



Christmas is always a busy time for families. It can be lots of fun but can often be challenging and overwhelming. It's okay to say no, to pause and have some downtime. Also, in times of financial hardship, remember that your presence is present enough. Take care. :-)

MY EMOTIONS AND MY BODY

What sensations do you notice in your body connected to emotions?

Thoughts I have...

Words I say...

- Dizziness
- Headache
- Sore eyes or tears in eyes
- Loud & tense voice or quiet & choked voice
- Rapid breathing or shallow breathing
- Frequent urination
- Tiredness
- Indigestion or bowel problems
- Numbness
- Muscle pain or muscle tension
- Sleep disturbance
- Lethargic - feeling like you have no energy
- Repetitive or racing thoughts
- Red face
- Lump in throat
- Shortness of breath or can't breathe
- Hands in fists
- Heart racing
- Jelly legs or wobbly and weak legs
- Hot or cold
- Unable to sit still, needing to move or escape
- Twitching or shaking
- Achy or sore areas

Does your children sometimes struggle with their emotions?

The Barnardo's website—link below—has some really useful activities to help you and your child understand and make sense of their feelings.

<https://educators-barnardos.org.uk/resources/mental-health-and-wellbeing/#booklets>

This activity is to explore feelings and sensations children notice in their body. Recognising emotions in the body is vital for children and young people. It helps to build emotional literacy skills, resilience, and wellbeing. By linking bodily sensations to specific emotions, children and young people can better understand their inner experiences, leading to improved self-awareness and self regulation. This helps them cope with challenges, as well as supporting them to make positive decisions as they grow.

The body can be coloured in or highlighted in different colours, i.e. happy - yellow, angry - red, worried - green, sad - blue. Talk about the sensations linked to challenging emotions (examples written in the boxes) i.e. When I feel worried I notice I have repetitive or racing thoughts.

Following this activity further booklets, activities or posters could be: 'My Coping Toolbox', 'Breathing Exercises', 'Grounding Exercise', 'Circle of Control' or 'Wellbeing Planner'. ...why not take a look!

CIRCLE OF CONTROL

Often our uncomfortable feelings are triggered, or increase, when focusing on the things that we don't have control over... things that are 'outside of my control'. List the things that are outside of your control and the things that are in your control.

Try to focus on the things that are in your control; things such as looking after your physical health, having a good sleep and self-care routine, talking to someone you trust about your feelings or any challenges, training your brain to focus on positive thoughts and actions.

THESE THINGS ARE IN MY CONTROL

THESE THINGS ARE OUTSIDE OF MY CONTROL

Barnardo's Education Community www.educators-barnardos.org.uk **BARNARDOS**

take slow, focused breaths... think about & notice...

5 things I see

4 things I hear

3 things I smell

2 things I can touch

1 thing I can taste

GROUNDING

#IMAGISTIC.CO.UK



<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

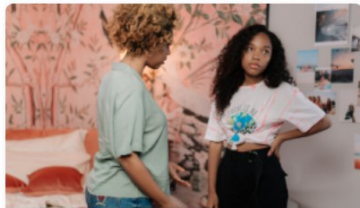
Family Lives offer free online parenting courses which are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. Courses are filled with helpful techniques and ideas developed by experienced parenting professionals to help you become a confident and happy parent. Crucially, you can do their courses whenever and wherever suits you, working through them at your own pace. Why not take a look!

Some examples of courses available:



Co-parenting

[Read More](#)



Challenging behaviour in teens

[Read More](#)



New Baby in the Family

[Read More](#)



Raising Confident Children

[Read More](#)



Sibling Arguments

[Read More](#)



Why not get into the festive spirit with your child and help them to complete their Back to Basics and MOLE Christmas Challenge booklet? There are fun activities based on: Give, Learn, Connect, Be Active and Notice...all with a bit of Christmas sparkle!

The 5 ways of wellbeing are: NOTICE, GIVE, CONNECT, LEARN and BE ACTIVE. Can you complete all these challenges over the Christmas break? Have a go! Get your family involved too!

NOTICE...
 Can you NOTICE yourself and your family over the busy festive season and help yourself and others stay calm?
 Try this:
 Hot chocolate breathing—pretend to blow on your hot chocolate to calm down...
 5 minute stretch like an elf when you wake up!

GIVE...
 Can you GIVE kindness to others?
 Perhaps say something kind to a different person every day...or...help tidy up—without being asked!
 Perhaps you could donate a toy you no longer use to a charity?
 Or help out by setting the table?

CONNECT...
 Can you CONNECT with a family member by interviewing them about their favourite childhood Christmas memories?
 You might discover something new or share a common interest!

LEARN...
 Can you LEARN how to wrap gifts?
 Start with simple shapes and then learn how to wrap those trickier gifts!
 Or could you complete a Christmas puzzle?

BE ACTIVE...
 Can you BE ACTIVE and complete some Elf Energy Challenges?
 10 elf star jumps
 A reindeer run around the garden or park
 8 candy cane twists (twist your torso from side to side)
 10 North pole knee lifts
 15 present passing side steps
 8 reindeer hops (two footed jumps)

Getting support

If you're struggling this Christmas, you may want to find support for your mental health. There are a few ways that you can do this:

Call Samaritans on 116 123 (freephone). Their English language line is always open.

Text SHOUT to 85258. This is a free 24/7 crisis text service run by Shout.



Signposting—here are some great place to go to for advice and support. You can access all the information on the Hampshire CAMHS website under the 'Events' tab. <https://hampshirecamhs.nhs.uk/events/>

Hampshire CAMHS
Information & Advice Sessions
in Winchester – January 2026

YOUNG PERSON'S MENTAL
HEALTH

This is a free opportunity for parents/carers, professionals or young people to come and chat to our CAMHS clinicians, ask questions, get advice and resources.

HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION



7TH JAN
2026

Advice sessions are free.

Sign up on-line.

<https://hampshirecamhs.nhs.uk/events/drop-in-sessions-copy-3-copy-copy-copy-copy/>

A training day for Parents and
Carers in the New Forest

Winchester

A one-day event focused on parents and carers understanding their own needs and learning strategies to look after themselves as they support a young person with their own mental health needs. The sessions will include looking at values, goals and strengths.

HOW TO COPE WHEN YOUR CHILD CANT

22ND JAN
2026



How to cope costs £25 and runs from 9am—3.15pm

Anxiety – understanding and
strategies to support young
people
Wednesday 28 January 2026 –
Basingstoke

The day will provide an overview of the anxiety parent-led intervention we deliver for children and young people in CAMHS.



28TH JAN
2026

Understanding Anxiety costs £20 and runs from 9am—4pm

POSITIVE PARENTING

DAILY FOCUS PLANNER FOR PARENTS

MTWTFSS _____

TODAY'S PRIORITIES

- _____
- _____
- _____

HOW COULD YOU SPEND
10 QUALITY MINUTES WITH
YOUR CHILD TODAY?

- Morning attention & affection
- After school gathering
- A meal together
- One-on-one time at bedtime
- _____

WHAT GOOD QUALITIES OR
INTENTIONS HAVE YOU SEEN
RECENTLY IN YOUR CHILD?

TODAY'S MANTRA

- This is hard and I'm doing great.
- I am loved and I love unconditionally.
- This day is a gift. Breathe and notice.
- I have enough. I do enough. I am enough.
- _____

I AM GRATEFUL FOR...

WHAT OUR CHILDREN SEE
REFLECTED IN OUR EYES IS
OFTEN WHAT THEY BECOME.

- REBECCA EANES

POSITIVE MINDSET

DAILY FOCUS PLANNER FOR CHILDREN

TODAY I AM LOOKING
FORWARD TO...

MY MANTRA TODAY IS...

- I can do hard things.
- I am safe. I am calm. I can handle this.
- Today I will try something new.
- _____

SOMETHING I NEED TO DO
TODAY IS...

SOMETHING I WANT TO DO
TODAY IS...

SOMETHING THAT MADE
ME FEEL HAPPY RECENTLY
WAS...

DRAW WHAT YOU HOPE
TODAY WILL BRING

