



**C.O.M.P.A.S.S**  
 CREATING OPPORTUNITIES TO MAXIMISE PERSONAL AND SOCIAL SKILLS

Mental health continues to be an area of significant media coverage and there is a growing awareness of the importance of teaching children how to look after their mental health from an early age. In response to the *‘Transforming children and young people’s mental health provision: a green paper’* consultation, the government acknowledged the fantastic work which is already happening in schools to support pupils’ mental wellbeing, despite the challenges we face in insufficient funding and the lack of timely availability of support from specialist services.

In schools, promoting positive mental health and emotional wellbeing is done in a variety of ways including: regular class discussions, assembly, circle-time, outdoor-learning opportunities, targeted PSHE lessons and modelling good practice, as well as through the wider embedded values and ethos of the school.

COMPASS is used to focus on specific aspects of social, emotional and mental wellbeing on a one-to-one or small group basis. Our COMPASS practitioners are not counsellors or mental health professionals, and therefore they cannot diagnose or treat mental health conditions. However, many of our COMPASS practitioners have now completed ‘Mental Health First Aid’ and ‘Mental Health Champion’ training and receive ongoing training through the NHS LINK partnership and COMPASS network, enabling them to provide functional support for pupils in school.

As always, please speak to your child’s school or G.P. if you have any specific concerns about their mental health, and remember to be a good role model and look after your own mental health and wellbeing too.

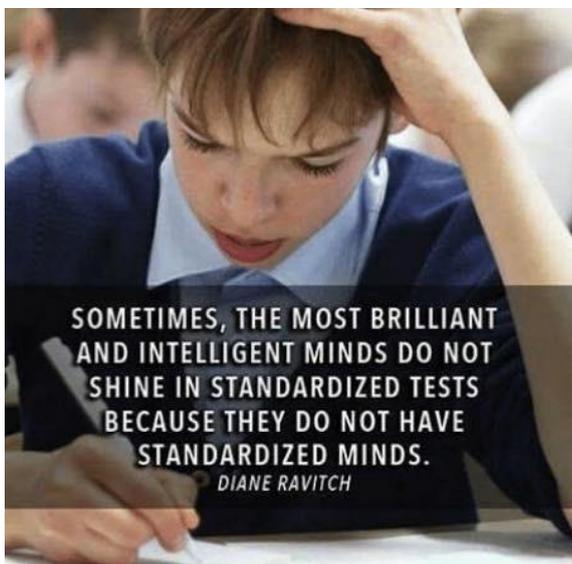


National Trust

**We love....**

The National’s Trust’s **50 Things to do before you’re 11 ¾**. From snail racing and star gazing, to bike riding and mud-pie making, check out the full list here:

[www.nationaltrust.org.uk/50-things-to-do](http://www.nationaltrust.org.uk/50-things-to-do)



**FEELING FOCUS... SHY**

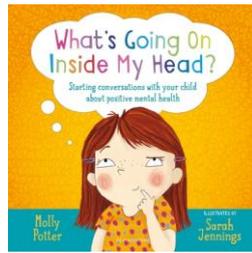
Feeling shy is when you feel a little bit scared or awkward around others in social situations. Your child is most likely to feel shy when they meet new and unfamiliar people. If your child is feeling shy they could try:

- ☺ Telling themselves it’s OK to feel shy and it’s fine to be cautious around new people
- ☺ Know that everyone feels the same way they do – most people feel shy at some time
- ☺ Stand next to people they know to build confidence
- ☺ Look out for other children who may also be feeling shy or nervous – could they work together?
- ☺ Smile and try to relax
- ☺ Be brave and say a cheerful ‘hello’
- ☺ Prepare some simple questions to ask e.g. What’s your favourite TV programme? Do you have a pet? What’s your 3<sup>rd</sup> favourite reptile!? Have you been here before?
- ☺ Talk about something they love to do, hobby or talent
- ☺ Pay someone a compliment



## Book Corner

**What's Going On Inside My Head?**  
Molly Potter (2019)



A wonderful, accessible book for starting conversations with children of all ages about the importance of mental health and emotional wellbeing. By talking about positive self-image, emotional intelligence, relationships and mindfulness, this book encourages children to develop healthy habits and good coping strategies.

We highly recommend this book!



## TRANSITION

Children can be unsettled by transition, especially when moving from primary to secondary school. Their concerns are often around changing friendship groups, unfamiliar staff and new learning environments, as well as apprehension about the level and quantity of work. There are a number of things you can do to support your child at home, including:

Talk about the things that will be staying the same, as well as all the things that will be new and exciting

Remind them that it's OK not to know everything on the first day

Make sure they have a quiet place to study and appropriate equipment (e.g. pens, pencils, glue, etc.)

Support them with homework - ask them to explain it to you if they have completed it independently

Show an interest, not just in how they are coping academically, but check in on how they are coping in terms of their wellbeing – ask about what's going well as well as things they are finding tricky

Be solution focused and help them to problem-solve, ask; What can we do about that? What are the options? Who can help?

Read the school emails, letters and newsletters regularly to stay informed of what's going on at school

Read together regularly (even when they are big!) – A recent study revealed that even teenagers benefit from having a story read to them every now and then

# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

## WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

## THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

## BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

## ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

## TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

## 3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

## THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

## WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

## IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way



## Fun Family Talk Points



How would you spend £1, £100, £1,000, £1,000,000....?



*Have a relaxing Summer break!*

SUMMER