

Healthy Living

Emotional Health



How do you give children a forum for sharing emotional anxieties?

Do children have a space where they can just sit, talk, or think?

Task

Involve the children in setting out a chill out area. Maybe you could have a workshop or activity to make some cushions or bean bags.

Ask the children what kind of resources they may find useful, for example information about bullying or Childline leaflets.

In your teams discuss how to offer children and young people the emotional support they need in a way which will encourage them to engage with the playworkers.

If you have a positive way to make this happen record it to use when appropriate.