

## Welcome to our dedicated mental health & wellbeing page for pupils



Whilst you are at home, we want to help your emotional health and wellbeing. We know that everyone experiences setbacks and challenges in life that can make them feel worried.

Miss Smith and Mrs Brice are the accredited mental health first aiders for pupils at Fairlands and they are here to:-

- Help you understand emotions and feelings better
- Help you feel comfortable sharing any worries or concerns
- Help you to build relationships
- Promote self-esteem and ensure you know you count
- Encourage you to be confident
- Help you develop resilience and to manage setbacks

Mrs Palmer, Miss Smith and Mrs Kavanagh can also help with emotions, bereavement, anger management and self-esteem.

It can be difficult to explain why we have to stay indoors, why we can't see our friends and extended families and why people we know are getting sick. There are an increasing number of resources you can access for free to help you.

<https://youtu.be/DxIDKZH3-E>

#covibook by Manuela Molina [www.mindheart.co/descargables](http://www.mindheart.co/descargables)

Nosy crow [www.nosycrow.com](http://www.nosycrow.com)

Strengthening minds [www.strengtheningminds.co.uk](http://www.strengtheningminds.co.uk)

Spread the happiness [www.spreadthehappiness.co.uk/free-tv-happy-links](http://www.spreadthehappiness.co.uk/free-tv-happy-links)

Anna Freud national centre for children and adults [www.theschoolrun.com](http://www.theschoolrun.com)

Exercise is a natural and effective anti-anxiety treatment. It boosts physical and mental energy and enhances wellbeing through the release of endorphins. Anything that gets you moving can help. Being active doesn't mean doing sport or going to a gym, there are lots of ways to be active, find the one that works for you.

Please do bear in mind though the current government UK restrictions. There are lots of online resources to choose from.

PE teacher for the nation Joe Wicks via YouTube

Cosmic kids yoga [www.cosmickids.com](http://www.cosmickids.com)

Go noodle [www.gonoodle.com](http://www.gonoodle.com)

Family fun cardio [www.popsugar.com](http://www.popsugar.com)

Little sports [www.littlesportscoaching.co.uk](http://www.littlesportscoaching.co.uk)

Do you enjoy the theatre? You can stream a national theatre live production on YouTube for free every Thursday.

Free art exhibitions at London's Tate modern.

Free digital books and magazines have been released on audible part of amazon.com

Watch the animals and go on a virtual tour of Chester Zoo [www.chesterzoo.org](http://www.chesterzoo.org)

We are here for you. If you would like any help, advice or someone to talk to, please contact either **01934 743186** or **email the wellbeing team at [office@fairlandsmiddleschool.co.uk](mailto:office@fairlandsmiddleschool.co.uk)**

**You are human and it is ok to struggle  
It is important to look after yourself and your mind**