

## Spring HAPpy Learn & Share event (May 2025) - Table Discussions and Task Notes

### **TASK ONE – CYP Mental Health, Wellbeing & Physical Activity**

Reflections & discussion after MIND's [Spot, Support, Signpost](#) and [Self-Care Library](#) demo session.

#### **Questions set**

#### **1. What signs/mental health challenges have you seen presenting in Children and Young People attending your camps?**

**Table 1** – Neurodiversity, Mutism, dysregulation, emotional, overwhelmed.

**Table 2** – Emotional & Physical – Eg. Not being on the team or getting the results they want can result in anger or violence. Overstimulation.

**Table 3** – Cultural differences – swearing – parents not interested – knock on impact on other children. A child has disclosed they 'want to self-harm more!' – was signposted to support services (safeguarding). Sport is good for mental health, so we don't have too many other specific disclosures.

**Table 4** – Emotional at drop off. Children not wanting to come in – anxiety. When fail – give up straight away (don't believe in themselves). Children not eating. Low confidence levels.

**Table 5** – Discussions with siblings for things that work for them at home. Habit & Routine. Get easily upset – hard to manage up and down emotions. Changes in Mood. Some children seek specific stimulation. Aggressive behaviour.

**Table 6** – No written notes – all discussions.

#### **2. Do you currently do anything to introduce the topic of Mental Health to children attending your camps?**

**Table 1** – Provide choice but routine, check in/make initial contact at registration, communication, implement [The Zones of Regulation](#).

**Table 2** – Re Overstimulation – provide a quiet or breakaway room/space for them to self-regulate again.

**Table 3** – Build relationships & trust with the children for them to feel confident to come back to safe place – empower the staff to be confident to speak with the children and know what to do in certain situations. Stevenage FCF Foundation have mental Health champions through Herts Healthy Network - also upskill staff on PLCF courses on mental health. We ask emotions after a good & bad day – get them to check in throughout the day with a lanyard of picture cards (feelings, emotions, illnesses and needs) EG:



**Table 4** – Have a box of fidget toys. Have a flexible timetable which we can vary each day dependent on the mood/attitude of the children. Have a timeout/quiet area to go to when overwhelmed – encourage breathing exercises. Run mindful activities and mention the link between eating well and mental health in healthy living/eating activities. Provide fruit as some children not had breakfast.

**Table 5** – Have had MIND into the camps to deliver sessions – workshop in collaboration with children/parents & families. utilising the responsibility of older children.

**Table 6** – No written notes – all discussions.

### **3. Thinking about what you have heard today - how can you use MIND's Self-care library and resources as part of your planning for Summer?**

**Table 1** – Have winning/loosing conversations with kids. Set and capture mental health targets before and after sessions.

**Table 2** – No written notes – all discussions.

**Table 3** – Implement the Sights and Senses 5,4,3,2,1 method perhaps to bring the children back down from activity.

**Table 4** – Incorporate more breathing/mindful exercises – good for when kids arrive hyper/full of energy in the settling in/soft start period. Add a 'How are you feeling today?' question to register to capture their mood that day at registration. If any of our activities at camp particularly help a child share this with parents after and signpost to further resources.

**Table 5** – Adapt and change the timetable to allow for calm time before leaving. Incorporate 5 finger breathing and the Sights and Senses 5,4,3,2,1 method. Maximise staff numbers/ratios to allow them to have some time out in the day.

**Table 6** – No written notes – all discussions.

## TASK TWO - Adapting Physical Activities for all ages and abilities with a mental health theme.

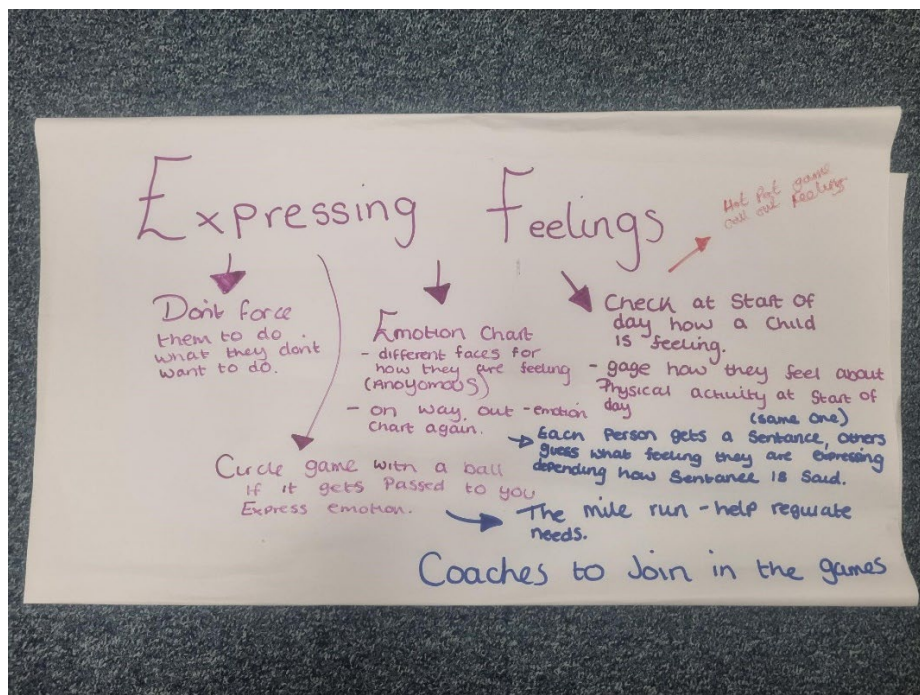
### TASK SET

**Step 1:** Pick a theme – Explore how this would look for young people in your camp environment.

**Step 2:** Pool your ideas & design a physical activity to support this mental health theme that can be adapted for children of all ages.

**Step 3:** Pick a representative to present your ideas and activity back to the group.

Table 1 – Theme: Expressing Feelings



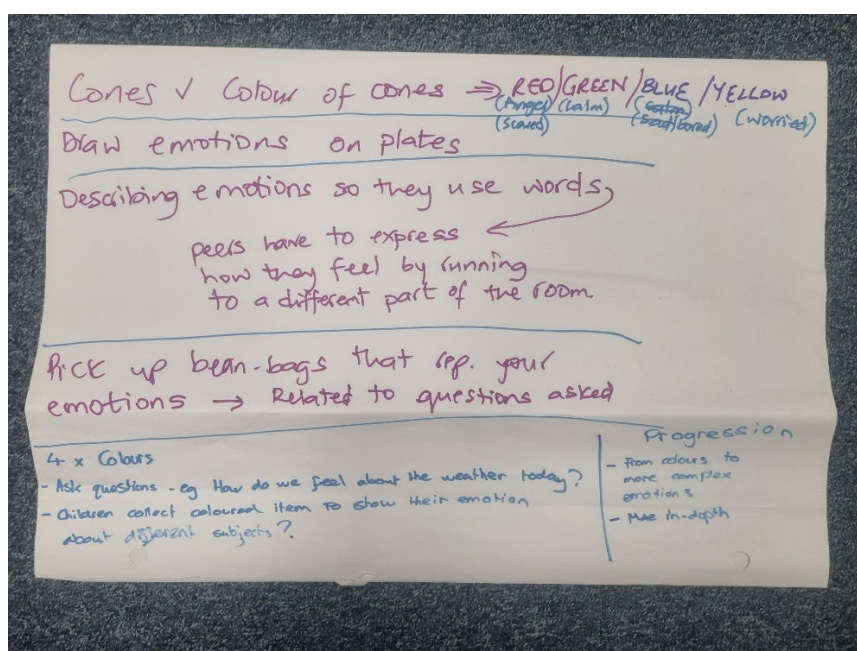
#### Emotions chart:

Capture this at registration - to be completed by CYP throughout the day.

#### Game: Hot potato

– stand in a circle and if the ball lands on you express a feeling – could introduce a 'duck, duck, goose' element to be more active?

Table 2: Theme: Showing Emotions



#### Game: Use The Zones

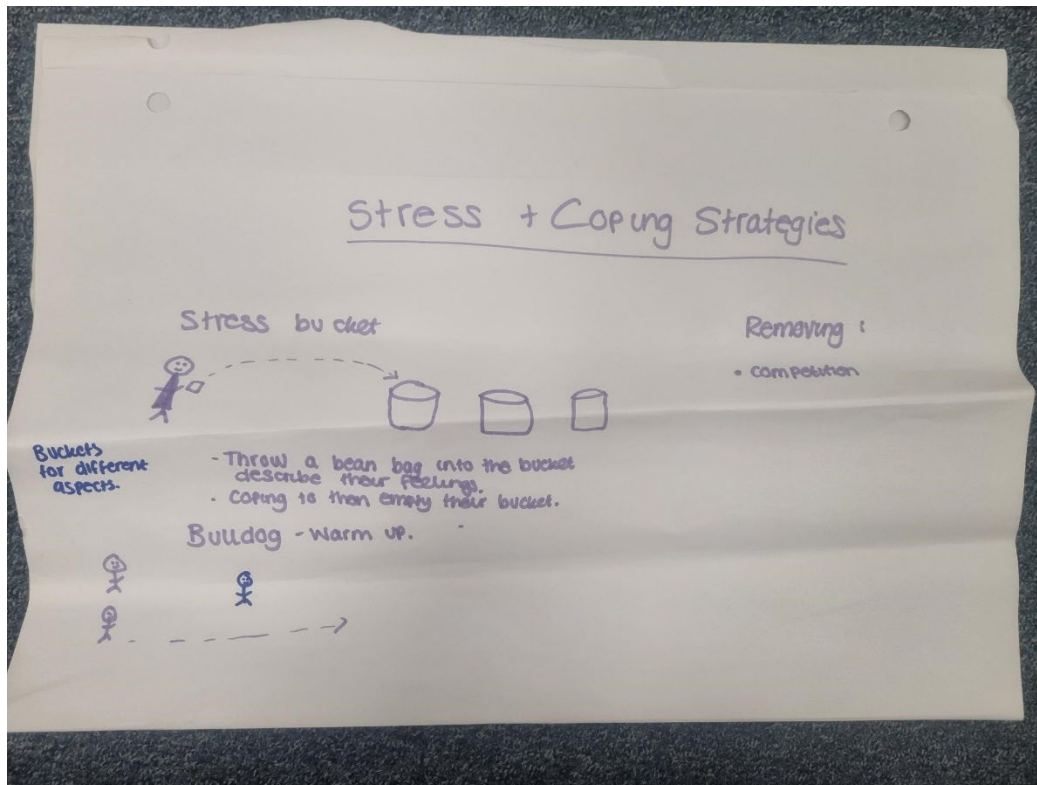
##### of Regulation as a basis

– allocate a colour to the ZOR emotions, draw emotion on a plate/paper - ask a question to the group or team - run to the emotion in a corner of the room or set up as a relay race.

#### Progression:

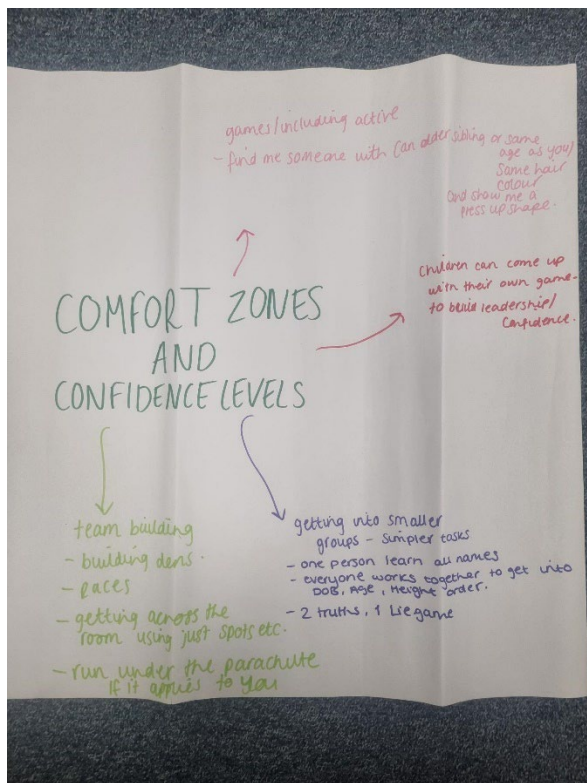
use more colours for more complex emotions.

Table 3: Theme: Stress & Coping Strategies



**Game: The Stress Bucket**  
 – Throw different types of balls into a bucket or ‘zone’ and describe how that makes you feel - associate coping with emptying your bucket – remove competition.

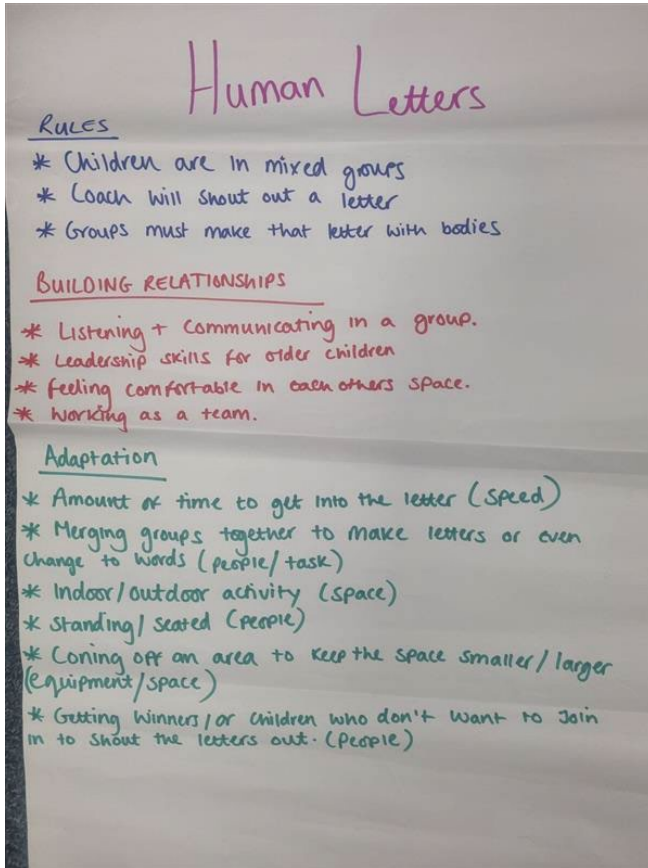
Table 4: Theme: Comfort Zones & Confidence levels



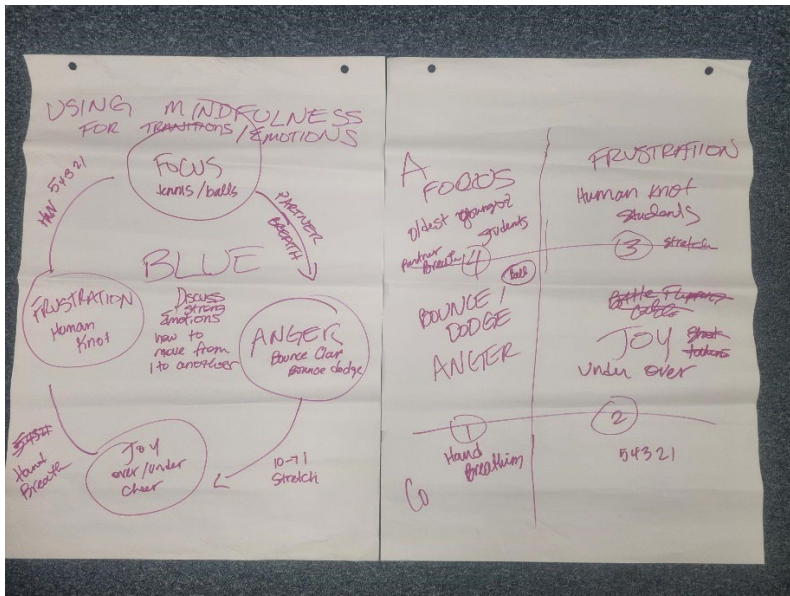
**Game ideas:**

1. Children to design their own game to build leadership and confidence.
2. Run around in a set area and find someone with an older sibling/the same age as you/ same eye colour as you.
3. Learn each other's names then run to get into height order, order of age by DOB/month born.
4. 2 truths, 1 lie – ice breaker
5. Team building - get the whole team across the room only using spots. Build dens etc.



**Table 5: Theme: Building relationships**

**Table 6: Theme: Mindfulness & Wellbeing**



**Game:** Circuit of activities on 4 different emotions/feelings and do a mindfulness activity in the transition stage.

**Focus** – using a table tennis bat first person walks with it balancing ball on top another person joins adding their bat and their ball on top they both walk back and so on. **Anger** – slam a ball down to bounce it high, do an activity as many times as you can until you catch it before the ground (eg. clapping) **Joy** – Under/over – all cheer once finished. **Frustration** – perform the human knot – all join hands interlocking in a circle and undo themselves without letting go.

**Partner breathing** - hold hands facing each other – match their breathing pattern.

### 5 finger breathing (MIND activity)

**Perform a yoga stretch for a set time**