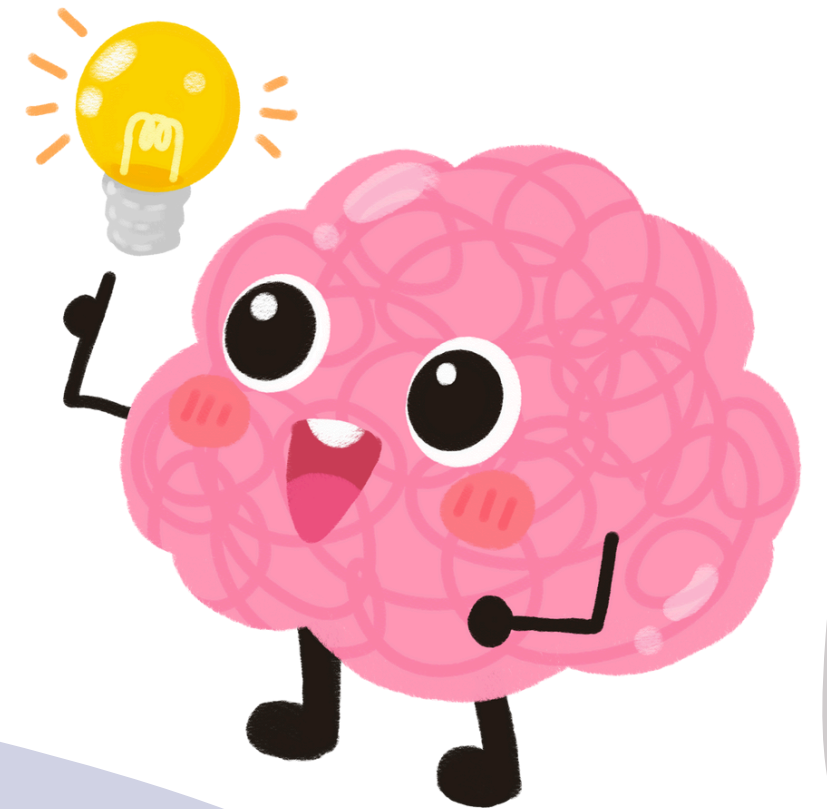
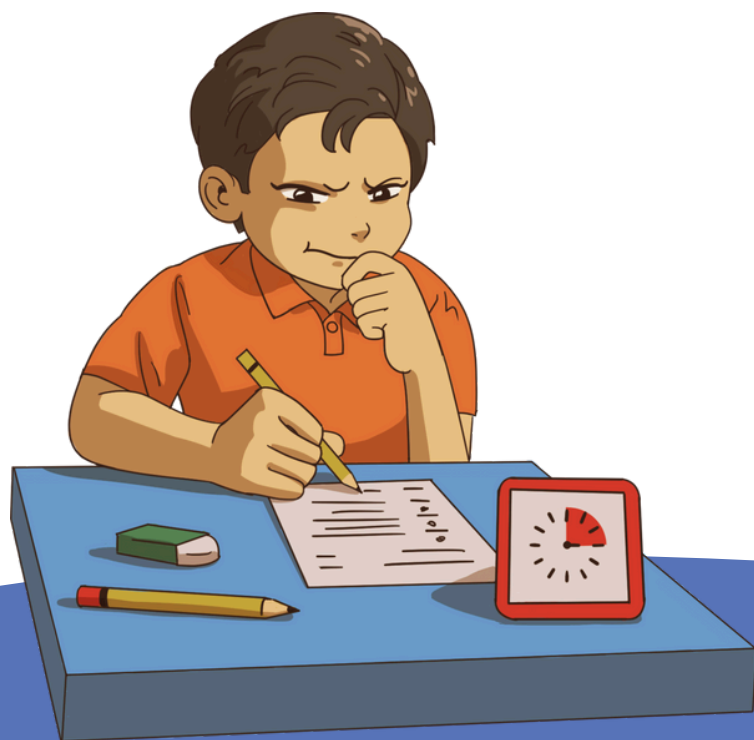


≡ Welcome ≡



Supporting your child through their SATS



Southampton Mental Health in Schools Team



Today's Agenda



1

Who are Southampton MHST ?

2

Group expectations

3

Stress & Anxiety

4

Practical tips to support your child

5

Emotional Techniques to support

6

Reducing your own stress/worries

Managing Stress for Kids | What is Stress & Anxiety? | Social Emotional Learning

Copy link

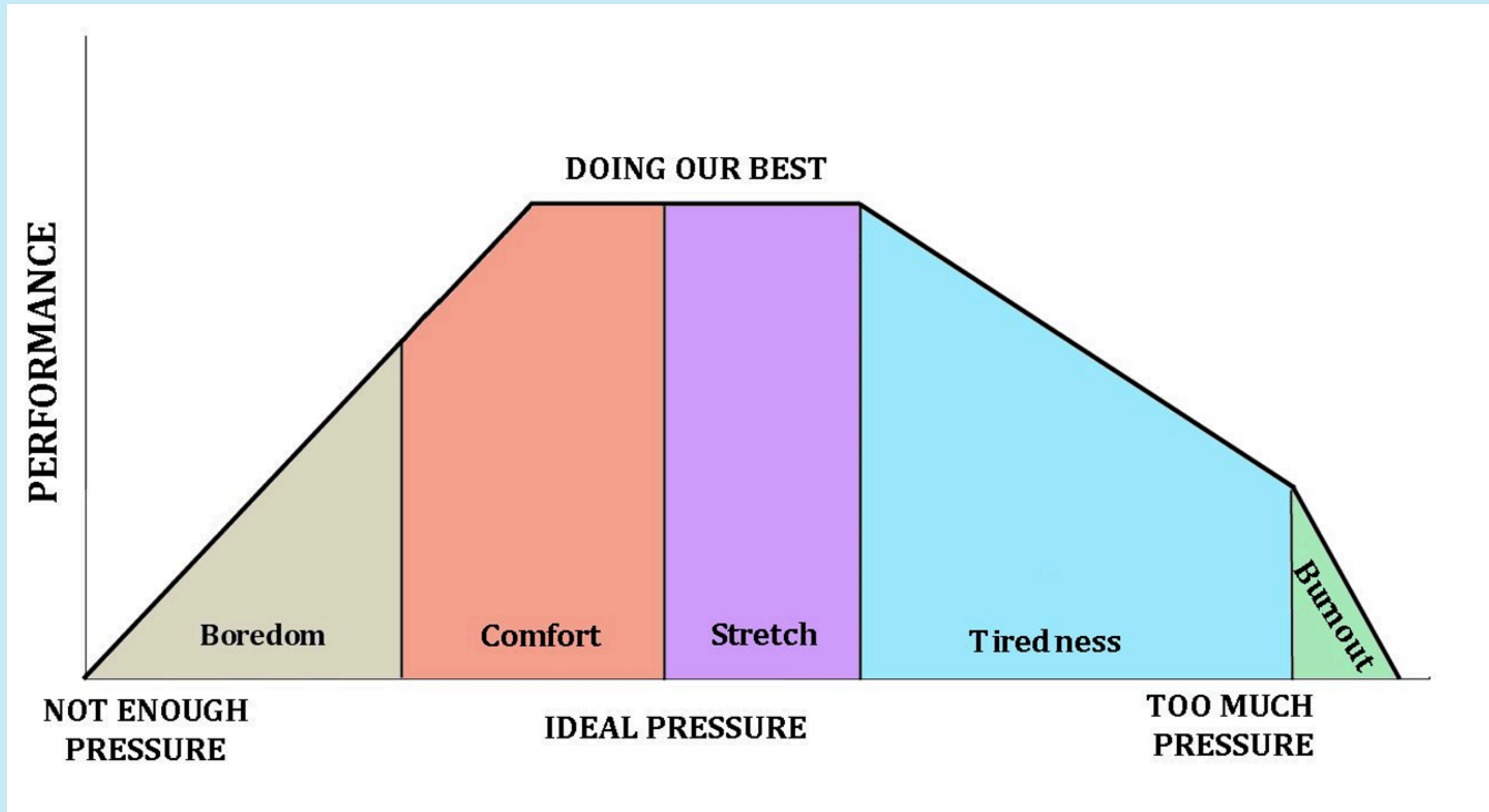
UNDERSTANDING STRESS & ANXIETY

FRUSTRATION **WORRY** **FEAR**

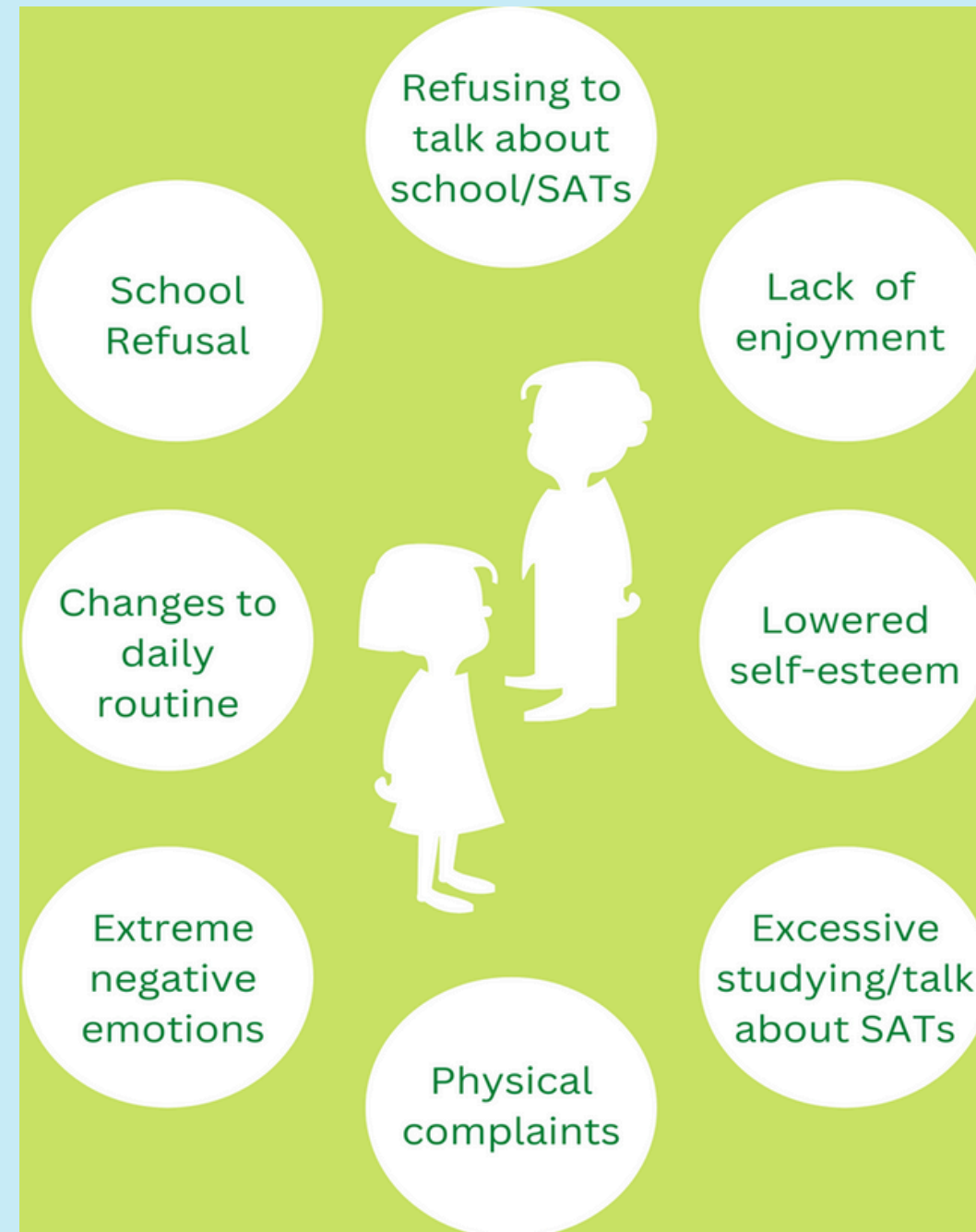
Watch on YouTube

The illustration is divided into three vertical panels. The left panel, titled 'FRUSTRATION', shows a boy with a frustrated expression, surrounded by a clock, papers, and a pencil. The middle panel, titled 'WORRY', features a green frog sitting on a red circular background with a play button icon and a thought bubble saying 'What if...'. The right panel, titled 'FEAR', depicts a boy sitting in a chair looking startled as a large bee flies towards him. The background of the entire graphic is a bright blue sky with a sun and a blue and white striped object.

Can stress/anxiety be helpful ?



Indications your child may be struggling





Working with the school

Speak to the staff in school to express any concerns

Attend school meetings in relation to SATS

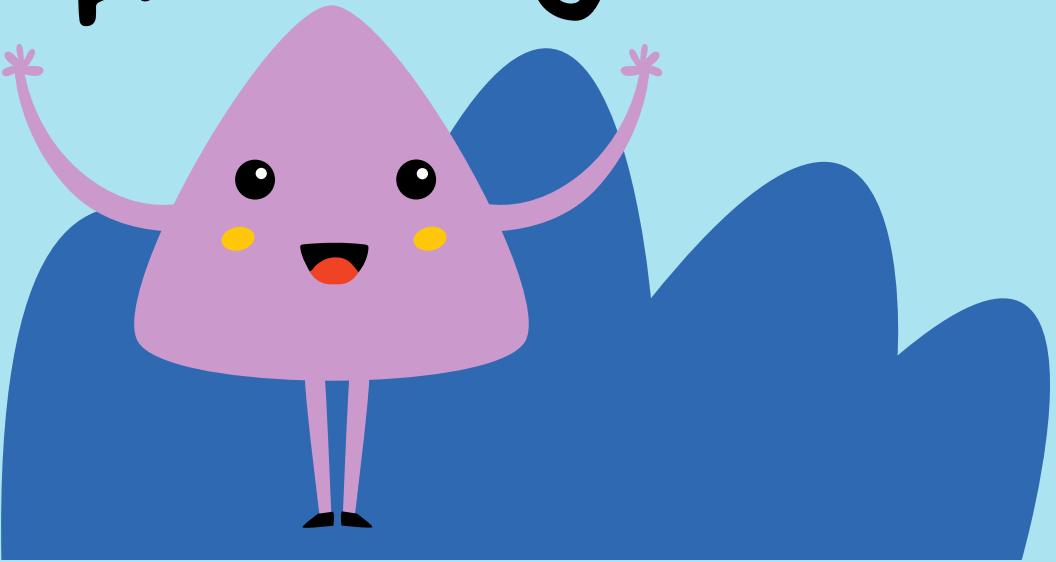


Practical Tips to Support Your Child



Using Rewards to Improve Confidence and Increase Motivation

AMAZING



 ___ minutes of screen time	 Go to _____
 Visit the park	 Family time
 Choice of dinner	 Bike ride
 Stay up ___ minutes later	 Sleepover with friends
 Movie night	 Have a sweet treat
 Games night	 Praise/Certificate


Helping with Worries



Reframing negative thoughts



Worry Monster

 **Problem-Solving**

What is the problem/issue/worry?

List some possible solutions	What is good or bad about this solution?		Rate this solution /10	Is this solution doable?
	Good ☺	Bad ☹		
1.				
2.				
3.				
4.				
5.				

Problem Solving

Staying Calm



Belly Breathing: Mindfulness for Children

BELLY BREATHING

4 mins

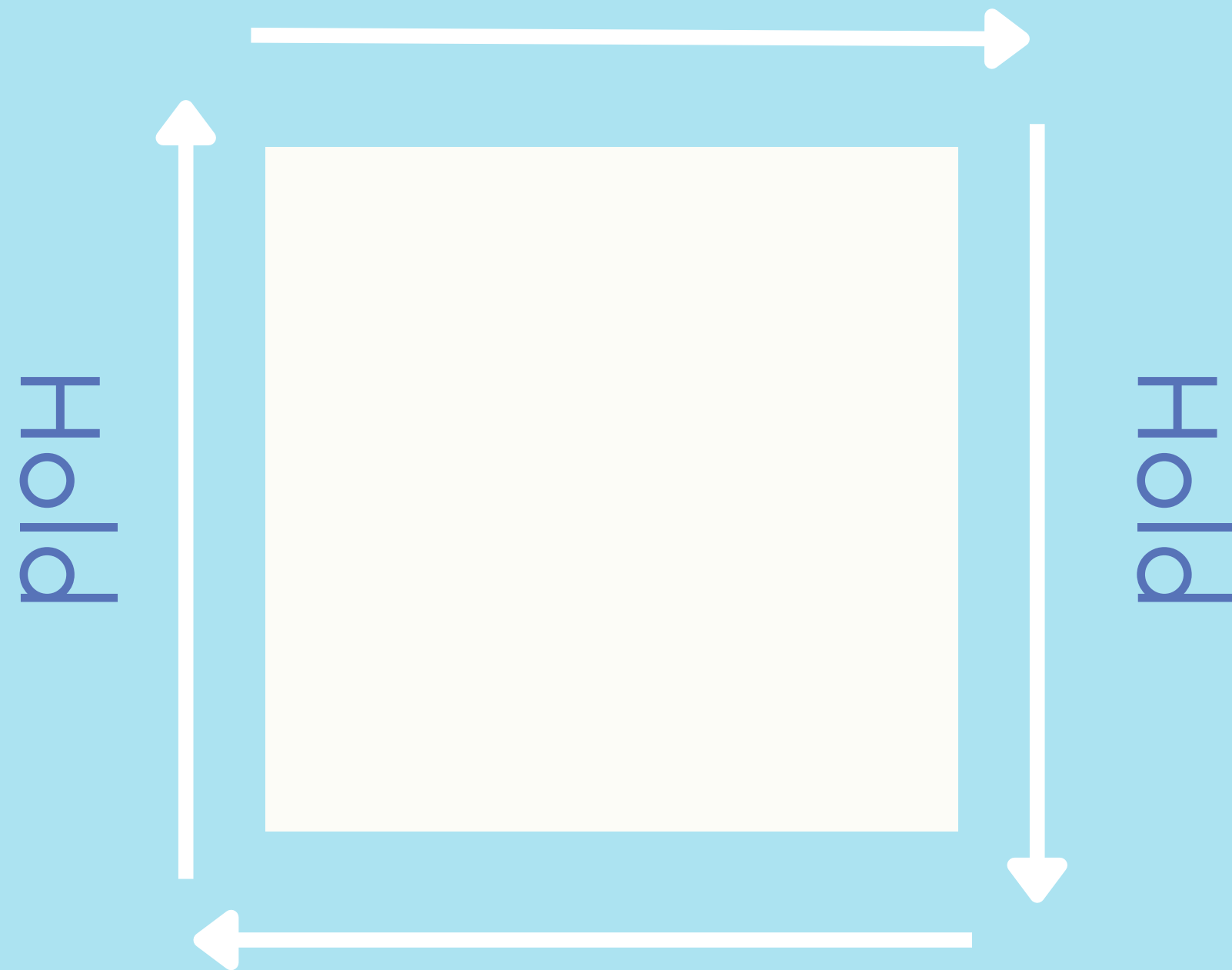
Watch on  YouTube

Copy link

The video thumbnail features a light blue background with a large orange cartoon character in a meditative pose. The character has large eyes and a smile, with a red balloon tied to its waist. The text 'Belly Breathing: Mindfulness for Children' is at the top left, 'BELLY BREATHING' is in large purple letters in the center, and '4 mins' is in a white cloud at the bottom. A red play button is overlaid on the text. A 'Copy link' icon is in the top right corner, and a 'Watch on YouTube' button is in the bottom left corner.

Box breathing

Breathe in



Breathe out



Signposting who can I talk to?



Teachers

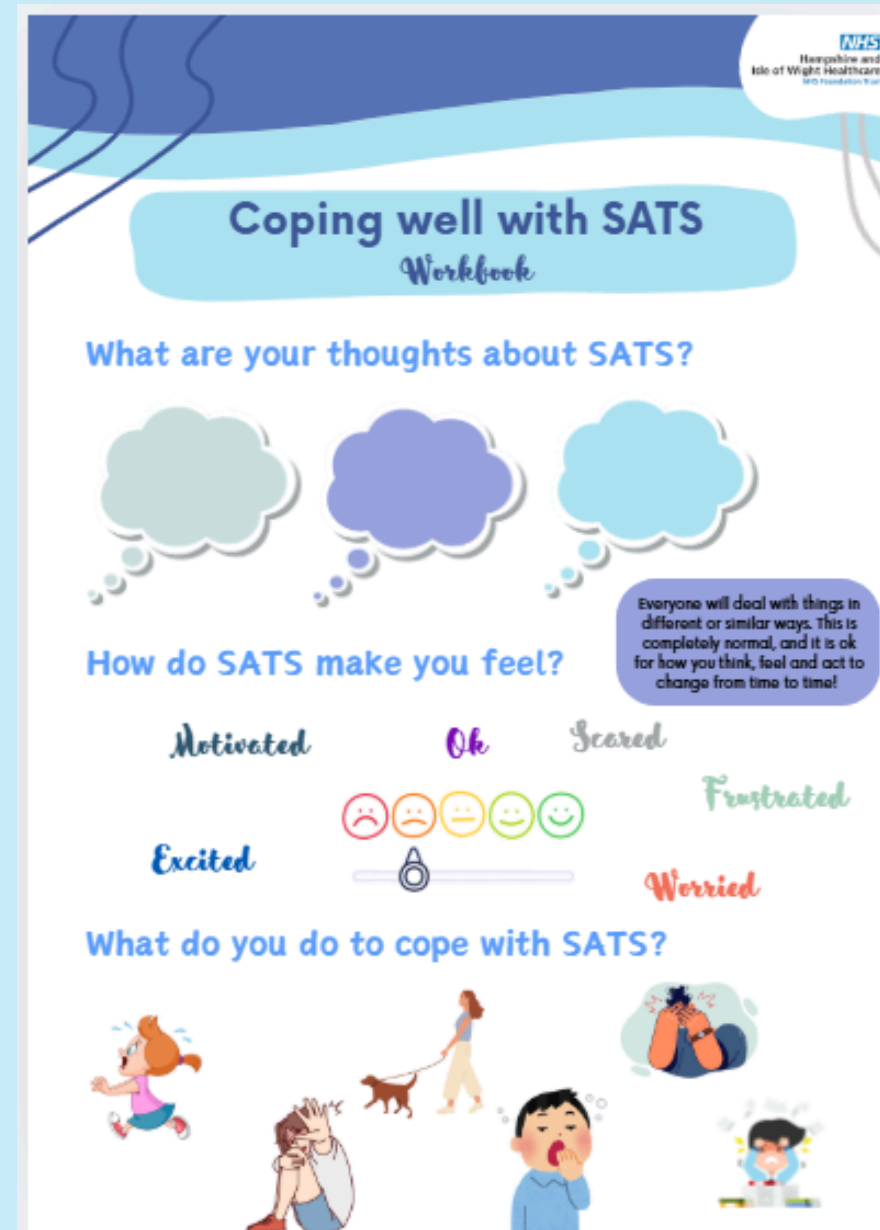


Friends



Family

Workbook provided for each child to bring home



Any Questions?

