

## Communication activity:

We have issued previous activities promoting ways to wellbeing to enhance and sustain positive emotional wellbeing during these challenging times. This activity focuses on communication, self-expression and how we notice behaviours that link to emotions felt.

Before doing this activity think about how you can make your children feel safe, respected and supported to share their feelings. Be mindful of siblings, other young people, make sure they too are respectful of each other's feelings and self-expression. Perhaps create some rules as a family to adhere to whilst doing this activity.

If you are struggling with your own emotional health and wellbeing you may wish to explore the [moodtracker zone on the NHS](#) for suggestions on keeping well and developing coping strategies. For young people friendly information on exploring mental health **secondary aged children** may wish to explore [young minds](#) for keeping mentally well during isolation

For this activity start off by talking about members of your family or community that have a hearing impairment or communication difficulties and how sign language is utilised as a method of communication. Ask your children what may be different for those members of the community whilst they're home schooling? How do they think they will adapt? Do they think it will be the same as they have adapted? No right or wrong answers here just opportunity to understand your young one's perceptions and have discussions about differences and emotions that may be affected and displayed in various ways. We are all individual therefore will respond in different ways.

Watch the twinkl [video for seasons](#) to learn the signs as a family. After the video have a conversation about taking notice of things during the seasons, how can you tell the seasons have changed? what are your favourite things about each season? Perhaps this could be captured in artwork.

There is an additional flash card sheet to learn more signs for greetings to learn as a family. Perhaps integrate your new skills in your everyday conversations. Once you have all practiced and got to grips with your new BSL signs, talk about how you communicate as a family and how each of you express your feelings, get your little ones to suggest methods of communication i.e. facial expressions, body language, tone of voice and the words we use.

Have a respectful conversation about how you can "tell" when members of the family may be feeling sensitive or tired and the ways in which this is displayed, share how you can build on those methods of communication to gain understanding of how you can support each other moving forward as a whole family. Perhaps there are behaviours or expressions people learn about themselves and can grow from?! Have fun, be kind and respectful this is for all members of the family to enjoy, learn about themselves and grow.... even the adults 😊

Talk about coping strategies at this point, what can each of you do to help feel calm, safe and happy, you can link this to things you do when you need to relax i.e. long baths or walks, talking to friends, for your younger ones what they do around test / exam time. i.e. bike rides, dance or listening to music. When speaking about coping strategies be mindful for unhealthy / unsafe coping strategies for example "comfort eating" or going on youtube this can develop into unhealthy lifestyle choices in adult life so positive health messages now will make that important difference for their future health. You can check out Mindkit.org for some inspiration for [5 ways to wellbeing](#), or get in contact via the email below.