

RISE

Mental Health Support

Autumn Term
Edition 2020

Improving Wellbeing in Schools for Children & Young People

"We rise to great heights by a winding staircase of small steps."

RISE team

READ ALL ABOUT IT ...

Usually, the RISE team work with local children in their schools. However, when the country went into Lockdown we quickly rose to the challenge of offering a whole new range of options for children who needed our support. Instead of assemblies, group work and one-to-one appointments in school, we moved to telephone and online consultations, as well as keeping in touch with parents and schools to monitor young people's changing needs.

We also took time to develop our website, building a wealth of helpful resources. We also created an Instagram and Twitter account, posting daily resources tailored to the following themes: **Motivation Monday; Top Tips Tuesday; Wellbeing Wednesday; Thankful Thursday; Feel Good Friday.** As part of our Wellbeing Wednesday, a member of the team uploaded a weekly video to promote wellbeing. We considered topics that would, hopefully, be useful to children returning to school after Lockdown and, in particular, those moving up to secondary school. You can check these out on our website under the **Resources** tab.

Establishing a virtual presence has been great and we plan to continue this. We are, however, looking forward to getting back into schools and doing face to face sessions once again as we have missed seeing you!

Mindfulness Project

Mindfulness is a way of developing our awareness and just 'being in the present moment'. When we push feelings and thoughts to one side, they often become worse or even explode; we need to acknowledge them in a non-judgmental way and learn to cope with them. Research has found that there are many benefits to practising mindfulness such as reducing anxiety and increasing wellbeing, augmenting self-esteem and improving attainment and behaviour at school.

We think mindfulness would be a great way of helping children cope at school, especially in the aftermath of COVID-19. We are creating a pack of ready-made activities to help schools to incorporate mindfulness into their day. We plan to upload audio scripts in the very near future so be sure to check out our website.

IN THIS ISSUE :

- ★ Rise team news
- ★ Mindfulness project
- ★ Inamojo
- ★ What we're loving this term...
- ★ Rise Recommendations
- ★ Shout out

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Instagram

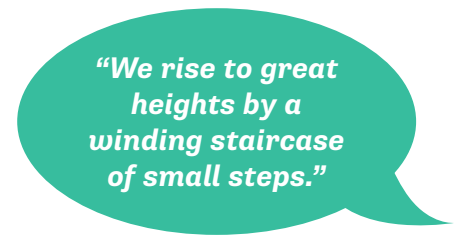
[@rise.ne](https://www.instagram.com/rise.ne)



Twitter

[@rise_mhst](https://twitter.com/rise_mhst)





AN EXCITING OPPORTUNITY FROM THE RISE TEAM!

Inamojo

It is with great excitement we announce that the Rise team can now offer Inamojo classes. From September 2020, children aged 5 to 8 will be able to enjoy the personal wellbeing benefits that come from taking part in these exciting and imaginative sessions.

What is Inamojo?

Inamojo aims to support and empower children with knowledge and skills that will help them navigate life's challenges with greater understanding of themselves and others and with greater resilience too.

Each programme comprises of nine individual 30-40 minute sessions, all of which follow a carefully-structured mix of stories, music, movement and art. Each story explores important life-lessons in ways that children understand and find engaging. Children are invited to feel their way into each story by embodying the characters via music and movement and then afterwards express their feelings about the story through

creative artwork. Relaxation and emotional self-management techniques such as 'belly-breathing' and mindfulness are also taught during these classes.

This combination of auditory, visual, somatic and creative experiences lead to much deeper, more engaging and long-lasting learning so that life-lessons explored in Inamojo classes are carried with each child beyond just the actual session.

Each session follows a similar format but each focuses on a different theme and learning experience which feeds into each child's individual journey through creative exploration. Children **LOVE** these classes!

For further information or to enquire about accessing **Inamojo** please email us at: NGRise@cntw.nhs.uk.



What we're loving this term..

The Gratitude Tree is a way of noticing and appreciating the positive things and people in our lives. Over the past few months we have been living in very uncertain times and continue to do so. Naturally, this is stressful, which is why we should all focus on the positive things in our lives.

Every day may not be good, but there is something good in every day.

The Gratitude Tree can be done as a classroom display, group or individual work. If you do create your own, we would love to see some examples.



RISE Recommendations

Clear Fear is a free app for 11-19 year olds to help overcome feelings of worry by learning to notice and regulate physiological responses. Techniques that are shared on the app include relaxation, challenging unhelpful thinking styles and raising awareness of behaviours that might not be helpful.

Younger children may be able to work on several of the tasks with the assistance and support of a parent/ carer or teacher.

Available for free from Apple and Google Play.



Shout out

Starting secondary school is a big step for anyone to take, but for those starting Year 7 this September it is especially difficult. This shout out is to everyone returning to school in these uncertain times, especially the new Year 7's.

Whatever challenges and stressors come your way, remember that you have coped during a global crisis so we say: **"You've got this!"** Good luck and we hope you enjoy your new school.

