

Looking back and planning ahead toolkit

We're coming to the end of 2020, and it has been a uniquely challenging and difficult year for schools.

The Christmas holidays this year may be welcome for some staff and pupils, but anxiety-inducing for others. Children may be worried about what the festive season will look like this year, and school staff may be worried about how another break from schooling will impact pupils.

We've put together this toolkit to help you and your pupils reflect on 2020, and manage any end-of-term anxieties. We're also sharing some resources to support the wellbeing of staff and parents and carers during this time.

Resources for pupils

12 days of positivity - Mentally Healthy Schools

Practise positive thinking in your classroom in the lead up to Christmas, with this 12-day calendar of activities and thoughts to promote positivity amongst your pupils.

[Go to resource](#) 

Reflecting on lockdown activity - Mentally Healthy Schools

This resource helps children think about what they have experienced during lockdown and cope with the changes that have occurred.

[Go to resource](#) 

Letting go & future plans - Partnership for Children

Use these activities to encourage children to accept and let go of the things they missed out on in 2020, and to look forward to things they can do in the future.

[Go to resource](#) 

Tracking feelings - Mentally Healthy Schools

The end of term and prospect of an unusual Christmas break may be causing children some anxiety. This simple emotion and activity tracker will help children keep an eye on points in the school day which may be trigger points for heightened emotions.

[Go to resource](#) 

'The Huge Bag of Worries' activity - Oxford Health

Read or [listen](#) to 'The Huge Bag of Worries' by Virginia Ironside, and then explore the concept of worries using this guide. You could use this activity to help children think about what might be worrying them about the upcoming holidays and how to address those concerns.

[Go to resource](#) 

Helping children reframe negative thoughts - Mentally Healthy Schools

This simple activity shows children how to reframe their thinking around a negative situation, and look for positive ways to view the situation.

[Go to resource](#) 



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Resources for staff

Mental health and wellbeing calendar: spring term 2021 – Mentally Healthy Schools

Plan in your wellbeing activities for January to March 2021 with this calendar. It highlights curriculum themes and occasions where mental health can be explored and celebrated. For each section there are suggestions for what schools can do, and resources to support any activity planned. You can also see awareness days for the rest of the year in our [yearly calendar](#).

Go to resource 

Sharing good practice and looking to the future – Anna Freud Centre

Reflect on 2020 with these case studies from schools, explaining steps they have taken to deal with the coronavirus pandemic. It also looks at lessons learned and how we can apply them as we move forward into a new year.

Go to resource 

Free supporting staff seminar – Anna Freud Centre

At the Anna Freud Centre, we are hosting a free seminar for school staff on 7th January 2021. Based around the supporting staff section of our [5 Steps to Mental Health and Wellbeing framework](#), the seminar will focus on the importance of staff wellbeing.

Go to resource 

Managing uncertainty in uncertain times – Education Support

Managing the many uncertainties caused by the pandemic can be difficult. This practical advice for education staff aims to help you to cope more effectively.

[Go to resource](#) 

Headspace app

The popular mindfulness app Headspace is currently free to all school staff in the UK. Although the impact of mindfulness on mental health is not clinically proven, the guided activities in this app may help you to feel calmer during the last few weeks of term.

[Go to resource](#) 

Resources for parents and carers

Six ways to support your children as lockdown eases - BBC Bitesize

As we move in and out of lockdowns across the UK, how can parents and carers support their children's wellbeing through these changes and uncertainties? Our clinician Dr Cyra Neave shares some tips.

[Go to resource](#) 

Mental wellbeing audio guides – NHS

The Christmas holidays can be stressful enough for parents and carers, even without the complications of a global pandemic. These short audio guides are designed to be listened to when experiencing issues like low mood, anxiety or sleep problems.

[Go to resource](#) 

December wellbeing calendar – Action for Happiness

This calendar suggests a different simple wellbeing activity for each day of December. Schools could share this with parents and carers to encourage them to focus on their own wellbeing during the holidays.

[Go to resource](#) 



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