

## Connect and Learn Series

Mental Health Month October 2020

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- ▶ Dublin City North Children and Young People's Services Committee
- ▶ Mental Health and Wellbeing Subgroup
- ▶ October 22<sup>nd</sup> 2020

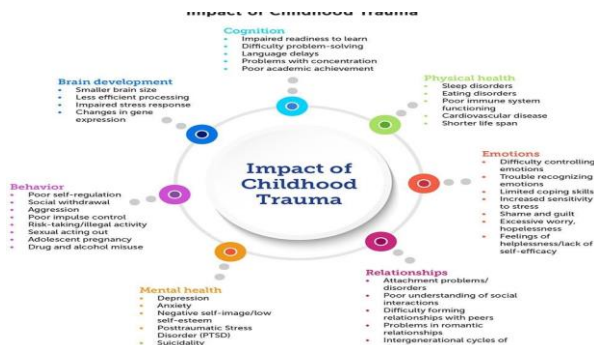
Information on the website: [www.dcnycps.com](http://www.dcnycps.com)  
 Dublin City North Children and Young People's Services Committee



## Finding my Superhero: Supporting and Empowering Vulnerable Children

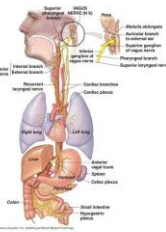



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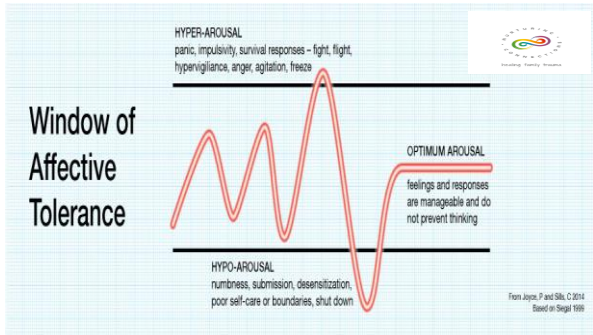


## Cranial Nerve X – Vagus

The vagus nerve is a critical nerve for supplying parasympathetic information to the visceral organs of the respiratory, digestive and urinary systems. It is important in the control of heart rate, bronchoconstriction & digestive processes.







### Using Creative Ways of Communicating with Children and Adolescents

- ▶ Play, the arts and creativity is a child's natural way of communicating
- ▶ Puppets
- ▶ Figures
- ▶ Books
- ▶ Songs
- ▶ Poetry
- ▶ Film/ drama

### Creating Body Confidence

- Sensory approaches
- Yoga
- Any sport
- Dance
- Martial arts

### Helping Children with Sensory Processing Difficulties/Regulation

**Structure, Predictability And Constancy**  
 Use Visual Timetables- Next and then and then  
 Prepare and rehearse transitions




**Play** - play with child: child directed play is regulating of arousal and emotion, builds connection, trust and supports cognitive, social/emotional development  
 Child Centered/Directed  
 Adult Tuned In

**Breathing**


- ▶ Smell The Flowers
- ▶ Blow out the Candle

**Grounding**

- ▶ Stamp Feet, Notice Objects, Colours Around The Room, Butterfly tap, Gorilla Dance
- ▶ Help The Child To Express Feelings- Creativity- Pictures, Words








### Sensory Regulation Activities




- Food**-drinking thick liquids through straws, chewy, crunchy foods
- Touch**- Objects of comfort, soothing, gentle v firm touch, sensory feedback
- Smell**- Aromatherapy oils, lotions – link with safety, positive emotional states, lavender, handkerchief of safe other peppermint, eucalyptus, lemon
- Auditory**-calming, relaxing music, melodic sounds- someone's voice, specific sounds- e.g the sea, water flowing, heartbeat
- Visual**- safe, calming images- sensory lamps, fish tanks
- Vestibular/Rhythm**- Movement- crawling, swinging, pushing, pulling, dancing- slow/fast, rocking, dancing, Humming, Singing, Drumming

### Resourcing Strengths and Positive Experience

### The Gorilla Dance




### How Are You Feeling Today?

I am interested in.....

What is it like when.....  
I wonder if you feel..../Perhaps you feel..../maybe you feel.....

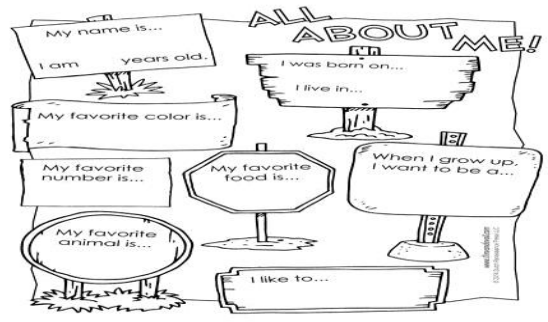
You might feel.....

It is ok to feel.....

I am really sorry that happened to you .

No child should ever have to go through that  
Anyone would feel.....if.....

Other children I know felt.....when this happened to them.....Is that what it is like for you?



- What happened? Write or draw what happened.
- What were you thinking about at the time? Write your thoughts in the thinking bubble.
- How did it make you feel? Draw your facial expression.
- Who do you think has been affected by your actions? In what way have they been affected? Write down who was affected in the body outline and label how they were affected. You can also draw their facial expression.
- What do you need to do now to make things right? Write in the speech bubble.

### Find-A-Feeling

WORD SEARCH PUZZLE

S	E	C	H	S	S	D	S	D	L	A	O	W	I	C
F	T	S	O	T	D	D	U	W	H	N	E	S	T	O
E	I	I	E	N	T	H	O	P	E	F	U	I	A	D
U	O	E	D	T	R	U	S	T	R	A	T	E	D	
L	I	L	O	C	R	I	C	I	T	A	T	U	S	C
T	O	S	S	I	E	O	D	L	O	A	U	D	S	
H	L	N	E	X	C	I	T	E	D	F	I	O	O	I
A	I	D	E	K	C	O	H	S	N	A	R	L	K	R
P	P	E	N	L	R	S	U	O	I	T	J	A	C	P
P	T	R	R	H	Y	D	C	F	P	D	F	E	U	R
Y	S	O	A	R	S	U	O	V	R	E	N	J	H	U
E	T	B	G	I	H	O	P	E	F	U	L	R	O	S
N	C	N	E	R	D	R	T	R	O	A	F	E	D	A
W	A	P	R	E	P	I	P	T	E	T	E	S	A	
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

SURPRISED	ENRAGED	PROUD
NERVOUS	HAPPY	HOPEFUL
AFRAID	ANGRY	CONFIDENT
CAUTIOUS	FRUSTRATED	LOVELY
CONFUSED	BORED	SHOCKED
ECSTATIC	JEALOUS	HOPELESS
EXCITED	WORRIED	SAD

**My Strengths and Qualities**

**Things I am good at:**

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**What I like about my appearance:**

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**I've helped others by:**

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**What I value the most:**

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**Compliments I have received:**

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**Challenges I have overcome:**

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**Things that make me unique:**

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**Times I've made others happy:**

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

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