

PERFORMANCE TOOLKITS

MENTAL HEALTH STRATEGIES

Any mental health strategy should not be implemented on its own - it should always be as part of a wider process to develop the child. The strategies below have been brought together under a heading of a Preventative Approach and are not meant to be interpreted as a Therapeutic Approach (where trained professionals such as Educational Psychologists engage effectively with children).

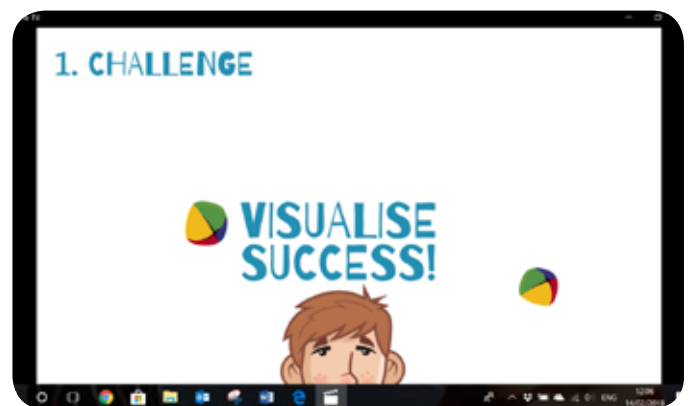
Building on the self-esteem, emotional confidence, resilience, empathy and awareness of the Activities Book, here is an additional selection of strategies that may work to unlock unhelpful behaviours, create calm and focus, build belief and ultimately develop an emotionally confident child. We call these Performance Toolkits and here are 10 to choose from on your journey to success.

10 SUPER CUPPA MINDSET TOOLKITS



1 VISUALISATION Short Version - Seeing Success Before & After The Performance

When you have a challenge always say "Give it your best shot." If the challenge is juggling, think about it going well ie the balls flying in the air under control - visualise success, especially if you have been practising your skills and getting support. If its running a race, see the finish line and giving it your best.



What challenge do you want to give your best shot?

FOCUS on the challenge and have no distractions of thinking what if you drop a ball, or trip up, or what others like Willie Fail might say.



HOW WILL YOU FOCUS?

When performing we may want to make others proud of ourselves such as parents, friends or teachers. **Who do you want to make proud?**



Before you begin, breathe slowly in a 3-6-5 sequence (breathe in for 3 secs, hold for 6 secs & breathe out for 5 secs) This helps you get ready to perform. This is your adrenalise state.

If the challenge does not go as well as you wanted, play detective and find out why – **did you need to practise more, did you need support, were you distracted?**



2 VISUALISATION LONGER VERSION LONGER TERM GOAL SETTING

Think of a goal you want to achieve in the next day, week or month.



Imagine walking up this mountain...we start at the bottom looking up at the top of the mountain as this represents our goal.

As you start your walk you are nervous that you might fail. All of a sudden a challenge is presented ie you come across a forest and you think you might get lost.

You attempt to go through the forest but you get lost...you expected this and start to question your ability to achieve your goal. You decide to have another go at finding your way out, but after a minute of walking you are still lost. This time you really question your self-belief!

You decide to try again and you find your way out of the forest and you can see the top of the mountain again. As you start to walk towards the top of the mountain you meet a goat



**What does he say to you?
Why does he make this statement?**

(The goat scenario is an attempt to uncover subconscious negative or positive thoughts – interpret the child's answer with this in mind – the goat could be saying well done for keeping going, or it could say that you always get through in the end ie resilience)

After your conversation you stride on towards the top. Step by step you are making progress and feel good about yourself and have belief in your ability to reach the top. Half way up the mountain you see a present on the grass



What is the present and what does it represent?

(The present scenario is an attempt to uncover subconscious negative or positive thoughts – interpret the child’s answer with this in mind – the present could be a reward...what is the reward and why did you receive it?)

You pick up the present and carry on up the mountain. You leave the grassed area and now encounter the rock face about two thirds the way. This is steeper and more scary and you are becoming more tired.....do you have doubts?

Step by step you inch towards the summit and before you know it you are at the top and have achieved your goal. You see a wise old man on the top



What does he say to you – why did he say that? How does it feel to have reached your goal?

3 SELF-BELIEF BUILDER

Always think about what makes YOU unique. In your young life you have learnt so much about your qualities & achievements, and remember your Shield which protects you.



What are your main qualities and achievements?

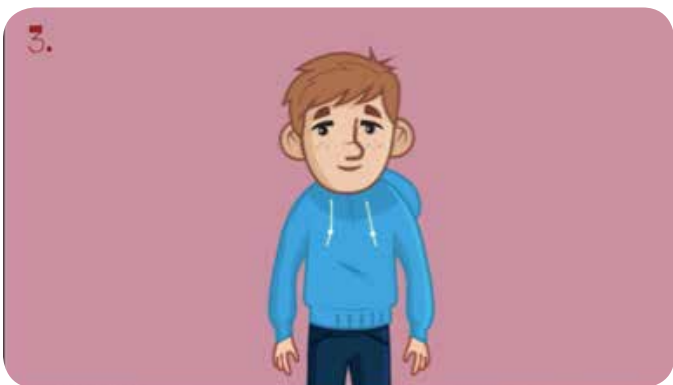
Sometimes, you remember important people in your life who support you and think what they would say about you. This confirmation of your uniqueness keeps me going!



What do people say?

You are always trying to improve, but when things don't quite go the way you want, remember you are just working towards getting your Best Version.

What does your Best Version look like?



4 POSITIVITY

To keep you positive, always ignore The Chimp and beat it by Doing a Jessica. For example, when you take any exam or test, remember how Jessica shows positive energy and belief in herself. She doesn't let The Chimp inside her head - Jessica The Chimp!



What challenge are you facing?

What does The Chimp and Jessica look like in your challenge?

At bedtime, think about three things that went well today.



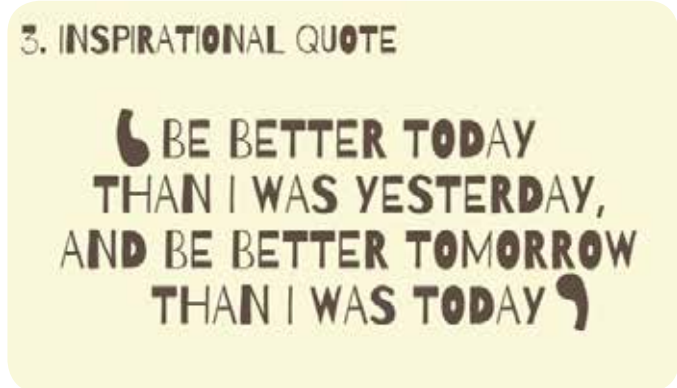
This is your Today Result =

Then think about at least one thing that will go well tomorrow.



This is your Tomorrow Promise =

3 Always remember your Inspirational Quote "Be better today than you were yesterday, and be better tomorrow than you were today!"



Do you have another Inspirational Quote?

5 PERCEPTION

People will always judge you and sometimes you don't like this. But then remember everyone has an opinion, but not all opinions are right! So, always play detective and look for the evidence why somebody has that opinion.



Whenever you are in a tricky situation and doubt yourself, say to yourself "What would my role model say and do?" Alf, often says relax, try your best and it will all work out



You are getting better at developing your Smarter Confidence. You are aware of your needs, but perhaps more importantly, the needs of others.

What are your needs and the needs of others?



Where is their evidence?

6 ACTION

Sometimes when you have to perform in front of people, you get nervous. At times like this, think of Amy. By this I mean, breathe in, think of a time when you were brilliant performing and then squeeze your finger and thumb together.

It works every time!



Another trick you can do is to hold your hand up then breathe in as you trace your finger down a finger and breathe out as you trace upwards.... going through all 5 fingers without thinking about anything...Then you are in your Mindfulness Moment - just in the present ready for action.



What else can you do to calm yourself down?

When you perform, you will always win if you are ACE, as Action Changes Everything. So just by performing or action, you are always closing the gap between what you think might happen and what really does happen!



Can you think of a situation where your action changed things?

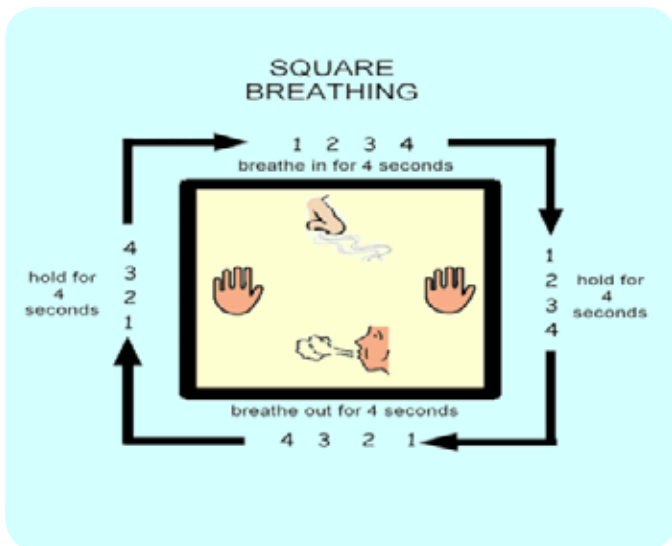
When things don't go quite right, I can feel upset. But more often than not, after this disappointment, I think about what I have learnt and how the experience will help me next time -
Benefits of Failure



What have you learnt from failure?

7 ANGER

Anger can stop you reaching your potential in life. It can make you too focused to think clearly, it can distract you, it can also get you into trouble! You need to either channel your anger into your performance or eliminate it altogether if it is unhelpful to you.



Box Breathing is one way of dealing with your anger and its so simple to use.

You can breathe as instructed below, or you can add a little twist at stage 3 ie instead of breathing out, exhale short breaths very forcefully, like you are blowing out mini breaths as hard as possible for a second each time.

To make this even more effective, and reduce your anger more quickly, you can think about the bad stress chemical cortisol reducing in our brain – remember Amy Top Tip 1 – just by thinking about the cortisol reducing it can calm you down.



Snowflake Training is another simply way to reduce anger. Get hold of a snowflake globe like the one below. Shake it up when you are angry, and then watch all the snow settle....even do the box breathing...even add on thinking about the nasty chemical cortisol reducing quickly from your brain.

Ice Cube Melt is as simple as it seems.

When you feel yourself getting angry, grab an ice cube and hold it in your hand. All you have to do is watch it melt....you can also put a glove on which will stop any possible ice burns!

Give yourself a target of so many drips on to the floor until you lose your anger ie start with 5 and work your way down to 1....you may even find that soon you will not even need the ice as you can just think about the ice cube melting...now that is a powerful mind!!



8 NATS & PATS

NATs or Negative Automatic Thoughts can spring on us from nowhere – one second you feel great and the next you feel a bit negative. This can make you feel a bit down and not want to do anything. So what can we do about it....enter **PATs or Positive Automatic Thoughts**.



PAT 1 = Imagine a NAT coming up your garden path and right to your front door. It knocks hard on the door to get your attention as it wants to spoil your day.

All you do is open the door and say “Not Today Nat!” Even shout it out - Often just recognising this feeling as an image can help you to keep positive.



10 I AM A SUPERSTAR

Sometimes, we just need to believe we can do it whether that is taking an exam, playing sport, making friends, giving a public speech or even singing in public. A good trick is to believe that you are Live on TV and the camera's are following you catching your every word and movement.

So be like a Superstar and love the spotlight, believe the camera is following you ...you may eventually really enjoy that feeling and just watch your performance soar.



PAT 2 - This time allow the NAT to come up the garden path and knock at the door. Instead of telling NAT to go away, you let NAT in the house, let it walk around all the rooms...then kick it out of the back door. This shows that you are not afraid of NAT, you can even allow it into your house for a short period which shows NAT you are the boss.

9 THREE CHAIR COACHING

This is a great way to think about any difficult challenges you may be having in your life. You will need an older friend, adult or parent for this.



1 Sit in the **Blue Chair** and talk to your friend in the opposite chair about your challenge.

2 Sit in the **White Chair** and tell your challenge to your best friend and ask them what they would do.

3 Sit in the **Red Chair** and tell your challenge to a famous person who you like and ask them what they would do.

4 Stand above the **Blue Chair** and down to yourself about how you are now going to deal with your challenge.