

## Let's Connect!

# Free resources for children's mental health week

Children's Mental Health Week takes place this year, from 6-12 February 2023, and for schools across the UK, it marks an opportunity to focus on the benefits of positive mental health and wellbeing for all.

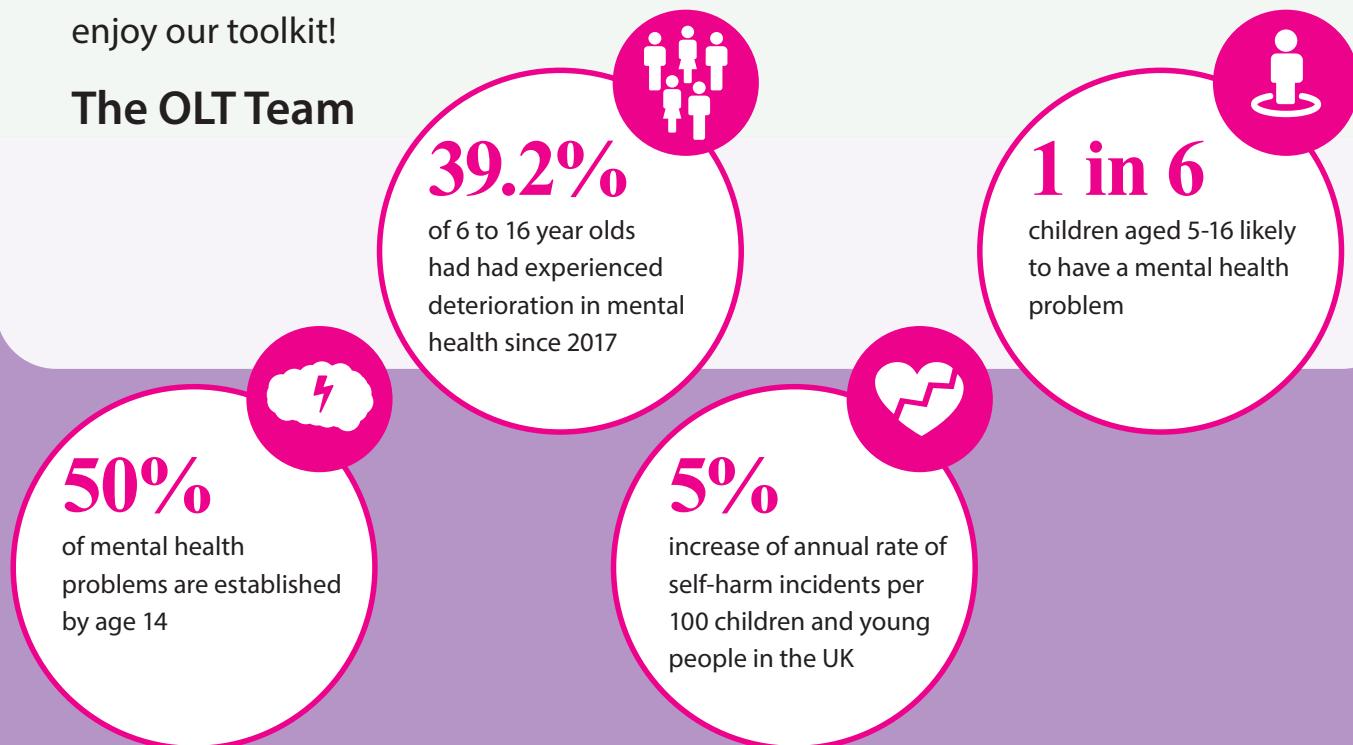
Currently, around five children in every classroom have a mental health problem and many more struggle with challenges from bullying to bereavement, which makes this year's theme **Let's Connect** more relevant than ever.

**Let's Connect** is all about making meaningful connections with others, something essential to the wellbeing of not only ourselves, but also, everyone around us.

To help raise awareness of children's mental health week we're sharing this **free toolkit** of targeted tools and resources, including **free webinars** on self-regulation, self-harm and depression, to **bite sized meditation** and **wellbeing videos** to help you and your school explore this year's theme.

Don't forget to share with a colleague so they can benefit too. We hope you enjoy our toolkit!

### The OLT Team



\*Source: childrenssociety.org.uk: children's mental health statistics 2022

# Recommended for you

## OLT Webinars

*Registration now open!*

### Anxiety and Depression - Awareness and Strategies

*With Lisa Watson*

22nd February 2023 at 4pm – 5.30pm

Join Occupational Therapist Lisa Watson to shine a light on anxiety and depression. This informative session will help you understand the differences and overlaps and offer plenty of insights and evidence based strategies to support children with mental health needs.

**Can't attend on the 22nd?**

Don't worry, register anyway and we'll send you a recording to the session on catch up!

**Register for a place...**



**On demand webinar:**

**Being self-harm aware; understanding and interventions.**

*With Lisa Watson*



With mental health difficulties on the rise, pupils are at a greater risk of negative outcomes such as depression and self-harm than ever before. In this webinar, we share examples of what self-harm looks like as well strategies to help students replace self-injurious behaviours with more age-appropriate coping strategies.

**Watch now!**



## Now on catch up...

On demand webinar:

### Pupil emotional regulation skills

With Tania Pyburn 

Tania Pyburn, ASD/SLCN Specialist & Play Therapist, shows how to develop effective emotional literacy and self-regulation skills. Using a mixture of theory and practical strategies, this webinar promises to share proven holistic frameworks that help pupils thrive as well as learn how to take control of their emotional responses and sensory regulation needs.

**Watch now!**



On demand webinar:

### Identifying the needs of girls with ASD

With Louise Batalla-Duran 

Louise Batalla-Duran, Head of Autism Services, discusses the often invisible and undiagnosed needs of girls with ASD. This thought-provoking and informative session looks at the ways parents and educators can work together to identify and implement strategies that reduce anxiety and challenging behaviours so girls with ASD can learn to thrive at home and in school.

**Watch now!**



### What your saying about our webinars...

 A really insightful webinar on girls and ASD. It gave me lots of inspiration and ideas!

– Webinar attendee

## Introducing SENBITES. Bitesized learning in 20 minutes or less...

Exclusive!

### SENBITE: Horse meditation: mindfulness techniques

Provide children with the tools they need to build confidence and cope with stress with our Horse meditation. A perfect introduction into connecting with the self; this 20 min meditation hosted by Lisa Watson, guides listeners on a relaxing journey of soothing visuals and effective breathing techniques. It's the perfect mindfulness tool for both students and teachers alike. Suitable for age 5+.

Listen now...



### SENBITE: Girls and autism: the 4'oclock explosion!

Ready to learn how to support girls with autism? Set over the course of a school day, this 7-minute video highlights the anxieties (and triggers) that can feed into the 4-o'clock explosion – an emotional meltdown at the end of the school day.

Watch now...



### SENBITE: Classroom based mindful activities

School can be a triggering environment for many children and young people with SEN and mindful activities and techniques can really help them overcome and manage anxiety. Discover how with our classroom based activities for children with autism or SEN.

Watch now...



## **Take ten to zen! Guided practices for teachers**

### **Wellness Breaks From Chaos to Calm**

We share 10 minute strategies for educators to connect and return to a solid, safe and anchored space when things are difficult. Just the tonic for starting or ending a stressful day! We even have a session for students too!

**Find out more...**



## **Further Support...**

### **Mental Health Course**

We know how important the wellbeing of your pupils is to you, but it can be difficult to know where to start. All children and young people need to learn in an environment that supports mental health and wellbeing. This course is ideal for designated mental health needs who are new to their role and looking to implement whole-school and individual strategies.

**Find out more...**



### **Attachment and trauma Course**

Attachment relationships are critical to a young child's development and attachment theory is essential in helping us understand the way children perceive the world and form relationships with others. This course aims to develop the knowledge, skills and practice of all education professionals working with children and young people (CYP) with attachment and trauma difficulties.

**Find out more...**



**Attention educators! Are you looking for a partner to help you make a real difference in your school?**

Look no further! Our organisation has been supporting 10,000 schools and helping them to succeed for years. We provide CPD training courses, resources and free webinars to help you reach your goals. Make the most of our experience and join us today - together we can make a difference for all children!

**Sign up to our newsletter...**



**Looking for ways to help support your SEN provision?**

Discover more about how OLT can help support your school or organisation.

**Visit our website...**



**Stay connected and get in the social swing this February!**

You can show your support for children's mental health week 2023 by following us on social media and raising awareness from 6th – 12th February 2023.

#internationalstressawarenessweek



Trustpilot



(Rated EXCELLENT by our users)