about
learning to manage big
feelings and emotions.



Books for parents/ carers



The Whole-Brainchild by Dr Daniel Siegel and Dr Payne Bryson. Neuroscientists and co-parents of a family discuss 'brain friendly' approaches to support children emotional wellbeing.



The Incredible Years by Carolyn Webster-Stratton. Evidence based tools and tips to support parents in helping their children create a strong relationship and foundation of boundaries.



Thank you for attending the Creativity for Resilience Series. We hope this resource pack is useful!

- **Check out our service's YouTube Channel @educationwellbeingsservice for more videos and resources around Emotional Wellbeing.**
- **Look out for emails and posters around your child's school to tell you about future workshops and coffee mornings from us.**
- **If you are worried about your child's wellbeing speak to the SENCO at your school to see if support from our service would be beneficial or contact us at wandsworthwp@swlstg.nhs.uk**



Thank You