

Creating a sense of hope

We want to help our children believe that things won't be like this forever. We can help them to hold onto hope by:

1. Keeping a family wish list

Each time there is something that someone in your family wishes they could do, add it to your 'after the virus' wish list. This could be a list that is written or drawn, or a jar with pieces of paper, stones with drawings, marbles, buttons or beads to represent each thing we're looking forward to. As restrictions ease, you could revisit your list to see if some of the wishes are now possible, even if they need to be adapted.

2. Three good things

As a family, try to end each day by sharing three good things about the day. Your child might want to share their three good things by speaking signing or listening and responding as you tell them what you noticed about their day. Once we know we'll be sharing three good things, we start looking out for and paying more attention to good things.

3. Breathing with the planet

Think together about the environment and wildlife which have flourished during lockdown. Your child might enjoy watching videos of the fish in the canals in Venice; the clear view of the Himalayan mountains; the radar screens showing the skies empty of planes; and the images of central London empty of traffic. In your own local area, what do you notice about nature and wildlife?

4. Watching something grow

Plant some seeds as a family. Help your child to water and check on the seeds, and track their growth. Talk together about growth, and how living things can recover from difficult experiences.

5. Chasing rainbows

Throughout the pandemic the rainbow has been a symbol of gratitude and hope, and this is very adaptable to your child's level of understanding. You could learn together about how rainbows need both rain and sunshine to form, and think about what has been the 'rain' and the 'sun' for your child during the pandemic. You might want to create and display rainbows, or go on a walk and see how many rainbows you can see in others' windows. You could try dressing like rainbows, seeing how many colourful items you can wear, or have a colour for each day of the week.



Barnet, Enfield and Haringey
Mental Health NHS Trust



ENFIELD
Council

