



Buile Hill
Academy

Enriching Lives, Inspiring Ambitions

Emotional Wellbeing Support Guide

This support guide has been created to help
provide mental health and wellbeing support
for all our students



Consilium
Academies



**Buile Hill
Academy**
Enriching Lives, Inspiring Ambitions

Contents:

Mental Health and Wellbeing Matters

Support Services

School Support

Apps for Wellbeing

Anxiety

Depression

Eating Disorders

Self Harm

Bereavement Support

LGBTQ+

Mindfulness

Self Care

Growth Mind-set

Sleep Hygiene

Showing Gratitude

The Science of Happiness

How to be a Good Listener

Conversation Starters



Consilium
Academies



Buile Hill
Academy
Enriching Lives, Inspiring Ambitions

MENTAL HEALTH AND WELLBEING MATTERS

Good mental health is important for helping children and young people to develop and thrive.

At Buile Hill Academy, we are committed to ensuring that all our students feel safe and happy and learn how to maintain a healthy mind and overall wellbeing. Through the Community and Culture curriculum and a wide range of opportunities from external agencies, students are encouraged to look after themselves and develop resilient, healthy minds.

This booklet has a selection of resources that as a parent/carer, you may find useful in exploring with your child, in order to support their mental health and wellbeing.

"Just because no one else can heal or do your inner work for you, doesn't mean you can, should, or need to do it alone."

Lisa Olivera



Consilium
Academies



Buile Hill
Academy
Enriching Lives, Inspiring Ambitions

Support Services



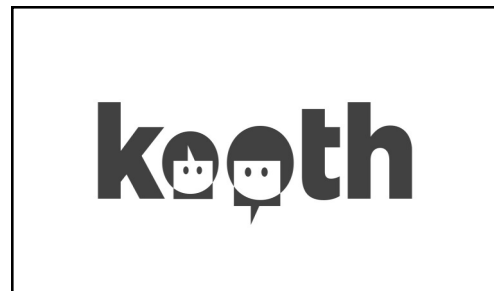
<https://www.youngminds.org.uk/>

Mental Health Advice and signposting for Young People.

Young Minds provide young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel.

<https://www.kooth.com/>

Free online counselling service for young people



Childline is a free, private and confidential service that you can access online and on the phone.

They can provide help and support for people up to their 19th birthday

0800 1111



Consilium
Academies



Buile Hill
Academy
Enriching Lives, Inspiring Ambitions

Support Services



24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

Mental health services are free on the NHS.
24/7 HELPLINE Manchester Mental Health
NHS Foundation Trust **0800 953 0285**

To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. Only available in mainland UK.



For life-threatening emergencies, call 999 for an ambulance



You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing jo@samaritans.org



Consilium
Academies



Buile Hill
Academy
Enriching Lives, Inspiring Ambitions

Support Services



Child bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing Bereavement

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

Mind provides advice and support to empower anyone experiencing a mental health problems and signposts support for your local area

<https://www.mind.org.uk/information-support/for-children-and-young-people/intro-to-mental-health/>



<https://mft.nhs.uk/rmch/services/camhs/>

Salford CAHMS website offers advice and signposting if young people are struggling to cope with their mental health



Consilium
Academies



**Buile Hill
Academy**
Enriching Lives, Inspiring Ambitions

Support Services



42nd Street is an innovative Greater Manchester young people's mental health charity with 40 years' experience of providing free and confidential services to young people who are experiencing difficulties with their mental health and emotional wellbeing.

e-mail at: theteam@42ndstreet.org.uk

Web <https://www.42ndstreet.org.uk/about-us/contact-us/>

Twitter: @42ndstreetmcr / @thehorsfall

Facebook: @42ndstreetmcr / @thehorsfall

Instagram: @thehorsfall_42ndstreet

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

National Charity Website offering eating disorder support



The children's mental health charity, Place2be, have a parenting smart website aimed at helping parents with typical situations that they can find themselves in with their children. Advice can be found on many topics including:

When someone dies. Supporting healthy gaming habits. Secondary school transition if my child is anxious. Peer Pressure. Using praise and reward. Cultural identity - Who am I ? My child has friendship issues

https://www.place2be.org.uk/our-story/why-our-work-matters/?gclid=EAlaIqobChMlq4CE2ein9wIVk-vtCh0eiQybEAAYASAAEgJZsvD_BwE



Consilium
Academies



**Buile Hill
Academy**
Enriching Lives, Inspiring Ambitions

Support Services



The THRIVE Framework thinks about the mental health and wellbeing needs of children, young people and families through five different needs based groupings: Getting Advice and Signposting, Getting Help, Getting More Help, and Getting Risk Support. Emphasis is placed on the prevention and promotion of mental health and wellbeing across the whole population.

www.implementingthrive.org.

Twitter: @ithriveinfo

YouTube: National i-THRIVE Programme

Email: ithriveinfo@tavi-port.nhs.uk

School Support

At Consilium Academies, we are committed to promoting positive mental health and emotional wellbeing to all students, their families and members of staff and governors. Our open culture allows students' voices to be heard, and through the use of effective policies and procedures we ensure a safe and supportive environment for all affected - both directly and indirectly - by mental health issues.

Teaching and Mental Health

The skills, knowledge and understanding our students need to keep themselves and others physically and mentally healthy and safe are included as part of our PSHE curriculum.

We will follow the guidance issued by the PSHE Association to prepare us to teach about mental health and emotional health safely.

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and-emotional-wellbeing> Incorporating this into our curriculum at all stages is a good opportunity to promote students' wellbeing through the development of healthy coping strategies and an understanding of students' own emotions as well as those of other people.

Additionally, we will use such lessons as a vehicle for providing students who do develop difficulties with strategies to keep themselves healthy and safe, as well as supporting students to support any of their friends who are facing challenges.



Consilium
Academies



School Support

There are a range of organizations and groups offering support and specializing in children and young people's mental health wellbeing within Buile Hill Academy. These partners deliver accessible support to children, young people and their families, whilst working with professionals to reduce the range of mental health issues through prevention, intervention, training and participation.. This includes nurture groups, Lego art therapies and solution focused coaching.

Attachment and Nurture	Support pupils who are vulnerable e.g. pupils who have suffered bereavement , attachment.
Pyramid Club	A targeted programme for children who are identified as being quiet, shy and behaviourally more likely to internalize.
Wellbeing Wednesday	An After school drop in club to socialize with peers and speak feely to adults about any issues
School Nurse	Drop in service every Monday morning providing medical advice and support to students
School Counsellor/s	Support for students who lack engagement, low mood, self-esteem, confidence or aspirations... having a negative mind-set. Help with self-harm & bereavement. We have counsellors in school on Mondays, Wednesdays and Thursdays, they can meet with students weekly to offer confidential advice and support. Please contact your child's Head of Year for more information on the services that we provide.
Boxall Profile	Assessment tool to support social, emotional and mental health
Learning Support Centre	Support for students who have social emotional and mental health interventions. This includes nurture groups, Lego art therapies and solution focused coaching





Apps for Wellbeing

7 Cups

An on-demand emotional health service and online therapy provider. Anyone who wants to talk about whatever is on their mind can quickly reach out to a trained, compassionate listener through our network. 7Cups have hundreds of listeners who come from all walks of life and have diverse experiences.. Our listeners just listen. They understand. They give you the space you need to help you clear your head.

BlueIce

Blue Ice is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue. This app is provided free by the NHS.

Calm Harm

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected. This app is provided free by the NHS.

Catch it

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing. This app is provided free by the NHS.

Chill Panda

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries. This app is provided free by the NHS.

Distract

The Distract app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. The content has been created by doctors and experts in self-harming and suicide prevention. This app is provided free by the NHS.



Apps for Wellbeing

Happify

Happify includes science-based activities and games which can help you overcome negative thoughts, stress and life's challenges. 86% of people who used Happify regularly report feeling better about their lives in 2 months. Please note you can get access to some support in the free version, but Happify plus is a paid for service.

MeeTwo

The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships. This app is provided free by the NHS.

MindDoc

MindDoc (previously known as Moodpath) helps you track your emotional state to detect patterns and identify areas for improvement. It checks in on you and provides regular mental health reports. It offers a range of courses, meditations, sleep aids and other resources. If you're struggling with depression or anxiety MindDoc will help guide you toward emotional wellbeing.

NHS Go

The NHS Go app provides young people with confidential health advice and greater access to health information. You can find local services in some areas and learn about health and your rights as a user of the NHS. This app is provided free by the NHS.

Pzizz

The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses "dreamscapes" - a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day. This app is provided free by the NHS.

SilverCloud

SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight week course is designed to be completed in your own time and at your own pace. This app is provided free by the NHS.

Apps for Wellbeing

Student Health App

The Student Health App provides easy access to more than 900 pages of reliable health information all in one place. The content has been created for university students by NHS doctors and is regularly updated. Use the app to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student. This app is provided free by the NHS.

Superbetter

Superbetter is a game for those aged 13+ played in real life to build resilience and success. Playing superbetter unlocks heroic potential to achieve goals that matter. Helps to tackle challenges including anxiety and depression.

TalkLife

TalkLife is an online peer support community for young people aged 16+ to get support for their mental health and the ups and downs of life. With 24/7 real time moderation and clinical governance, the app provides a safe and engaging global network for people to get instant ongoing support via their phones any time of day or night.

ThinkNinja

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. This app is provided free by the NHS during the coronavirus crisis.

Thrive

Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life. This app is provided free by the NHS.

Togetherall

Togetherall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or 1-to-1 therapy with therapists. This app is provided free by the NHS.



Anxiety

Anxiety is a normal, human feeling of fear or panic. When we face stressful situations, it can set off our brain's in-built alarm bell system, which tells us something isn't right and that we need to deal with it. Our brain wants the difficult situation to go away, so it makes us feel more alert and stops us thinking about other things.

Most of us worry sometimes – about things like friendships or money – and feel anxious when we're under stress, like at exam time. But afterwards we usually calm down and feel better, But when you're not in a stressful situation, and you still feel worried or panicky, that's when anxiety can become a problem.

Symptoms of Anxiety

- feeling nervous, on edge, or panicky
- feeling overwhelmed or full of dread
- feeling out of control
- having trouble sleeping
- low appetite
- finding it difficult to concentrate
- feeling tired and grumpy
- heart beating really fast or thinking you're having a heart attack
- having a dry mouth
- trembling, or having wobbly legs
- feeling faint
- stomach cramps and/or diarrhoea/needing to pee more than usual
- sweating more than usual

If you experience any of these symptoms above, it doesn't mean you definitely have an anxiety problem. But if any of them are affecting your everyday life, it's a good idea to tell someone you trust about how you're feeling





Depression

We all feel low or down at times, but if your negative emotions last a long time or feel very severe, you may have depression.

Depression is a mood disorder where you feel very down all the time. Depression can happen as a reaction to something like abuse, bullying or family breakdown, but it can also run in families.

Depression often develops alongside anxiety.

It's not the same as manic depression, which is another term for bipolar disorder.

Depression is one of the most common types of mental illness. Although it's hard to feel optimistic when you're depressed, there is lots of support available to help you feel better.

Symptoms of Depression

Depression affects different people in different ways. Symptoms can include:

- not wanting to do things that you previously enjoyed
- avoiding friends or social situations
- sleeping more or less than normal
- eating more or less than normal
- feeling irritable, upset, miserable or lonely
- being self-critical
- feeling hopeless
- maybe wanting to self-harm
- feeling tired and not having any energy





Buile Hill
Academy
Enriching Lives, Inspiring Ambitions

Eating Disorders

Eating disorders. Know the first signs?



Lips

Are they obsessive
about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted
beliefs about their body
size?



Kips

Are they often tired
or struggling to
concentrate?



Nips

Do they disappear to the
toilet after meals?



Skips

Have they started
exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips



Consilium
Academies



Self Harm

Self-harm is when you hurt yourself on purpose to relieve feelings of distress. People sometimes self-harm when life feels hard to cope with.

If you self-harm, you might be dealing with lots of intense thoughts and feelings and hurting yourself feels like the only way to let those feelings out. Or you might feel numb and want to hurt yourself so that you can feel something.

Self-harm is a way to show the feelings you have inside on the outside. It might cause you to experience:

- pain or discomfort
- temporary physical marks
- scarring
- feelings of sickness or dizziness
- feelings of weakness, shame or disgust
- feeling scared, out of control or confused by why you are doing this
- feelings of isolation and loneliness

Where you can find support:

www.selfharm.co.uk

Provides a safe place to talk, share stories and ask for advice.

www.selfinjurysupport.org.uk

Run by the Bristol Crisis Service for Women, they support girls in distress and have a text and email service too.

Text: 0780 047 2908 Mon-Fri 7am - 9pm

www.childline.org.uk

A free helpline that provides counselling for children under 19 with any problem.

Free 24/7 helpline: 0800 1111 Text: 0800 400 222.

samaritans.org.uk

Confidential support for anyone in crisis.

Helpline: 08457 90 90 90 (UK) Text: 08457 90 91 92 Email: jo@samaritans.org.uk





Bereavement Support

Salford City Council



Guidance for Parents on How to Support your Bereaved Child from Salford & Tameside EPS

If your child has been bereaved, it probably means you have been bereaved too. We're so sorry that someone in your family network has died and it is that much harder for this to have happened during the pandemic. When thinking about supporting your child, it's crucial to look after yourself first. So, give some attention to your own wellbeing (see Self-care section below); this will help you support your child better.

How to talk and listen to children who've been bereaved

Use direct language like 'dead' and 'died', rather than euphemisms like 'passed away'. Be open and honest in talking to your child, at their developmental level. Be aware of not having your child in earshot of adult conversations which might worry or confuse them. Judge from your child how much to talk about the bereavement. Take time to really listen to them, to hear their feelings and thoughts, the things that are difficult for them, the things they miss about the dead person. In terms of questions, Winston's Wish, a national bereavement charity says, if a child is old enough to ask the question, they're old enough to hear the answer.

What is normal for grieving children

Children can show a wide range of behaviours that may indicate they are grieving, e.g. Crying, irritability, difficulty concentrating, clinginess and anxiety at being alone, worries someone else might die, regression in development, changes in play or behaviour, sleep problems, thinking that the death was in some way their fault. Each child is unique and there is no one way to grieve. One way in which children tend to be different from adults in their grief is that they usually move quickly from one state to another, e.g. they may be crying one minute and then laughing and joking the next. It is normal for children to still be spending time laughing and playing, even if the adults around them are feeling sad. It's ok to show sadness and to cry in front of your child.

Difficulties around not being able to see the dying person

Some differences around a bereavement through the coronavirus are that it can happen suddenly, so there is little chance to prepare, it is also likely that your child will not be able to be physically with their loved one when they are dying and it's also likely that they'll be apart from those who would usually help support in the aftermath of a death, such as their school teachers. Winston's Wish has a page giving helpful advice in this situation:

www.winstonswish.org/telling-a-child-someone-died-from-coronavirus

Guidance around funerals

Usually funerals are an important ritual which help children and adults in their grieving process, with a chance to honour their dead loved one and to say 'goodbye'. Sadly, this may not be possible with the current restrictions. The funeral may still be able to go ahead but be restricted in terms of numbers attending. It is helpful to explain this to your child if this is the case. You may decide to hold a memorial service at a later point when it can be prepared for slowly and children can have input in its planning. Winston's Wish give advice on "How to say goodbye when a funeral isn't possible":

www.winstonswish.org/telling-a-child-someone-died-from-coronavirus

Self-care

During the safety talk when flying, we are urged to put on our own oxygen mask before we put on that of our child. Now is a time when you need to fit your own 'oxygen mask' first. This means thinking about how you can best be supported. Make a list of the people in your support network, the ones who help you feel safe. Who from that list can you reach out to connect with at the moment? What activities tend to make you feel secure and safe? Make a plan to do one of these regularly. And what strength or personal quality do you have which you can draw on at this very difficult time to help you get through? By caring for yourself in this way, you will be much more effective in supporting your bereaved child.

Winston's Wish Helpline: 08088 020 021 Child Bereavement UK: 0800 02 888 40





Buile Hill
Academy
Enriching Lives, Inspiring Ambitions

LGBTQ+

IS YOUR CHILD TRANS?

Is your child questioning their gender identity or expression?

Do you have questions about your trans or non-binary child?

Not sure what to say or do to best support your trans child?



Join Salford's support space for parents and carers of trans and non-binary young people.

Meeting on the third Sunday of the month, 1:30pm - 3:30pm this group allows parents and carers a supportive space to discuss any questions or concerns they have about their trans, non-binary, or gender-exploring child. Come and learn from experienced staff and parents, get answers to your questions, and learn and grow together with other parents and carers so you may best support your trans child.

The Beacon Centre
8A London Street, Salford, M6 6QT

Contact – LGBT@salford.gov.uk

Salford City Council



Consilium
Academies



Mindfulness

Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, without judgement. You might take notice and be aware of your mind, body or surroundings. The technique has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs, to try it.

Mindfulness aims to help you:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself.

How Does Mindfulness Work?

Mindfulness works by taking your focus to the present moment and away from other thoughts.

The way we think, and what we think about, can affect how we feel and act. For example, if you think or worry a lot about upsetting past or future events, you might often feel sad or anxious.

It is understandable to want to stop thinking about difficult things. But trying to get rid of upsetting thoughts can often make us think about them even more.

The theory behind mindfulness is that by using various techniques to bring your attention to the present, you can:

- Notice how thoughts come and go in your mind. You may learn that they don't have to define who you are, or your experience of the world, and that you can let go of them.
- Notice what your body is telling you. For example, you might feel tension or anxiety in your body, such as a fast heartbeat, tense muscles or shallow breathing.
- Create space between you and your thoughts. With this space, you can reflect on the situation and react more calmly.

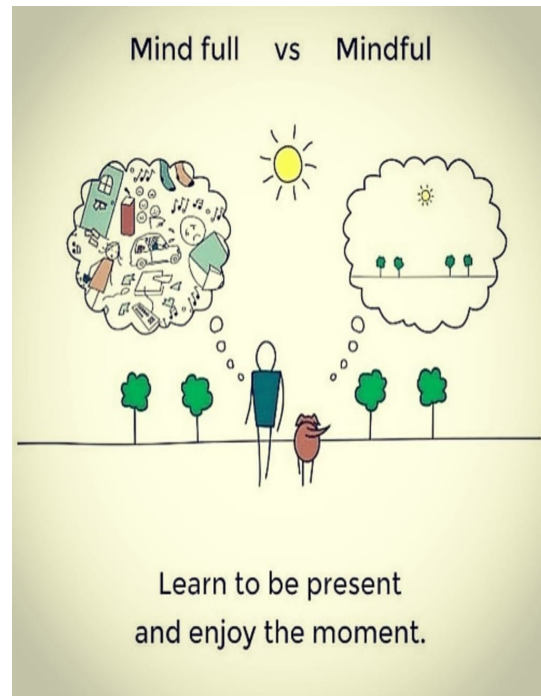




Mindfulness

Activities and Ideas

1. Go for a long walk
2. Colour/Paint a picture
3. Listen to your favourite music
4. Meditation
5. Yoga
6. Gardening
7. Puzzles and jigsaws
8. Cooking/Baking
9. Digital Detox
10. Exercise

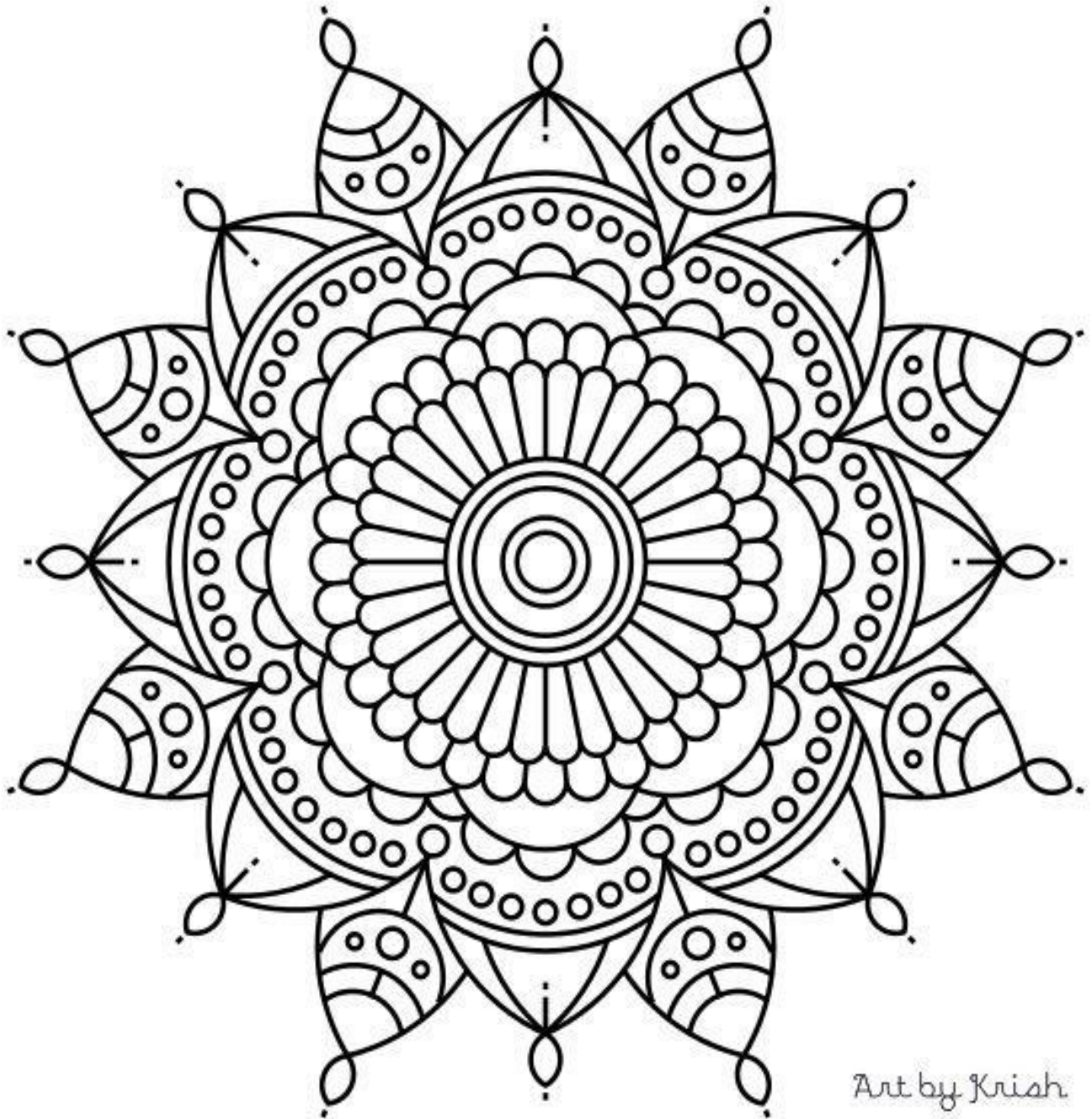




**Buile Hill
Academy**
Enriching Lives, Inspiring Ambitions

Mindfulness

Here is an example of Mindfulness colouring , you can print these for free on google, if you would like more of these then please contact the school.....



Art by Krish



Consilium
Academies



Buile Hill
Academy
Enriching Lives, Inspiring Ambitions

Mindfulness

Mindfulness Bingo

find something smooth	find a flower that smells good	find something hard
notice the color of the sky	find something that is your favorite color	make someone laugh
listen to a song you love	help a family member	give someone a compliment
find something soft	feel the grass under your feet	find something bumpy



Consilium
Academies



Mindfulness

Relaxation Techniques

Get Comfortable

Find a quiet place in the house or outside rest in a comfortable position for 5—10 minutes.

Observe the present

Bring your attention to the present and sensation of breathing – this is your anchor a point to return to.

Create time and space

Choose a regular time each day for mindfulness meditation. Ideally a quiet place free from distraction.

Follow the breath

Simply follow the journey of the breath, sensing the gentle rise and fall of the belly as you inhale and exhale.

Notice distractions

It is natural for the mind to wander, when it does it is good to notice this and any feelings that occur.

Practice non-judgement

When you catch your mind wandering, simply bring your mind back to the present without judging.





Self Care

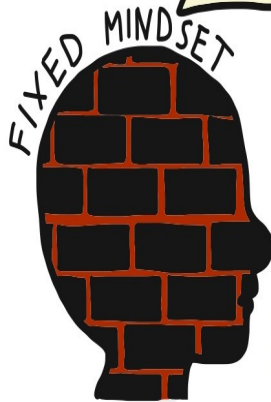
Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse. Here are some tips for looking after yourself that you might find helpful. If these work well for you then you may find you don't need any formal treatment. However, it's important to remember that there is unlikely to be an instant solution. Recovering from a mental health problem is likely to take time, energy and work.





Growth Mind-set

10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

(Original source unknown)

@sylviaaduckworth



Consilium
Academies



Sleep Hygiene

Sleep research suggests that a teenager needs between eight and 10 hours of sleep every night.

Most teenagers only get about 6.5-7.5 hours sleep per night.

Teen's body clocks naturally shift to make them feel tired later in the evening, but early school starts do not enable them to sleep in the mornings.

Chronic sleep deprivation can have dramatic effects on a teenager's life, including affecting their mental wellbeing and reducing their academic performance at school.

Smart phones and other devices used around bed time reduce sleep time.

Avoiding stimulants such as coffee, tea, soft drinks and energy drinks in the evening can help to promote better sleep.

7 STEPS TO BETTER SLEEP

SLEEP HYGIENE

- 1** Get up at the same time every day
- 2** Head outside for natural light
- 3** Do 30 minutes of exercise
- 4** Avoid caffeinated drinks
- 5** Don't go to bed too full, hungry or thirsty
- 6** Ban electronic devices one hour before bed
- 7** Ensure the bedroom is cool, dark, and quiet





Buile Hill
Academy
Enriching Lives, Inspiring Ambitions

Showing Gratitude

When we practice gratitude on a regular basis, it not only impacts our mental and physical health, but also the mental and physical health of those around you.

Gratitude is the quality of being thankful and showing appreciation for what we have. At a time when many of us are struggling to adapt to a new normal, practicing gratitude is more important than ever.

**“Gratitude makes sense
of our past, brings peace
for today, and creates
a vision for tomorrow.”**

MELODY BEATTIE
author



Consilium
Academies

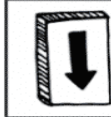


The Science of Happiness



Body	Mind	Social
<ul style="list-style-type: none">*Higher energy level*More likely to exercise*More prone to optimism*More prone to healthy choices	<ul style="list-style-type: none">*Activates higher brain function*Increases creativity*Increases motivation*Improves problem solving	<ul style="list-style-type: none">*Makes you attractive*Increases kindness & generosity*Increases empathy & compassion*Motivates desire to connect

Finish up each week by remembering the GOOD that happened each day!

 **THIS WEEK....**

There is something good in everyday...

Monday....

Tuesday....

Wednesday....

Thursday....

Friday....

Saturday....

Sunday....

KITCHENTABLECLASSROOM.COM





How to be a Good Listener

Give the person speaking your full attention

Keep phones away and focus on what they are saying. Also make sure you remind them of the confidentiality you will keep after the conversation so they feel confident that they can be completely open.

Empathise with them

Relating to them will help them feel less alone. Remind them that others go through the same things.

Be an active listener

Give them space to talk, but interact by asking questions and giving advice to show you're interested and that you care.

Be encouraging

Try to point out positives in what they are saying, without belittling them. For example, if someone opens up about depression, understand the seriousness of it; emphasise that they will get better, and that they will be a stronger, more resilient person for it.

Follow up the conversation afterwards

Give them a text or call a few days after to show them you care and have understood everything they told you. Check how their situation is progressing, and remind them that you will always be there to support them.





Conversation Starters

Starting a conversation can be difficult, especially if you are worried that your child is having a hard time. It doesn't matter what topic the conversation starts with — it is about the opportunity it gives you both to talk about feelings and to provide comfort. Here's some conversation ideas to start things off.....

General

How are you feeling?

What do you want to
talk about?

What was the best
and worst bit of your
day?

If you could start today
again, what would you
do differently?

What did you do
today that you are
most proud of?





Conversation Starters

Serious

What was the biggest problem you had today?

Do you want to talk about what's going on?

How can I support you through [issue]?

Is there anything that you need from me?
Space, time to talk,
time to do something fun...

Fun

What's your favourite song at the moment?
Would I like it?

If you were an animal which one would you be?

If your life was a movie which one would it be?

What's your favourite thing about school and why?

If an alien had landed in your class today, what would you have been embarrassed for them to see?





Buile Hill
Academy
Enriching Lives, Inspiring Ambitions

Conversation Starters

You're the leading expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts.

Reassure them that if they don't want to talk now, they can talk to you at any time. You can also follow up conversations with encouragers:

Encouragers

I love you,
nothing can
ever change
that

You can talk to
me, I'm here for
you

If you need
to talk to
someone else,
that's okay too

If you talk to me
about what is
worrying you, I
can do my best to
help

Even if I don't
understand,
know that I
want to

We're going
to get through
this together

If you are concerned about anything that has come up in a conversation, try your best to tell them how you see things, and be clear about any actions you are going to take. Try to provide comfort and reassurance.



If you need help or support, please contact our parents helpline.



Consilium
Academies