



Hi everyone, I am Helen and I am a Play Therapist here at Barton Clough. Life may be feeling pretty unsettling right now. We are living in confined spaces, our daily lives have totally changed and we may be missing the people who are important to us. Sometimes it may feel like you are on an emotional rollercoaster. Below are 3 top tips you may find useful for your emotional wellbeing.

Top Tip No 1 – Make up Family Games -

Making up a family game allows everyone to be involved, it is unique to your family and will be something special to remember. My family have been target practising this week with the washing basket and empty plastic washing machine refills.. Here's me getting a bit of extra practice in as I need to win at least one game!



I can't wait to see what games you can make up! Why not upload your pictures to Barton Clough's Face Book page? Happy playing!

Top Tip No 2 – Acknowledging Big Feelings -

Give time to acknowledge that everyone is experiencing the changes to our lives differently. By acknowledging our feelings and that of our children, we will make everyone feel listened to and understood.

My lovely **IntraQuest** family have been releasing a series of weekly 'Lockdown Activities' To help children with such topics as emotional regulation, bedtime anxiety and messy play ideas. Further details listed in the resource box.

Top Tip No 3 – GO OUTSIDE –

There are many mental health benefits to being outdoors, including relieving stress. At a time when we are staying in the same space for long periods of time, it is good to 'unplug' from our indoor world and reconnect with ourselves and our families in the outdoor world.

Check out the '50 fun things to do outside' From 'Verywell Family'. Details in the resource box

Top Tip Resource List:

. *IntraQuest CIC Lockdown Activities*

<https://www.intraquest.co.uk/covid-19/>

. *Fun things to do outside*

<https://www.verywellfamily.com/outdoor-family-activities-2764716>

. *How to talk to Kids about Coronavirus,*

<https://resourcecentre.savethechildren.net/Library/how-talk-children-about-coronavirus>