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## DEAR PARENTS,

We understand that these moments are full of uncertainty and are unprecedented. It is a worrying time for everyone across the world and will undoubtedly have an impact on everyone's mental health and wellbeing.

As a charity, we continue to dedicate our time and energies into raising awareness of mental health subjects, whilst also educating and assisting those who are finding things hard. We currently successfully work with all ages - adults, children, and young people.

After having to cease all in-person programmes this week, we have shifted our focus into adapting all of our services to make them inclusive and accessible to everyone. Should you be struggling you can access information about our services by heading to poetsin.com/services.

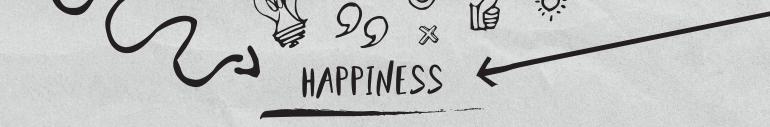
The government recently announced the closure of state schools across the UK, with the exception of the children and young people of key workers and those who have an ECHP and are considered vulnerable. As a parent myself, I have wondered, even with online learning from schools, how I am going to utilise this time with my children. It is that very thought that led me to the idea of providing home creative mental health packs for parents to give to their children to open up discussion and to engage the children and young people in creative writing tasks that we have consistently proven can aid mental health and wellbeing.

This pack is completely free of charge to download and we hope to give both yourself and your child(ren) some relief in the form of writing and talking during these difficult moments.

Sending warmth and wellness to you and your family,

Co-founder and CEO, PoetsIN.





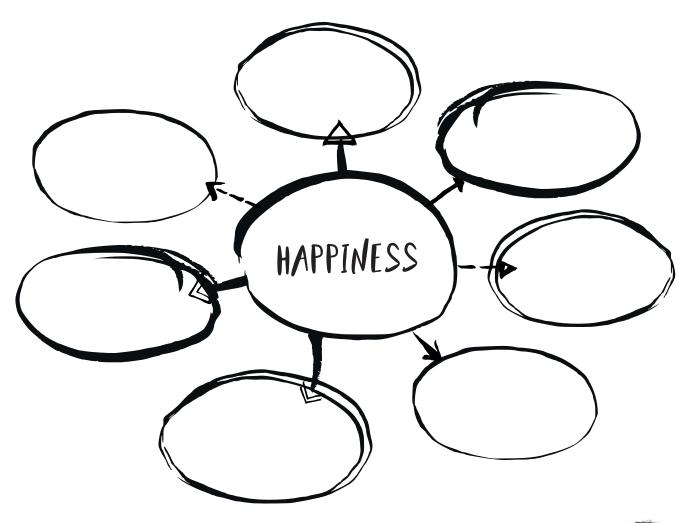
## **Conversation time:**

Talk about happiness.

Use the following spider diagram to add your conversation points to.

### Here's some ideas for conversation...

- What makes you happy?
- What does happiness look like?
- What is the sound of happiness?
- If happiness was a taste, what would it be?
- If happiness was a smell, what would it smell like?







- 1. Write a poem about the sound of happiness.
- 2. Write a haiku or micropoem about the way happiness feels

Make it extra challenging: don't use the word happiness	TID YOU KNOW
or happy in your piece.	JIJ-100 MITOWILL
Pro tip: use a thesaurus for alternative words for	Poetry does not have
happiness if you get stuck!	to rhyme. It can be long or short.
	A MICROPOEM IS A
	VERY SHORT POEM, USUALLY 30 WORDS
	OR LESS.
	1
	A haiku is a 3 line poem with each line having a
	certain number of syllables -
	Line one - 5 syllables.
	Line two - 7 syllables.  Line three - 5 syllables.
	Line three - 5 syllables.
	Haiku example:
	I FEEL SO HAPPY
	WHEN MY DOG GIVES ME KISSES
	LOTS OF PUPPY LOVE.

Extra learning - visit YouTube for examples of syllables.





## **Conversation time:**

Spend some time talking about anxiety and worry. Together, write a list of "worries
I can make less worrisome" and "worries I am not in control of" in the table below.

Example of worries I can make less worrisome: I may not wake up in the morning on time for school.

Example of worries I am not in control of: I may not be able to play outside because of the weather.

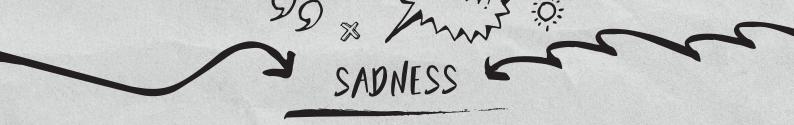
(We know our examples are a little sucky, but we're grown ups - sorry!)

WORRIES I CAN MAKE LESS WORRISOME	WORRIES I AM NOT IN CONTROL OF





1. Look at the table you just filled in. Look at the things you wrote in the column "Worries I can make less worrisome" and write some things you can do to reduce those worries.	2. Look at the column "Worries I am not in control of" - write a poem about them and how they make you feel inside. When you are finished - rip the paper up into tiny pieces, throw it away and let go of those worries.
EXTRA TASK IN  FEELING CRI  Draw or paint a picture relaxing and free from was a beach, on the top of a imagination take you to and calm. We're all of different things, so	e of a place that is yorry. This could be mountain - let your a place that is safe



## **Conversation time:**

Sadness happens. We will *all* feel low at certain points in our lives. Talk about the way sadness feels in your body and the way sadness looks. Use the spider diagram below to write down your conversation points.

## Questions you can use to help:

- 1. Think about all of the parts of the body. How does sadness feel in...
  - a. My head
  - b. My chest
  - c. My belly
  - d. My muscles
- 2. How could you tell if someone else is sad? What does it look like?



SADNESS ACTIVITY

1. Write a goodbye letter to sadness, telling it	2. Using three of the words from your spider
how it makes you feel, and letting it go.	diagram - write a poem of any length.
	-
	-
GET CF	REATIVE - 2
draw or pair	nt a picture of
a place, per	son, or object
that makes	S you happy.
	- V

# STRESS STRESS

## Conversation time:

Like sadness, worry, and happiness, stress is something *everyone* feels.

It can feel like a pan of boiling water bubbling away if we do not do things to help reduce it. Below is our stress bucket. We **all** have one. We all have stress that we carry in our buckets, but we must have things in place to help us reduce and manage stress before it affects our mental wellbeing. These things are called coping mechanisms. The more coping mechanisms we have, the easier we manage stress, and the less stress we will have.

Take a look at our stress bucket example and then use the blank version to fill in your own. Parents and carers you can have a go too!



Stress with school, uni, how well you're doing at school, exams, arguing with teachers, fear of academic failure.

## STRESS FROM OTHERS

Stress from your relationships - parents, partners, friends, family. This occurs between you and others.

## PHYSICAL AND MENTAL HEALTH STRESSES

Stress surrounding your physical and mental health, along with money stress. This occurs within us.

## ENVIRONMENTAL STRESS

Stress from your home and work.
This includes new situations or arguments between you and the people you live with.

The area between stress level and

overflow. The lower your stress level

the greater the buffer zone.

## RECYCLED STRESS FROM UNHEALTHY COPING MECHANISMS

This stress comes from using unhealthy coping mechanisms such as smoking, drugs, drinking.

## 1

BUFFER 10HE

Too much stress can cause you to fill up and overflow. By having plenty of coping mechanisms in place, it'll make sure that your stress levels are manageable.

STRESS LEVEL

## EMOTION-FOCUSED COPING MECHANISMS

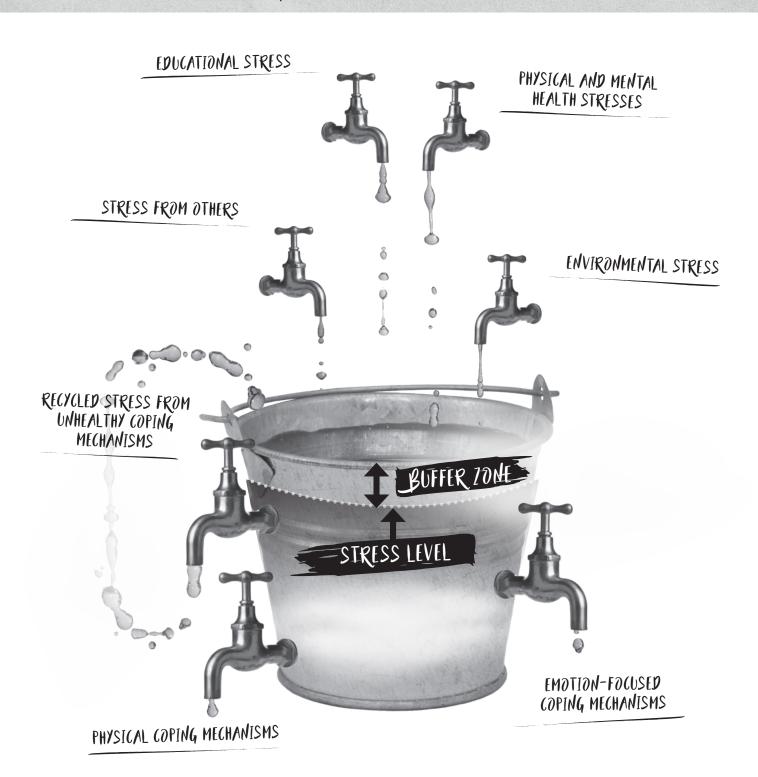
These coping mechanisms are things you use to decrease the negative emotions you feel. Emotion-focused coping mechanisms are especially useful when you cannot change the source of the stress. Eg: relaxation, self care, writing, talking to friends, seeking support from family.

## PHYSICAL COPING MECHANISMS

These coping mechanisms are things you use to change the source of the problem. You use these strategies when you have influence over the situation. Eg: healthy eating, learning better time management skills, joining a social club, learning better communication skills for conflict.



## MY STRESS BUCKET





Some of these ideas will require help from an adult depending on the age of the person. Adults, get in touch with us for an adult wellbeing toolkit.

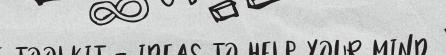
## Grounding Activities - These activities help to reduce really intense emotions - particularly worry and anger.

- List all of the objects you can see in the room.
- Describe the steps needed to perform an activity you know well. For example: washing your hair or brushing your teeth.
- Count backwards or do some times tables out loud.
- Pick up an object and describe it in detail: what colour is it? What texture does it have? What size and weight is it? Does it smell of anything?
   Are there any more details you can list?
- Spell your full name backwards
- Name all of your family members, their ages (brownie points for their date of birth!), and one of their favourite activities.
- Read something backwards, word by word (or for a challenge, letter by letter). Do this for at least 3 minutes.
- Think of an object and draw it in your mind. If you
  find this hard, draw it in the air with your finger.
   Start simple with your home, your car, or an animal once you get the hang of it, try harder objects.
- Try smelling strong smells.
- Walk outside on the grass without shoes on.
- Splash cold water in your face.
- Take a cold (ish) shower.
- Hold an ice cube in your hand.
- Put some nature sounds on.
- Read out loud.

- Listen to music and sing along loudly.
- Put your hands under running water.
- Grab an article of clothing, a blanket, towel, and knead it in your hands and brush it against your cheek.
- Rub your hands over a textured surface.
   (Eg: a piece of furniture or carpet.)
- Pop some bubble wrap.
- · Squeeze a stress ball or putty.
- Stroke your animal.
- Drink a hot or cold drink.
- · Bite into a lemon or lime.
- · Suck a mint.
- Eat chocolate let it melt in your mouth.
- · Colouring.
- Do a puzzle, word search, or sudoku.
- Stretch your body.
- Dance.
- Count the number of items in a room, or the number of tiles on the wall/floor.
- Take 10 slow deep breaths. In through your nose and out through your mouth.







## WELLBEING TOOLKIT - IDEAS TO HELP YOUR MIND...

## Soothing Techniques - These activities help when you're feeling worried, sad, angry, and even happy.

Massage some lotion into your hands.	Drink water
Apply some lip balm	Drink your favourite hot drink
Listen to your favourite 'happy/relaxing' music	State the emotions you are feelings as words
Try some breathing exercises on YouTube	Get really comfortable and have a nap
Try meditation or mindfulness (there are some age-	Take a hot (not too hot) shower
appropriate ones on YouTube)	Hold a worry stone
Do some journaling - writing or art journaling	Run one or two fingers over your lips lightly (this
Hug someone	releases feel good chemicals)
Take a relaxing bath with your favourite bath bomb	• Paint your nails
bath melt, salts, or bubble bath.	Have a pamper evening
Lay underneath a soft blanket	<ul> <li>Give yourself some alone time in a quiet environment</li> </ul>
Write or say out loud some positive self affirmation	
Eg: "I am good enough," "I am worthy."	Use dim lighting
Facemasks	Take a social media break
Eat your favourite comfort food	Switch off your phone / tablet



Repeat mantras eg: "this will pass"



Stroke your animals

## → WELLBEING TOOLKIT - IDEAS TO HELP YOUR MIND...



## Distraction techniques - Feeling like everything is a bit too much? Sometimes a little distraction goes a long way.

Read a book	Hold a worry stone
Watch a film	Fidget toys
Watch Netflix	Blow bubbles
Journal (art or words)	Popping bubble wrap
Do something creative	Sing and/or dance
Go for a walk	Puzzles
• Colouring	Do some simple math
Draw or sketch	Take a piece of paper
Play video games	and in half again and
Play board/card games	<ul> <li>Listen to music</li> </ul>
Play a mobile game	_
Take a nap	_
Sit in the sun (if possible)	_

	riold a worry storie
_	

•	Fidget toys		

- blow bubbles	•	Blow bubbles				
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- ths equations
- er and fold it in half d repeat.



Learn something new

Use putty or stress balls



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