

EPS Wellbeing Pack 11

The Wrexham Educational Psychology Service understand how worrying and difficult this time is for us all. We want to assist our community by providing helpful information, advice and guidance to support the psychological wellbeing of children, young people and adults alike. Joy, our Principal Psychologist, along with the team, Panna, Mark, Regina, Anna, Paula and Sally, would like to offer any support we can.

As we all now turn our attention to returning to school and creating our new normal, the EPS have handpicked the resources we feel will be most helpful to you!

For up-to-date information about Coronavirus, lockdown and return to school please visit the [Welsh Government website](#)

Returning to School

In preparation for the return to school, the EPS have created a **'Return to School'** guide including psychological principles and strategies that may be used to support children, young people, staff and families through the transition from home-learning back to school.

The experience of transitioning between classes, phases, sites and schools will be different this year due to Covid-19. The EPS have compiled an **easy-to-read Transition Guide** packed with new activities to support your virtual transition, inspired by good practise going on in Wrexham schools.

Hopster have produced a very simple, **engaging YouTube video** about social distancing, the importance of staying 2m apart and how long 2m really is.

The Woodlands Centre has created a story for children and young people to help **explain returning to school after Covid-19** and the differences they might come across.

Wellbeing Support

In looking forward to returning to school, **Place2Be** has put together a series of resources for **Primary** and **Secondary** schools, to help staff and pupils develop gratitude, hope and connectedness that may have been lost during the recent challenging times.

Welsh Government have produced a **Young Person's Mental Health Toolkit** designed to signpost young people age 11-25 to resources to support them in this (this resource is available in Welsh and English).

The **British Psychological Society** have released a **guide to dealing with trauma** in a way that is safe for your own mental health. It is aimed at professionals including teachers who engage in conversations with others about their trauma may and experience compassion fatigue.

Contact Us

The EPS are launching a **Support Service** whereby schools, settings, parents and carers can access support from a member of the team during these uncertain times. Please contact- **EPSSupport@wrexham.gov.uk** for further information.



Well-being Challenge

Challenges from the '5 Ways to Wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Here are some of our favourites – why not give them a go!



Take notice - Our lives are starting to get busier again. Take time to ground yourself in the moment using **The Tree Exercise**



Be active – Plan a DIY 'Sports day' for everyone at home to take part in. Asda have some **great ideas of events** to make it extra special!



Connect – Reconnect with family and friends by sharing your sports day over video call.



Keep learning – Twinkl have compiled a list of **10 new skills for children to learn** with accompanying resources to download!



Give – Kindness is a gift that costs nothing – **spread kindness** to your friends, family, neighbours (and yourself!).