

WEEK WELLBEING & RESILIENCE

Parents/ Carers

Shaping Futures is an outreach programme for Liverpool City Region formed by 12 local Higher Education (HE) providers and we have adopted an information and guidance model of service delivery, providing impartial higher education-related activities and progression advice. We are committed to helping learners, parents, teachers and advisers better understand the pathways to Higher Education available for young people and support with any decisions throughout their education journey.

As a result of the current Coronavirus pandemic, parents & carers are understandably concerned about the impact upon their children's education and the process of making key decisions at key transition points. With this in mind, we have re-modelled our usual 'face to face' approach of interventions with students in favour of a 'Virtual' offer and have developed an 8-week package of online IAG (Information Advice & Guidance).

Each week will be themed as outlined below and each day will have a different activity/resources for your child to explore, all have been designed to be stand-alone activities so that participants can join in at any point

Week	Date Commencing:	Theme
1	27/04/2020	Wellbeing & Resilience
2	04/05/2020	Finance
3	11/05/2020	Study Skills
4	18/05/2020	Student Life
Half term	25/05/2020	Half Term - Fun
5	01/06/2020	Making Transitions
6	08/06/2020	Careers (Part 1)
7	15/06/2020	Careers (Part 2)

This week's activities are:

Aims: Your child will discover how to manage stress, how to manage their time and discover the links between physical health and mental health. They will also reflect on themselves as an individual and as a learner, learning mindfulness techniques which they can take away with them and understand that they are resilient.

Outcomes: For learners to be more self-aware and manage their stress, time, physical health independently, plus improve their overall mental wellbeing and ability to reflect.

For you:

NHS Every Mind Matters - 10 Stress busters

<https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

Psychology Today - 4 tips for managing parental stress

<https://www.psychologytoday.com/gb/blog/the-race-good-health/201306/4-tips-managing-parenting-stress>

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