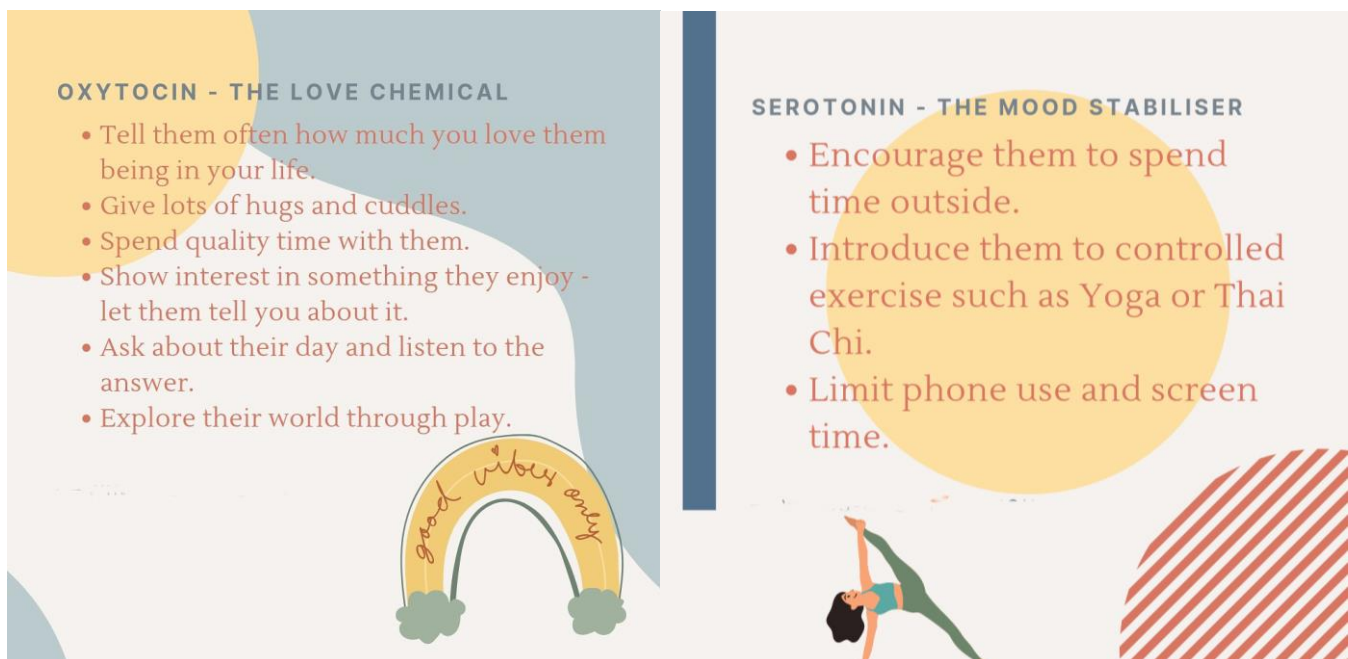
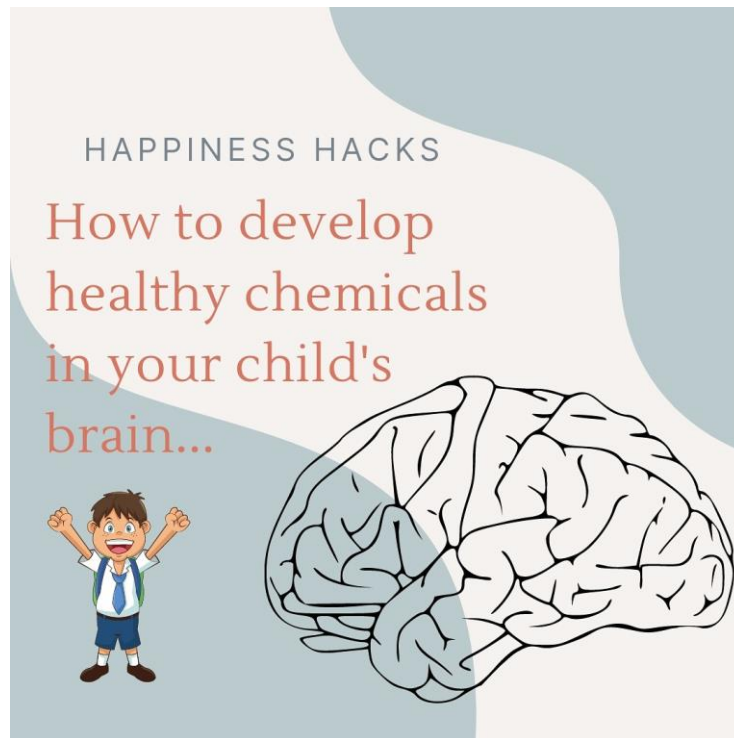


## Croxtton Kerrial Church of England Primary School

### Well-being

At Croxtton Kerrial, we take the well-being of our children, parents, staff and wider community very seriously.

We have collated a list of links and resources to support everyone:



**OXYTOCIN - THE LOVE CHEMICAL**

- Tell them often how much you love them being in your life.
- Give lots of hugs and cuddles.
- Spend quality time with them.
- Show interest in something they enjoy - let them tell you about it.
- Ask about their day and listen to the answer.
- Explore their world through play.

**SEROTONIN - THE MOOD STABILISER**

- Encourage them to spend time outside.
- Introduce them to controlled exercise such as Yoga or Thai Chi.
- Limit phone use and screen time.

The infographic includes a yellow and blue background with a vertical blue bar. It features a rainbow with the text 'good vibes only' written across it, and an illustration of a person in a green outfit performing a yoga pose. A red and white striped pattern is visible in the bottom right corner.



#### DOPAMINE - THE REWARD CHEMICAL

- Celebrate your child's success no matter how small.
- Set small achievable tasks like helping around the house.
- Teach them to prepare healthy meals and snacks.
- Encourage independence.



#### ENDORPHIN - THE PAIN KILLER

- Watch a funny film together or listen to music.
- Ensure they get plenty of exercise.
- Join them in a dance competition.
- Teach or learn a new skill together.
- Tell each other jokes.
- Play a game with them that requires some skill but they have a chance of winning.



### Resources which might link to some of these ideas:

Let's keep active! Fun activities to support well-being through exercise:

<https://www.nhs.uk/change4life/activities>

The Calm Zone – Meditation and Mindfulness:

<https://www.childline.org.uk/toolbox/calm-zone/>

More mindfulness – Cosmic Kids Yoga:

<https://www.youtube.com/user/CosmicKidsYoga>



Non-screen activities to try at home:

<https://medium.com/pobble/simple-and-fun-non-screen-activities-that-children-can-do-at-home-115543cb3b9c>



'Let all that you do be done with love.' 1 Corinthians 16:14



50 ways to make learning fun at home:  
<https://abctodoes.com/home-learning/>

Brain-breaks for Kids:  
<https://www.weareteachers.com/brain-breaks-for-kids/>

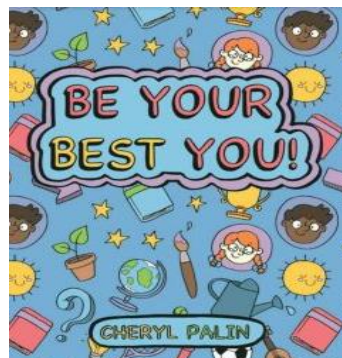
Fun activities to try at home with the whole family:  
<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>



Meditation for Kids:  
<https://www.headspace.com/meditation/kids>



Be Your Best You:  
<https://drive.google.com/file/d/1uV8-Dr1viWx-hfrkPC1qNLzetHD3SERu/view>





*'Let all that you do be done with love.' 1 Corinthians 16:14*



## **Parents and carers**

Self-care tips for parents/carers

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

Specific support for parents and children in tackling issues relating to COVID-19 and school closures:

<https://www.annafreud.org/coronavirus-support/>

A range of podcasts and articles to help parents/carers understand and approach challenges facing children

<https://www.annafreud.org/parents-and-carers/child-in-mind/>