



Parent to Parent Back from Lockdown Toolkit



A collection of Ideas & Strategies
to support parents and young people
to get back to School After Lockdown

USEFUL LINKS & CONCLUSION



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



Uselinks

Anger Ladder

<https://www.playattune.com/>

10 ways to calm down <http://www.artisbasic.com>

Useful link: (anger)

<https://www.psychologytools.com/professional/problems/anger/>

What are the things that cause me stress:

Pinterest.com

Worry Tracker

www.andnextcomesl.com

When is it bullying:

<http://hughcolehealth.weebly.com/no-bullying-at-my-school.html>

My friendship circle

<https://www.edplace.com>

Friends:

Pinterest.com

I can:

Pinterest.com

Growth fixed Mindset maze

www.biglifejournal.com

Brain bully & unhelpful thinking

www.weheartcbt.com

Sleep diary

www.txmss.com

<https://www.childline.org.uk/toolbox/videos/managing-stressanxiety/>

<https://www.childline.org.uk/toolbox/calmzone/>.

For more information on the anxiety iceberg and how anxiety may show up as something else go to

<https://gozen.com/8-ways-a-childs-anxiety-shows-up-as-something-else/>.

Worriots - This is an App for children aged 5+. The Worriots Family Edition provides families with the tools to help children share and cope with their worries in the security and comfort of their own home. Parents & carers can engage with their children in real time to offer responses, help, advice and guidance through WotNot, the specifically created monitoring app. <https://www.worriots.com/for-families/about/>.

Clear Fear -Free App for 11-19 year olds from Children's Mental Health charity Stem4. Clear Fear provides a range of ways to help young people manage anxiety. Developed by a clinician, together with ideas from young people, Clear Fear uses a Cognitive Behavioural framework to help change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different way in which anxiety shows, resources and a 'grit box' to boost resilience. <https://www.clearfear.co.uk>.

Worry Box Monster – A variation on the worry box; a worry box monster. Instructions on how to make your own and use with your child at home as a tool to help children manage their worries. <https://kristinamarcelli.wordpress.com/2015/01/23/the-worry-monster-who-eats-your-troubles-away/>

Conflict Resolution

Young Scot – Helpful information for young people - <https://young.scot/get-informed/national/coping-with-conflict-during-covid-19-lockdown>

Scottish Centre for Conflict Resolution (SCCR) – A comprehensive website with lots of support and advice for families.

It has a page for young people and a separate one for parents/carers with lots of useful suggestions for resolving conflict.

Be sure to head to the Brainy Stuff section; find out your conflict management style in their fun interactive quizzes and

learn more about what is happening in our brain when we are in conflict -

<https://scottishconflictresolution.org.uk>.

Help Guide – Learn how to use laughter and play as a way to solve family disagreements - <https://www.helpguide.org/articles/relationships-communication/managing-conflicts-with-humor.htm>

Resources for Children and Young People's Mental Health and Emotional Wellbeing

CAMHS Resources - The purpose of this website is to make it easy for young people, parents, carers and professionals to access the wealth of helpful resources across the internet to support their mental health and emotional well-being needs - <https://www.camhs-resources.co.uk>

Wellbeing Resources Zone - This site promotes access to information and resources for children, young people, parents, carers, families, organisations, professionals and communities on mental health and wellbeing. The site is always being updated as new resources become available or change so keep coming back and seeing what's new - <https://www.wellbeingresourceszoneuk.com>

Breathing Superpower Compilation: Kids Mindfulness - Helps children strengthen their superpower of calm using four mindful games - <https://m.youtube.com/watch?v=iEEJT9cYsm0>

Sesame Street – Help children learn the power of belly breathing with Rosita from Sesame Street, to help them take control of big feelings - <https://www.youtube.com/watch?v=Xq3DwzX6MUw>

Conclusion

We hope that you have found a resource that has helped you think about things in a different way, and that you feel more confident to manage your 'worry'.



Parent to Parent is a charitable organisation, working together with parents and children with additional support needs – If you would like to discuss what support we could offer you, please contact us:

Registered address - Ardler Clinic, Turnberry Avenue, Dundee, DD2 3TP

Tel: 01382 817558 Charity Number SC003095 Company Limited by Guarantee SC302084

Email: admin@parent-to-parent.org

