



Dear All,

As Lockdown continues, I thought that the focus this week will be on our children's mental health. There is so much information available on the internet and websites such as Wiltshire Council which you may find helpful.

However, whilst researching, I came across an article which reminded me of the importance of the need for a child to have a sense of control, especially at times such as now.

Help give children a sense of control

Uncertainty about the future, like not seeing their friends and when they'll be allowed to go out, or back to school, can be stressful. While there's no right answer, there are lots of free online tools and resources that can help children work through their worries. Have a look online together to find ones that work best for your child and help them feel like they have control.

Let your children read advice and information that's tailored to them. Childline have [advice on coronavirus](#) and lots of tools to help [alleviate anxiety](#). Young Minds have advice for young people on [looking after your mental health while self-isolating](#).

Share Childline's [Calm zone](#), a unique space for children and young people filled with breathing exercises, activities, games and videos to help let go of stress.

If there is anything that I can help you with, or if you have found useful information that others may find helpful, please do not hesitate to contact me- mdraisey@allcannings.wilts.sch.uk Mobile 07881361305

Kindest regards

Michelle Draisey

