



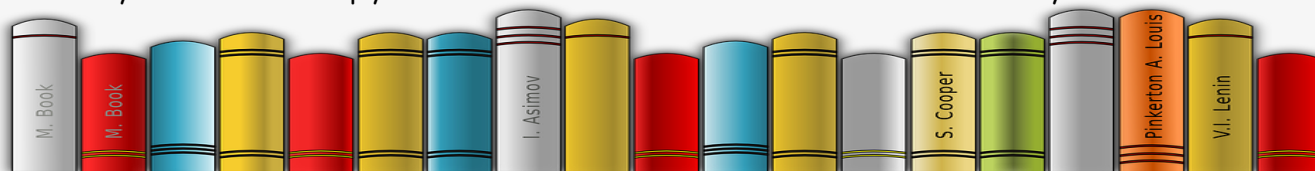
Low Mood Support (Primary level)

Books

Sometimes I feel Sad by Tim Alexander. For children aged 5+, especially useful for younger children who struggle to express how they are feeling.

The Princess and the Frog by Lloyd Jones. A picture book story for children aged 4-9 with low mood. There is also a section for parents at the back of the book.

Blueloon by Julia Cook. A simply written illustrated book about a sad balloon for 5-11 year old's.



Links and downloads

- Cosmic Kids Yoga—Youtube channel
- On my Mind Today worksheet— free worksheet activity can be found on mylemarks.com under free downloads. (Mylemarks provides interactive social-emotional tools and worksheets to aid discussion around mental health and feelings.)
- MentallyHealthySchools.org.uk—Here you can find resources such as short relaxation exercises for 5-9 year old's, and free worksheets on feelings and emotions.



Sleep

Mindfulness can help induce sleep—the above apps can be explored for this.

Keeping routine and encouraging some physical activity during the day.

Weighted blankets can help calm the body and provide reassurance and comfort to aid sleep.

Reducing caffeine and sugar based snacks and drinks near bed time.

Apps

Headspace— Mindfulness sessions broken down by age.

Stop, breathe and think—meditation & mindfulness made easy and fun with missions and emojis!

Smiling Mind—guided meditation for ages 3-18

Positive Penguins—education app to help children understand and challenge negative thoughts.



Tips

- ◆ Writing down thoughts— encouraging pupils to create their own book / story board with the support of an adult. See 'on my mind' under downloads for a worksheet.
- ◆ Keeping a routine— Maintaining a routine, even after school and on weekends, can help to reassure, provide stability and support with lack of motivation.
- ◆ Setting goals—Giving pupils something to aim for inside and outside of school is a helpful way to increase motivation, positive thinking and self worth. Set goals together and ask the pupil what they would like to aim for; it doesn't have to be academic.
- ◆ Provide a safe place to talk and try to identify needs— can the pupil identify anything that would make them feel better, what do they need?
- ◆ Positive reinforcement— make a list of all the things the pupil is good at!
- ◆ Self care— discuss and encourage some self care; doing things that make the pupil happy and feel good. This could be drawing, colouring, reading, having a nice bubble bath or playing board games.