

Wellbeing



Take Notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to school, eating lunch or reading before bed.

- Encourage them to paint or draw a picture of nature or something they have seen today.
- Ask them how they are feeling today and why.
- Listen to the sounds of nature like the wind and rain.
- Play I spy.
- Ask them how their friends are feeling today.
- Listen to different types of music and ask them to describe how it makes them feel.



- Help them to be mindful for 5 minutes and take time to just 'be' without any distractions.
- Practice Yoga - Cosmic Kids on YouTube is great way to engage them!
<https://www.youtube.com/user/CosmicKidsYoga>
- Try being mindful – Cosmic Kids Zen Den can help children learn to relax in a fun way.
*Remember to use YouTube for kids if they are doing this on their own.

“Walking hand in hand with God to make our world a better place.”



Headteacher Mr R Cunningham

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"Empowering Parent/Carers to support their children's wellbeing"

Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- Thinking and speaking positively.
- Giving your child a feeling of purpose and self-worth by helping them connect with other people they know.
- Performing small acts of kindness towards other people, or larger projects like litter picking at the beach.
- Reminding them to say thank you to someone for something they have done for them.
- Encouraging them to ask friends, family how they are and really listening to their answer.
- Spending time with friends or relatives who need support or company.
- Support them to help someone you know with cutting their grass, walking their dog or delivering some shopping.



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Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by: raising your self-esteem helping you to set goals or challenges and achieve them causing chemical changes in your brain which can help to positively change your mood

Do

- Find free activities to help them get fit.
- If you have a disability or long-term health condition, find out about getting active with a disability. Change4life can help
- <https://www.nhs.uk/change4life/activities/sports-and-activities>
- Start running together with couch to 5K podcasts
- Try a Joe Wicks workout or a Cosmic Yoga session on YouTube.

Don't

- Do not feel that you have to spend money on equipment, walking is free and a great way to stay fit.
- It's best to find activities you all enjoy and make them a part of your life.





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Learn new skills

Learning new skills will improve mental wellbeing by:
boosting self-confidence
and raising self-esteem,
helping to build a sense of
purpose helping to connect with
others.

Even if your child resists the
challenge of learning new things,
there are lots of different ways to
bring learning into your life.
Some of the things you could try
include:

Do

- Try learning to cook something new. Find out about healthy eating.
- Work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online.
- Try new hobbies like gardening, geocache hunting, bird watching or pebble painting.
- Learn about something they are interested in!

Don't

Do not feel you have to sign up to online apps or join expensive after school clubs. It's best to find activities you all enjoy and make them a part of your life





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Connect with other people

Good relationships are important for your mental wellbeing. They help your child to build a sense of belonging and self-worth, giving them an opportunity to share positive experiences provide emotional support and allow them to support others. :

Do

Take time each day to be together, for example

- Try arranging a fixed time to eat dinner
- Make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful.
- Switch off the TV to talk about their day
- Play games with your children. Games are a great way to have fun and build resilience. Card games are cheap and fun!
- Share a book together, taking turns to read.
- Help a grandparent wash their car or mow their lawn.

Don't

Do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or being on-line.

