

# RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



February 2024

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Mental Health  
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# Activities



Paint With Broccoli  
FUN STAMPED SPRING TREE





# POPSICLE STICK *valentine frames*



# Pancakes



## You will need

- 200g plain flour
- 400ml milk
- 2 large eggs, lightly whisked
- 1 tbsp vegetable oil
- a pinch of salt
- vegetable oil for frying



Let's Make Together!

1

Put the flour in a large bowl with a pinch of salt, make a well in the centre, pour in the milk and eggs, then whisk until you have a smooth batter. Add the vegetable oil and whisk again.

2

Take a large frying pan and carefully wipe the inside of the pan with some kitchen roll dipped in vegetable oil.

3

With a grown-ups help heat the pan over a medium heat for about a minute, then add just under a ladleful of batter to the pan and immediately start swirling it around to get a nice even layer.

4

Cook the pancake for about 30 seconds then use a palette knife or spatula to lift the pancake carefully and check that it's golden-brown before turning over. Cook the other side for around 30 seconds and your delicious pancake is ready!

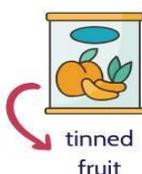
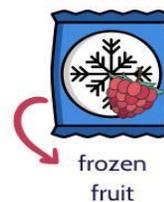


If you like, you could give your little one a selection of toppings to sprinkle on their own pancake - if children feel 'in charge' of their own food, they're more likely to try out new things and be adventurous!

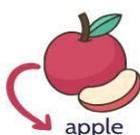
## Let's make... overnight oats



### what you need



### optional toppings



# SELF-CARE BINGO KIDS EDITION

<p>READ</p> 	<p>PLAY A GAME</p> <p>PLAY</p>	<p>WATCH A MOVIE</p> 	<p>HUG SOMEONE</p> 	<p>Drink water</p> 
<p>BE KIND</p> 	<p>READ</p> 	<p>WRITE</p> 	<p>DANCE</p> 	<p>HAVE FAMILY TIME</p> 
<p>HAVE FUN</p> 	<p>TAKE A NAP</p> 	<p>FREE</p> 	<p>BUILD</p> 	<p>GO FOR A WALK</p> 
<p>LISTEN TO MUSIC</p> 	<p>DO A PUZZLE</p> 	<p>DO EXERCISE</p> 	<p>EAT HEALTHY</p> 	<p>HAVE A COOKIE</p> 
<p>DO NOTHING</p> <p>Relax</p>	<p>TAKE CARE OF YOUR PET</p> 	<p>TAKE A BRAIN BREAK</p> 	<p>ASK FOR HELP</p> 	<p>SING</p> 

## No-Cook Play Dough



### Ingredients

- 2 cups flour
- 1 cup Salt
- 1 Tbsp Oil
- 1 Cup Cold Water
- 2 drops liquid food coloring (more for brighter color)

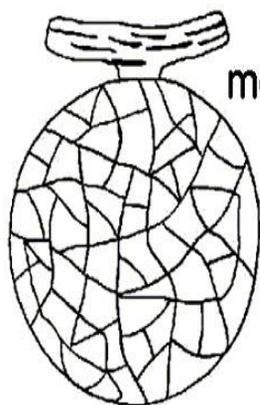
### Method

1. Combine flour and salt
2. Add water, food coloring and oil. Mix to combine
3. Store half in the refrigerator\* for later.

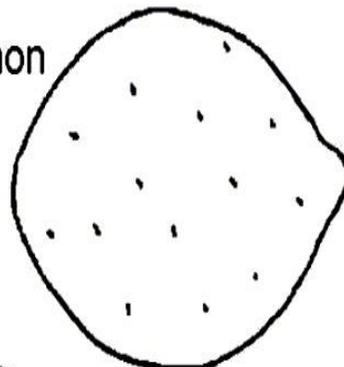
\*you can add 4tsp. cream of tartar or 3Tbsp. lemon juice with a bit more flour as an extra preservative to last longer outside of the fridge

My name is \_\_\_\_\_

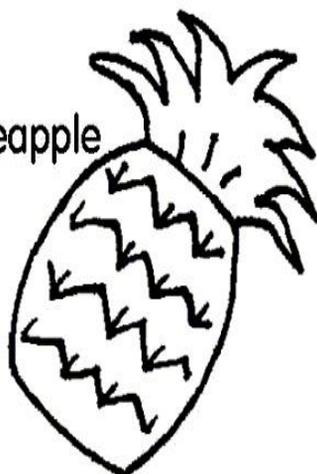
# Color the fruit



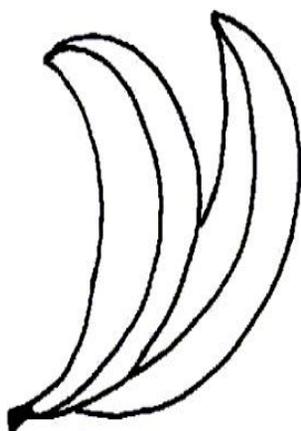
melon



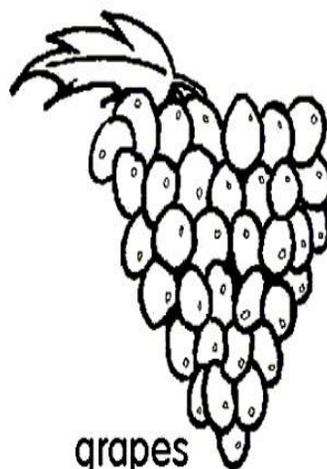
lemon



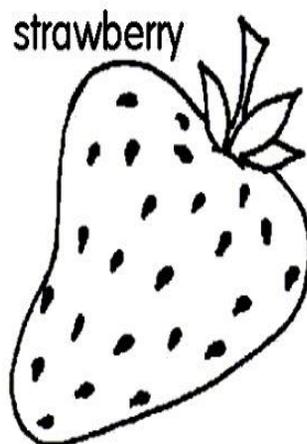
pineapple



bananas



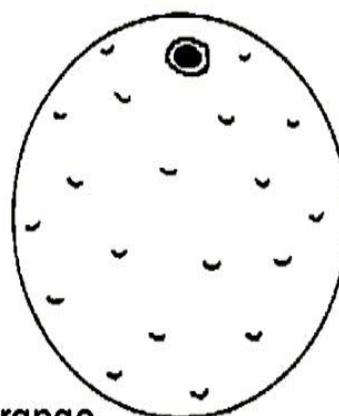
grapes



strawberry



apple



orange







## PLAYING IN ALL WEATHERS... FUN WITH THE WINTER ELEMENTS!

Winter is here and it's getting colder and darker – but it's still a great time for getting children of all ages outdoors. We just need to EMBRACE the weather!

Have a playful and positive attitude towards the winter season; show your children that winter can be fun. Try to model ways to be playful .... stamp your feet on ice patches or in puddles, have a snowball fight, play in the rain, make snow angels or snowmen! Take a breath of that cold winter air and remember that whatever you do outdoors you are supporting your children's health, wellbeing and happiness.

### Think positive!

#### What we say...

Aw no it's raining! We're not going outside today.

What a dreary, miserable day.

It's freezing out there!

It's too windy today!

This weather is ruining our plans!

#### What we could say...

Let's get our raincoats on, looks like it's a muddy puddle day today!

Seems like the sun needed a holiday today, let's go and look at the clouds.

Let's put an extra layer on today and perhaps a hat too!

Oh let's see how that wind is blowing today.

Let's think of something that would be fun to do today in that weather.

***"There is no such things as bad weather, only inappropriate clothing."***

Ranulph Fiennes

During the warm spring and summer months, it seems natural to allow children to play outside. However, when winter comes along, parents and adults are often more hesitant to let children outside to play. There are plenty of ways to encourage children to play outdoors, and there are several health benefits that accompany winter playtime:

Seeing the outdoors from a new perspective BREATHING FRESH AIR AND AVOIDING GERMS vitamin D exposure INCREASES EXERCISE new experiences NEW CHALLENGES playful fun!

**Wrap up warm and embrace the play opportunities that winter brings. Creating and engaging in winter play activities is fun for both you and your child, and very easy to do!**

### **Spray Paint Art**

Fill squeeze bottles with water & food coloring and draw pictures in the snow. Or use old paintbrushes and buckets to paint the snow.

### **Build a snowman**

A childhood must! Add some props like hats and scarves, pebbles, twigs and sticks and maybe a carrot for a nose.

### **Frozen Bubbles**

Blow bubbles outside in the cold icy air. They will be much harder to pop and last much longer. Catch frozen snowflakes or hailstones on your tongue.

### **Windy Walk**

Go for a walk in the wind and see how the wind blows the leaves and the trees. Remember the joy of crunching fallen leaves underfoot?

### **Nest Hunt**

Go on a nest hunt – with all the leaves off the trees nests are much easier for children to spot! Make it a game and see who can spot the biggest.

### **Jumping Puddles**

Put on raincoats, water boots and splash or jump in puddles, another childhood must!

### **Rainy Walk**

Don't let the rain put you off. Take umbrellas and head off for a walk in the rain. There is something about umbrellas that toddlers and children love...using them as a walking stick, twirling them around above their heads or use them as broomsticks to fly through puddles.

### **Mud, Mud, Mud**

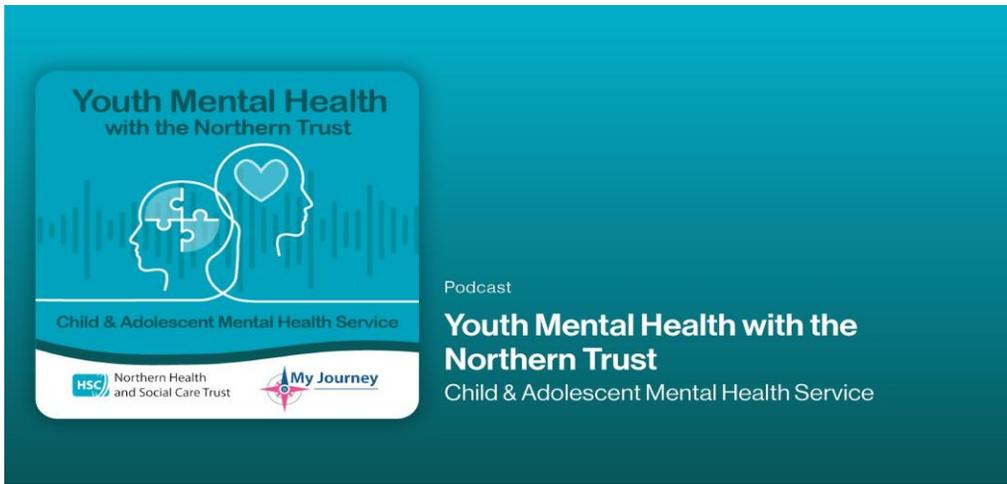
Rainy weather creates mud...children are often drawn to muddy puddles and dirt as a part of their play. Make mud pies, paint with mud or jump in muddy puddles.

*Being outside with your child offers all sorts of play opportunities.*

*Recreate some of your childhood play memories and make some time to play each day.*

*For more information on Play Matters email: [cyps@education-ni.gov.uk](mailto:cyps@education-ni.gov.uk)*

# Disability



If you're a parent, carer or young person our Youth Mental Health podcast series is here to help you.

It explores a range of issues including trauma, substance misuse, suicidal thoughts and eating disorders and provides helpful insights into things like OCD, behaviour and responding to self-harm.

Spotify link: [https://orlo.uk/spotify\\_I1ifP](https://orlo.uk/spotify_I1ifP)

Apple Podcast: [https://orlo.uk/apple\\_R3OWL](https://orlo.uk/apple_R3OWL)

Google Podcast: [https://orlo.uk/google\\_WjBoH](https://orlo.uk/google_WjBoH)

The image is a banner for the YoungSibs website. It features a purple background on the left and a photograph of two young girls eating chocolate ice cream on the right. The URL 'www.sibs.org.uk/youngsibs' is written in white on a yellow brushstroke background. Below the URL, there are three icons with text: a brain icon for 'Tips for managing feelings, and life at home and school', an information icon for 'Find out about different disabilities and conditions', and a question mark icon for 'Ask a sibling advisor'. At the bottom left is the 'Sibs 21 YEARS' logo, and at the bottom right is the handwritten text 'you're not alone!'.

YoungSibs is an information service for young siblings aged 7-17 who are growing up with a brother or sister who is disabled or has a long term health condition. <http://sibs.org.uk/youngsibs>



South Eastern Health  
 and Social Care Trust



FFP Down CIC

#MDT #DeliveringTogether

# NEURO CAFE

Join us for an information and support event for parents and carers of children with Autism and ADHD and those awaiting assessment

The event will include:

- Information stalls with representatives from statutory and community organisations
- An interactive workshop for parents and carers facilitated
- Light refreshments



Thursday 1st February



10am- 12 noon



SERC Downpatrick Campus, Market St, Downpatrick, BT30 6ND

If you require any further information contact  
 Niall on 07971 334 537



# Autism Support Café

## DATES:



### OMAGH

FRIDAY 6TH OCT 2023  
OMAGH LEISURE  
CENTRE

### FERMANAGH

FRIDAY 17TH NOV 2023  
LAKELAND FORUM

### DERRY/ LONDONDERRY

THURSDAY 25TH JAN  
2024  
TEMPLEMORE SPORTS  
COMPLEX

### LIMAVADY

FRIDAY 23RD FEB 2024  
ROE VALLEY LEISURE  
CENTRE

### STRABANE

FRIDAY 22ND MARCH  
2024  
MELVIN SPORTS  
COMPLEX

**Times: 11am-1pm**

Information Stalls.  
Optional workshops on the day.



## A Teenager's Guide to ADHD

Information Guide and workbook  
for teenagers living with ADHD

[ADHD TeenagerBooklet  
London.pdf](#)  
([adhdfoundation.org.uk](http://adhdfoundation.org.uk))



# Self-care Visuals



Autism NI have created visual charts to help autistic people with self-care including brushing teeth and washing hands. You can download these visuals at <http://autismni.org/self-care>



## All About ME



This booklet was co-produced with young people from Barnardo's NI PosAbilitygroup. It is ideal for sharing information about your child for after school clubs, playgroup, residentials and with family.

Download here:  
<https://tinyurl.com/ysjx9fby>

# Mental Health



## WELCOME TO THE YOUTH WELLNESS WEB

The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



[www.cypsp.hscni.net/youth-wellness-web](http://www.cypsp.hscni.net/youth-wellness-web)



<https://cypsp.hscni.net/youth-wellness-web/>



**Text-A-Nurse has extended the confidential text messaging service to parents, carers and school staff of young people aged 11-19**

**Northern Trust Text-A-Nurse**  
07312 277422

**Western Trust Text-A-Nurse**  
07312 277420

**Belfast Trust Text-A-Nurse**  
07312 277418

**Southern Trust Text-A-Nurse**  
07312 277421

**South Eastern Trust Text-A-Nurse**  
07312 277419



## 5 SELF-CARE TIPS



### GET ENOUGH SLEEP

A minimum of 6 hours is necessary for most.



### MAINTAIN A HEALTHY DIET

Try to eat more whole foods when possible, and skip the processed option when possible.



### EXERCISE REGULARLY

Even if it's a walk around the block with your pet, you will feel better.



### IDENTIFY A SUPPORT SYSTEM

Whether it's a therapist, friends, or partner, having someone to process with is essential.

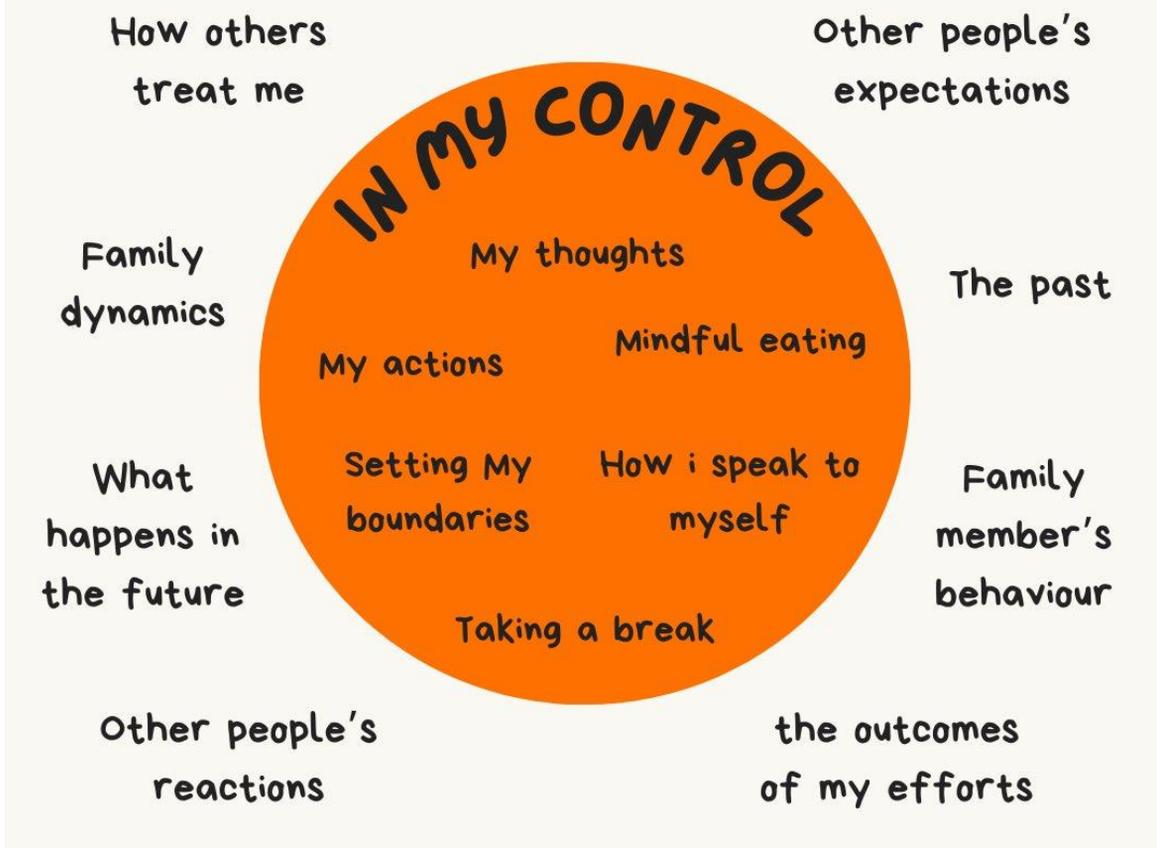


### TAKE TIME FOR YOURSELF

Whether it's journaling, a hike, or a bath, giving yourself time to decompress is essential.



# OUT OF MY CONTROL



EDP  
EmpowerDevelopPeople

# mental health reminders

@hikkimiles\_



Speak kindly to yourself



it's OK to feel lost sometimes



you're loved by so many



you are not ever alone



these feelings will pass soon



good things are coming



# EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION.

## CHILDREN AND YOUNG PEOPLE

### TEXT A NURSE

The confidential Text A Nurse service for post-primary pupils is available Monday to Friday 9am-5pm. Contact numbers for your area can be found on the PHA website - [Text a Nurse - pupils](#)

### INDEPENDENT COUNSELLING SERVICE FOR SCHOOLS (ICSS)

Available to post-primary age young people - ask your school / setting for more details.

### YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#)

### OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#)

## PARENTS / CARERS

### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#)

### SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - inourplace](#)

### RISE NI

The RISE NI website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

## SCHOOLS

### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#).

### RISE NI

Contact your local Health Trust Coordinator for more information.

### REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

### BEING WELL DOING WELL

Programme which supports schools to develop a Whole School Approach to Emotional Health and Wellbeing. Find out more on the EA website - [Being Well Doing Well](#).

### EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [Schools - FWTS](#).

### THE ATTACH PROGRAMME

Focuses on trauma-informed practice and the importance of relationships. Delivered as part of the EA Primary Children Looked After Advisory Service - [Primary CLAAS](#).

### CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Find out more on the [CCEA Hub - Schools](#).

### EA HEALTH WELL HUB

Health and Wellbeing support for staff. Find out more on the [EA Health Well Hub](#).

## FURTHER INFORMATION

### YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

### DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#).

### TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

### SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021, you can find out more on the [DE website](#) or use QR code:

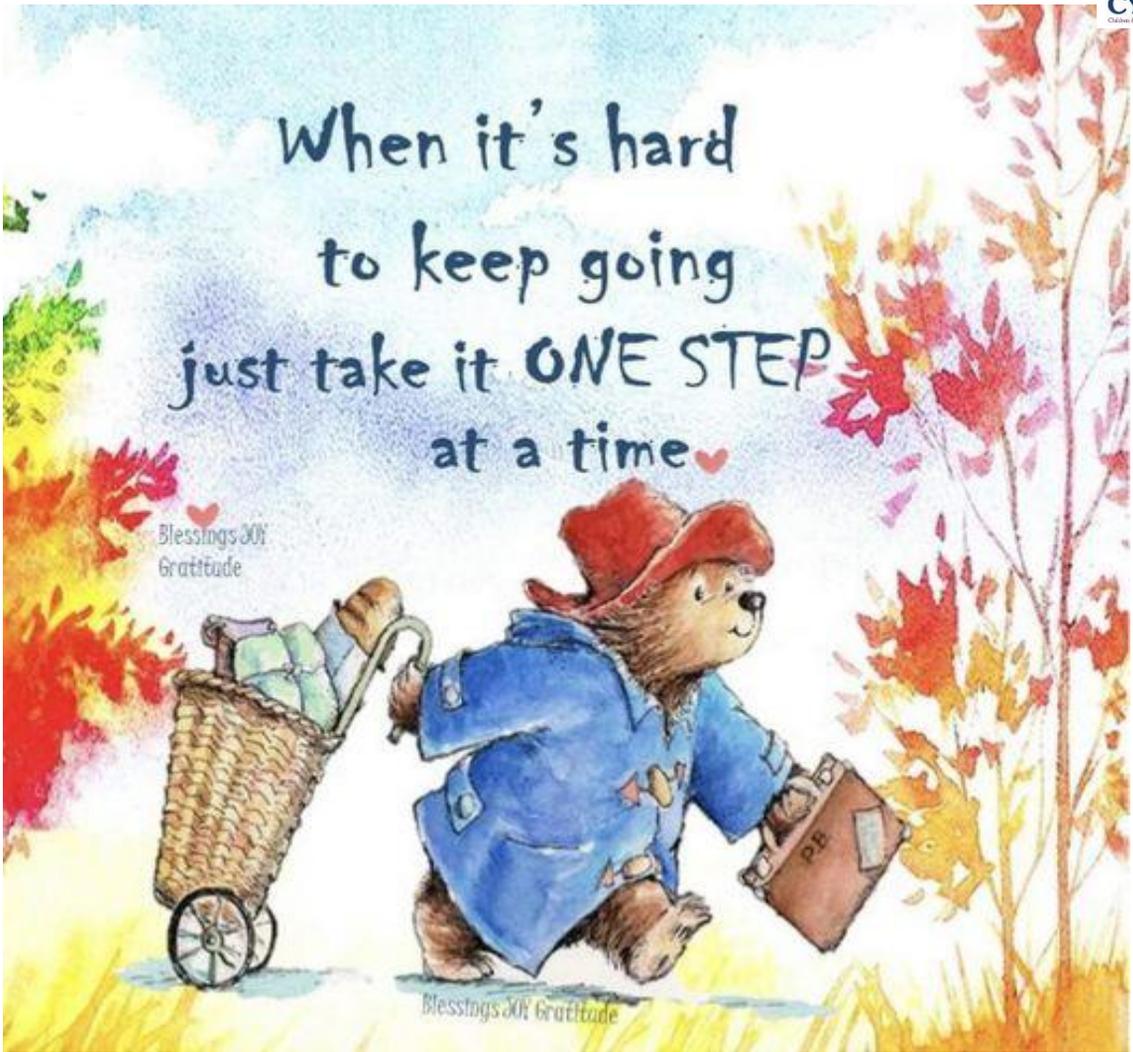




**Get outside and  
notice five things  
that are beautiful**



**ACTION FOR HAPPINESS**



**BOOST SELF-ESTEEM**

# **10 AFFIRMATIONS FOR KIDS**

1. *I can do hard things.*
2. *I am loved.*
3. *I am important.*
4. *I believe in myself.*
5. *I do not give up.*
6. *I am kind to myself and others.*
7. *I am a problem-solver.*
8. *I am strong.*
9. *I am beautiful inside and out.*
10. *I love myself as I am.*

# THINGS TO DO TO SELF-SOOTHE



JOURNAL YOUR  
FEELING



WEAR COMFY  
SOCKS



LISTEN TO SOFT  
MUSIC



READ FOR FUN



DO SOMETHING  
CREATIVE



TAKE A WALK IN  
NATURE



EVERYONE GROWS IN  
DIFFERENT DIRECTIONS

# Bereavement

- Talking helps
- Express your feelings
- Remembering is helpful
- Learn what works for you



## [Child Bereavement UK](#)



This activity book for bereaved children, has many exercises. Visit Grief Encounter: [Grief Book - Grief Encounter](#)

# 4 helpful tips to cope with anniversaries after a death.



Plan ahead to work out in advance how you'd like to spend it.



Be flexible with others, it's okay if they want to spend the day in different ways.



Find ways to remember them.



Write your feelings in a journal to help organise your thoughts.

*Cruse*  
Bereavement  
Support

## It's Okay If You



Feel angry  
or upset



Want to cry  
all day



Need to ask  
for help



Ask for  
personal space



Put yourself  
first



Take a break from  
everything

*Cruse*  
Bereavement  
Support



Celebrating Valentine's Day with young children can be a fun and heart-warming experience. Here are some family-friendly ideas to make the day special for all ages... Read more in the latest issue... <https://ni4kids.com/latest-issues/>

PARENTS & CAREGIVERS | PRACTITIONERS | ABOUT US | NEWS | CONTACT US

## WEBSITE NOW LIVE!

- Check out Help Kids Talk website for:
- helpful tips and advice
- booking details for free monthly training
- access to informative bitesize sessions
- latest news and events

[www.helpkidstalk.co.uk](http://www.helpkidstalk.co.uk)

**Everyone in our community working together to Help Kids Talk**

Help Kids Talk is a community-wide partnership project that supports speech, language and communication development

BBB TINY  
**Happy**  
 PEOPLE

# MORNING JOBS

have a cuddle



chat through morning



make bed



get dressed



eat breakfast



go potty



brush teeth



clean up toys



## HEY DUGGEE

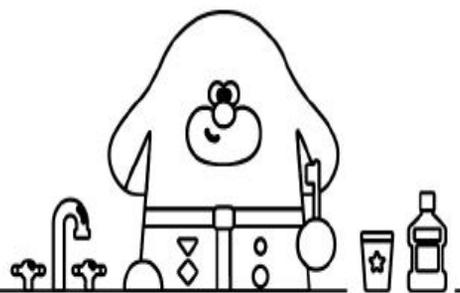
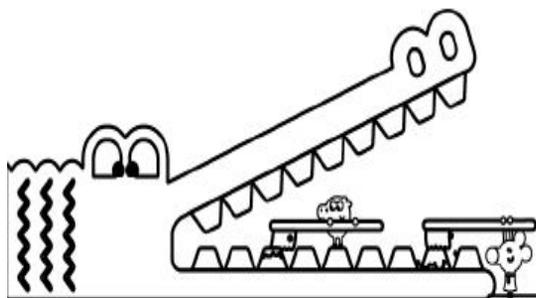


Name.....

is going to brush their teeth every day.  
 In the morning and at bedtime.

Morning (M) (T) (W) (T) (F) (S) (S)

Evening (M) (T) (W) (T) (F) (S) (S)



# Morning Routine

## back to school after holidays



make my bed



brush my teeth



get washed



get dressed



breakfast



go to school



### SCREEN TIME: WHAT TO REMEMBER

THERE ARE SOME BENEFITS  
TO SCREEN TIME!

QUALITY OVER  
QUANTITY!

KNOW WHAT YOUR  
CHILD IS WATCHING...

...IS WHAT THEY'RE  
WATCHING AT A LEVEL  
THEY UNDERSTAND?

VIDEO CALLS WITH FAMILY  
ARE A GREAT WAY TO  
BUILD BONDS!

FACE-TO-FACE TIME  
HELPS BABY'S  
DEVELOPMENT AND  
SOCIAL SKILLS...

BUT  
VIEWING  
BALANCE IS  
IMPORTANT!

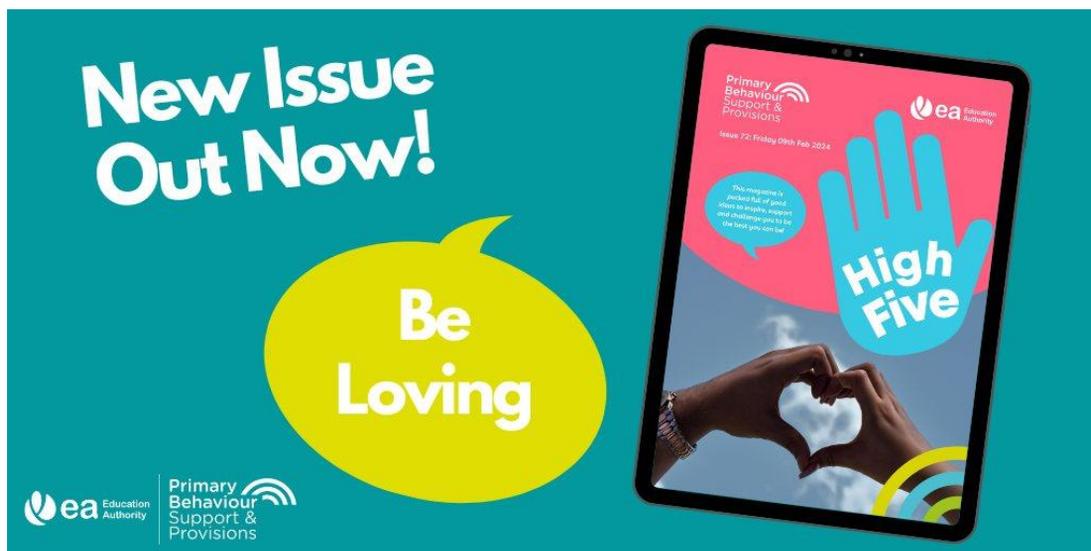
...AND TV CAN'T  
OFFER THAT!

WATCHING TOGETHER WITH  
YOUR CHILD AND TALKING  
ABOUT IT IS GREAT!

SCREEN TIME IS BEST  
KEPT TO A ROUTINE

BOUNDARIES MAKE SCREEN  
TIME RULES EASIER

INTERNET SAFETY  
IS IMPORTANT  
FOR ANY AGE



Welcome back to High Five. Our theme in this issue is to Be Loving. As we move closer to Valentine's Day we are sharing ideas to help you explore what it means to be loving and show kindness within your class setting.

<https://ow.ly/BT7N50QA8p0>





## Lá Fhéile Vailintín

Valentine's Day	Lá Fhéile Vailintín	Laa Ella Val-in-teen
Love	Grá	Graa
Heart	Croí	Kree
Hug	Croí isteach	Kree iss-cha
Kiss	Póg	Poe-g
Rose	Rós	Rose
Flowers	Bláthanna	Bla-hanna
Sweets	Milseáin	Mil-shine
Chocolate	Seacláid	Shoc-lidge
Card	Cárta	Car-ta
Poem	Dán	Dan
Present	Brontannas	Brun-tan-aas
Best friend	Cara is fearr	Cara iss far

You are the best

Is tú is fearr

Iss too iss far

I love you

Is grá liom thú

Iss gra lum who

You make me happy

Cuireann tú áthas orm

Kur-inn too a-has ur-im



## Stormy weather Aimsir stoirmeach



It is raining

Tá sé ag cur fearthainne

Taa shay ig cur farheenya



There is thunder and lightening

Tá toirneach agus tintreach ann

Taa tore-nah uggis chin-trah unn



It is stormy

Tá sé stoirmeach

Taa shay stor-mah



Umbrella

Scáth fearthainne

Skah farheenya



Raincoat

Cóta fearthainne

Caw-ta farheenya



Wellies

buataisí báistí

boota-she bwash-chee

# Family mediation and children's mental health



## Child focused

Family mediators help families to reach agreements about arrangements for their children that are in their best interests. This can provide stability and security for children and places them at the center of all decision making. It also can reduce the potential for adverse childhood experiences that may have a negative impact on the child's entire life.



## Minimising Conflict

Family mediation provides a safe and neutral space for parents to discuss their issues and reach agreement on arrangements for their children, reducing the amount of conflict and stress that children are exposed to.



## Improving Communication

Family mediation encourages open and constructive communication between parents, helping them to understand each other's perspectives and find mutually-agreeable solutions. This can improve relationships between parents and reduce the negative impact of separation on children's mental health.

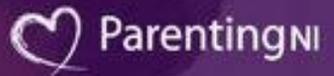


## Encouraging Cooperation

Family mediation promotes cooperation between parents, which can help to reduce stress and anxiety for children. By working together, parents can establish positive and constructive relationships that benefit their children. It also teaches children how to deal with conflict constructively.

[familymediationni.org.uk](http://familymediationni.org.uk)

# Six tips for creating a family routine that works!



1



### Start with the basics

Begin with the foundations of a normal day: wake-up, meals and bedtime. Create a natural structure that everyone can work from.

2



### Be realistic

Allow ample time for your children to wash, dress and transition between activities.

3



### Add the essentials

Tailor the routine to include extras like chore time, one-to-one time, homework and any extracurricular activities.

4



### Night-time prep for stress-free mornings

Prepare for the next day during the night-time routine, e.g. ensure school essentials are ready. Older children can help with this.

5



### Share responsibilities

If you can, collaborate with your partner and rotate duties, especially during the bedtime routine.

6



### Involve your family in the routine-setting process

Seek input from the family, especially if they help with school pick-ups etc.

For more resources and activities on disability, mental health, bereavement, education plus more, check out the previous edition of the Children and Young People's Resource Pack



[Download here](#)