



Psychology and Therapeutic Services

ELSA Ideas for April 2020 (2) Ideas for building in Routine and Fun

Physical Activity

<https://www.keepmovingsuffolk.com/>

This new website has exercises for inside and outside, adults and children. There are links to yoga and dance.

There are yoga activities for children on the website below:

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

and Yoga with Adriene for older children and adults. You can subscribe for free to Yoga with Adriene and download a calendar with a yoga workout for each day in the month which can be done in any order.

<https://yogawithadriene.com/>

Cultural Activities

There are museums doing virtual tours:

<https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

Audible (from Amazon) are offering free use by children while schools are shut

<https://stories.audible.com/start-listen>

Suffolk Libraries has free access to thousands of the latest eBooks, audio books, magazines, newspapers, films, courses and streaming, for children and adults:

<https://www.suffolklibraries.co.uk/elibrary/>

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Mindfulness for difficult times

Competitions and Challenges

The 30 Day What's Up Challenge - it's 30 simple things to support young people's emotional wellbeing. This is a social media campaign where for 30 days a daily challenge for young people to do with family and friends will be posted on The Source Facebook page. The re-launch of this campaign includes new challenges to help young people stay well at home.

Details can be found here - www.thesource.me.uk/whatsup

The Art of being 2 Metres Apart - a time capsule competition that reflects the time a virus came to Suffolk. The idea behind this time capsule competition is to help children and young people to express and share their feelings during this difficult time through Art, Music or Creative Writing, which could be reflections on current daily life, ways in which we are adapting and how we are managing our fears and hopes. Also, to gather advice for future generations should they face a pandemic or significant period of change again.

The competition is now live for young people to enter. Full details can be found on the website - www.thesource.me.uk/timecapsule

Ideas for Increasing Happiness

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud (for ages 4 to 9 years) and for older children:

https://www.amazon.com/Have-Filled-Bucket-Today-Bucketfilling/dp/099609993X/ref=sr_1_1?keywords=Have%2BYou%2BFilled%2BA%2BBucket%2BToday%3F%2BA%2BGuide%2Bto%2BDaily%2BHappiness%2Bfor%2BKids&qid=1582316760&sr=8-1

Action for Happiness have a smartphone app which gives you friendly daily happiness "nudges", and sends inspiring messages to give you a boost

<https://www.actionforhappiness.org/smartphone-app>

Please let me know of any resources you have to share with ELSAs and do please get in touch if you would like to talk anything through – it has been lovely to talk to those of you who have been in touch so far.

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