



Mental Health and Well-Being at Ivegill C of E School

INTRODUCTION

As a result of the Covid-19 pandemic, there has been a significant increase in Mental Health issues. Starting in a new class can be tricky for children of any age. Some elements will be similar and some will be really different. Your child might be eager to start but they may also have some worries.

At Ivegill C of E School, we endeavour to support Mental Health and Well-being as best we can. A new team has been created to support, guide and nurture everyone in the Ivegill School community.

Senior Mental Health Lead - Mr Trickett

Mental Health Lead - Mrs Green

We will be working closely with families and children to help them deal with issues that they may have, no matter how small.

As well as the work we will be doing in school, we will also be providing guidance and information on a range of topics and techniques and self-helps that can be used to help control stress and anxiety.

If you feel like you would like to talk to one of the team, please email us on parents@ivegill.cumbria.sch.uk, or through the class teacher.

Many thanks

Mr Trickett

ANXIETY

SOME SELF-SOOTHING TECHNIQUES FOR ANXIETY

Sometimes you'll need a quick way to help your child calm down and you may not have anything with you. Maybe it's when you're out or stuck in traffic. These tips will come in handy at those times:

-  Imagine your favourite place - it's like taking a mini holiday wherever you are.
-  Think of your favourite things
-  Name animals alphabetically (alligator, bear, cow, dog, etc...)
-  Squeeze something (play dough, clay, silly putty, your fists, a stress ball)
-  5, 4, 3, 2, 1 grounding. 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste.
-  Cross your feet at the ankles and put your tongue on the roof of your mouth.
-  Get a Cold Drink of Water.

Useful Links

