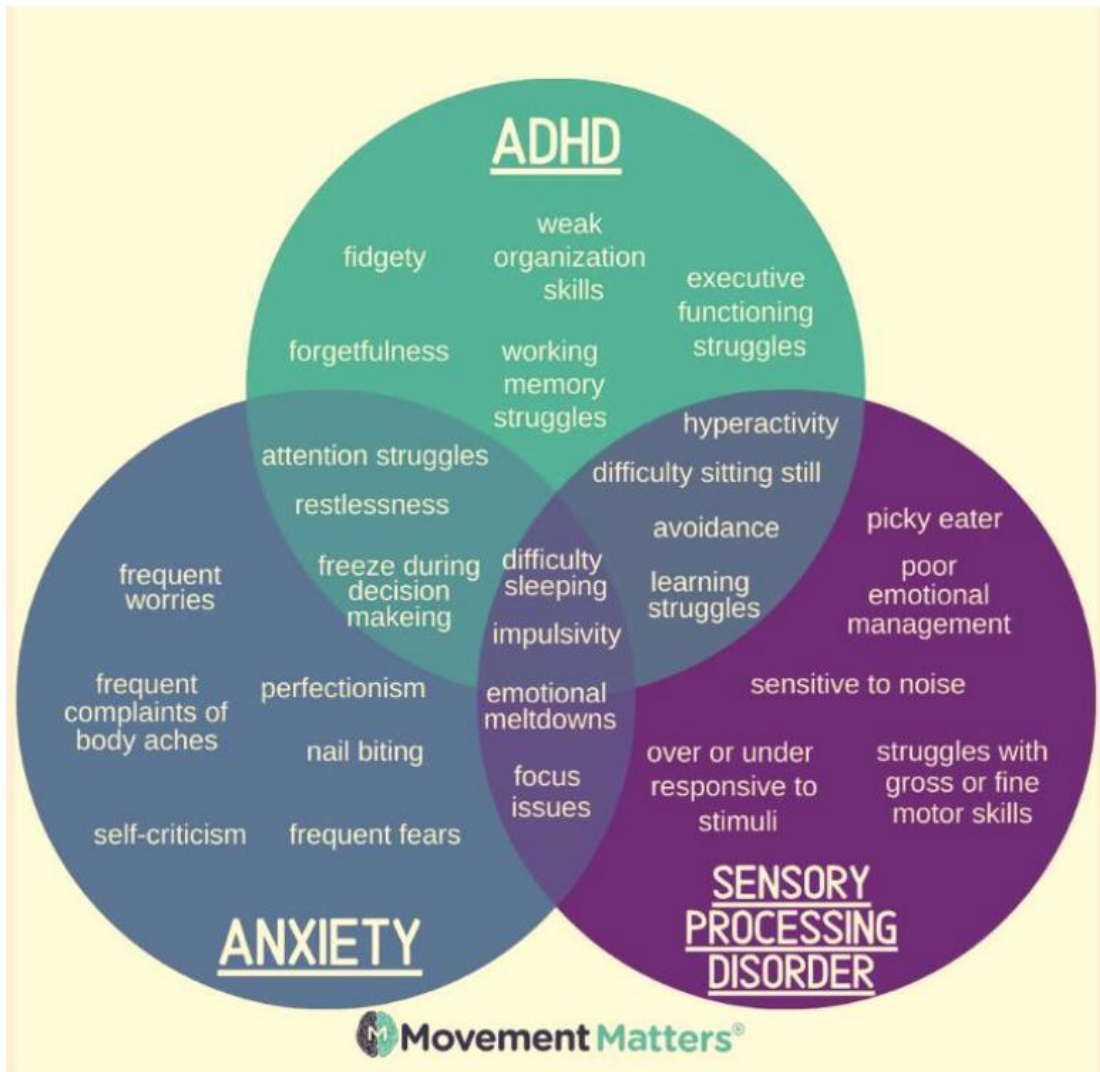


Social, Emotional and Mental Health Barriers

(anxiety and dysregulation)



Wistaston Academy
Primary and Nursery School
Together We Learn • Together We Achieve



How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Practice relaxation exercises together



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries



ANXIETY IN THE CLASSROOM CAN LOOK LIKE

- Nervous about eye contact because I might be called on
- Crying in the morning due to separation anxiety
- Afraid to use the bathroom because of buttons & snaps
- Not talking because of selective mutism
- Not eating lunch or snacks because of stress hormones
- Not answering if called on because I freeze in panic

Anxiety at School

can look like....



worry about
assignments



work
refusal



not
participating



anger or
aggression



not
listening



easily
overwhelmed

Anxiety can sound like



ANXIOUS CHILDREN

@movementmatters

what we may expect to see



worry



sadness



fear



nervousness

what we may actually see:



defiance



irritability



difficulty sleeping



anger

Designing for users with anxiety



Do...

give users enough time to complete an action



explain what will happen after completing a service



make important information clear



give users the support they need to complete a service



let users check their answers before they submit them



Don't...

rush users or set impractical time limits



leave users confused about next steps or timeframes



leave users uncertain about the consequences of their actions

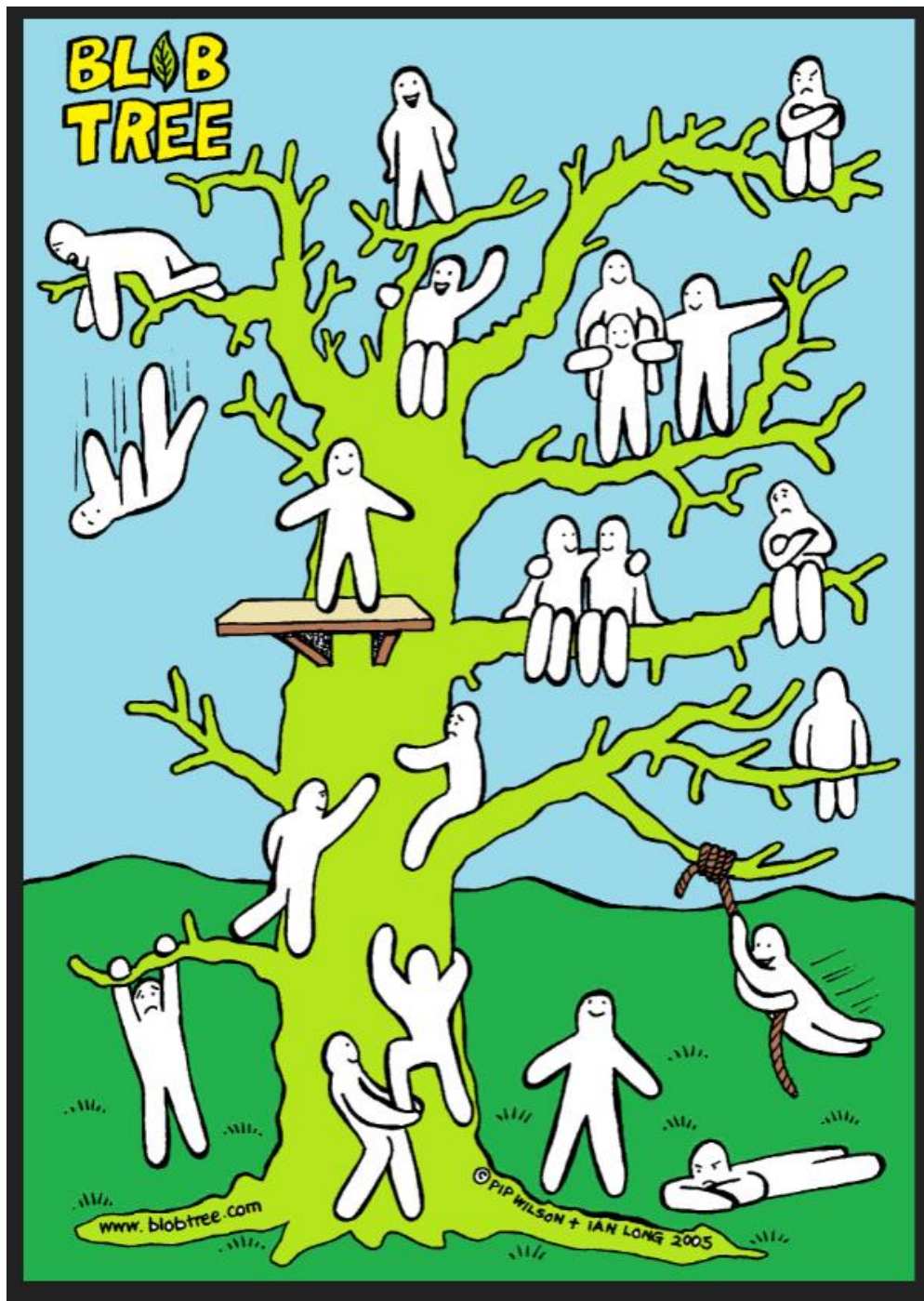


make support or help hard to access



leave users questioning what answers they gave





Have regular check-ins with children. The Blob Tree can help. ALWAYS meet and greet your children at the door and talk to each one – comment on their shoes, a tv programme you've seen that you thought they may like, a ribbon in the hair, a football match result.

TANTRUM vs. MELTDOWN

@movementmatters

related to a need not being met or not getting what they want

related to a physical/environmental trigger leading to overwhelm

can recover once need/want is met

takes much longer to recover

often able to remember why they were so upset

often unaware as to what triggered the behavior

typical during toddler years

can happen throughout lifetime

often related to a specific event occurring before

unrelated to a specific event occurring before



doesn't mean you are a bad parent

doesn't mean you are a bad parent

Activities that can be

CALMING

@movementmatters

singing or humming

sand play

giving a hug

swinging

blowing bubbles

soft music

doodling or coloring

deep breathing

heavy blanket

rocking/bouncing

wall pushes



taking a walk

Restorative Practice

Restorative practice aims to improve and repair relationships between people and communities. This uses a script to deal with conflict. When something has occurred with another child, you get both children together and ask them a series of questions (question 1 to victim then perpetrator; question 2 to victim then perpetrator etc. Reverse the order for questions 6 and 7)

What happened?

What were you thinking
at the time?

What do you think about
it now?

Who has been affected
by what has happened?

What has been the
hardest thing for you?

What needs to happen to
make things right?

What would you do
differently next time?