

Mental Health and Well Being

Doing the things you love
will make you feel happy.
Like riding your bike, playing with
friends or sliding down rainbows!



It's OK to Feel the Way You Do
www.joshlongley.com.au 12

This year's theme is 'Express Yourself!'

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity.

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves.

Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy.

What can you do?

- Build on existing interests (baking, drawing, fashion and/or dancing?)
- Encourage your child by noticing their unique interests and praising their efforts.
- Trying new things (there are lots of online tutorials and video demos)
- Focus on the importance of the process and the way it can make them feel (give encouragement for trying rather than for doing something well)
- Minimise distractions and give your child your full attention when you're spending time together
- 'Listen' to everything they are trying to tell you with their behaviour (children express themselves not necessarily with words)
- Let your child know that if they are worried about something, they should always talk to an adult they trust (someone in your family or an adult at school)
- If you're worried about your child's mental health you can talk to your GP or someone at your child's school

Focus on positives

Smile

Believe in yourself

Find a reason to get out of bed

Try new things

Exercise

Contacting friends and important people

Socialising

Make time for yourself

Shower

Chill out

Listen to music

Talking to people in a positive way

Get enough sleep

Give yourself space

Eat regular meals

Positive use of phones and social media

Wear something that makes you feel happy

Organisations and free resources:

- place2be.org.uk/help
- <https://www.childrensmentalhealthweek.org.uk/media/1336/cmhw-microsite-draw-your-feelings.png>
- <https://bit.ly/3jJBdxV>
- <https://www.bbc.co.uk/teach/five-ways-to-help-childrens-wellbeing/zfb2d6f>
- <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-the-brain-lab/z7khnrnd>
- <https://www.bbc.co.uk/teach/supermovers/pshe-super-mood-movers/zm2gydm>

Story books:

- The Worrysaurus <https://youtu.be/hUYiwTDTKuM>
- Lucy's Blue Day - A Children's Mental Health Animated Short <https://youtu.be/UmrUV8v-KQg#>
- Mr Men You Are Brilliant https://youtu.be/wjHpR_o49kI
- The Koala Who Could https://youtu.be/wjHpR_o49kI

Five Steps to Wellbeing



1. Connect

Connect with your friends, family, neighbours and people at work. Have a conversation, pass the time of day and make time for that chat.

2. Be Active

Find a physical activity that you enjoy, go for a walk and try gardening

3. Take Notice

Take the time to look at the day, the changing seasons and savour the moment.

4. Keep Learning

Try something new whether it's making a new recipe, fixing the bike or crafting.

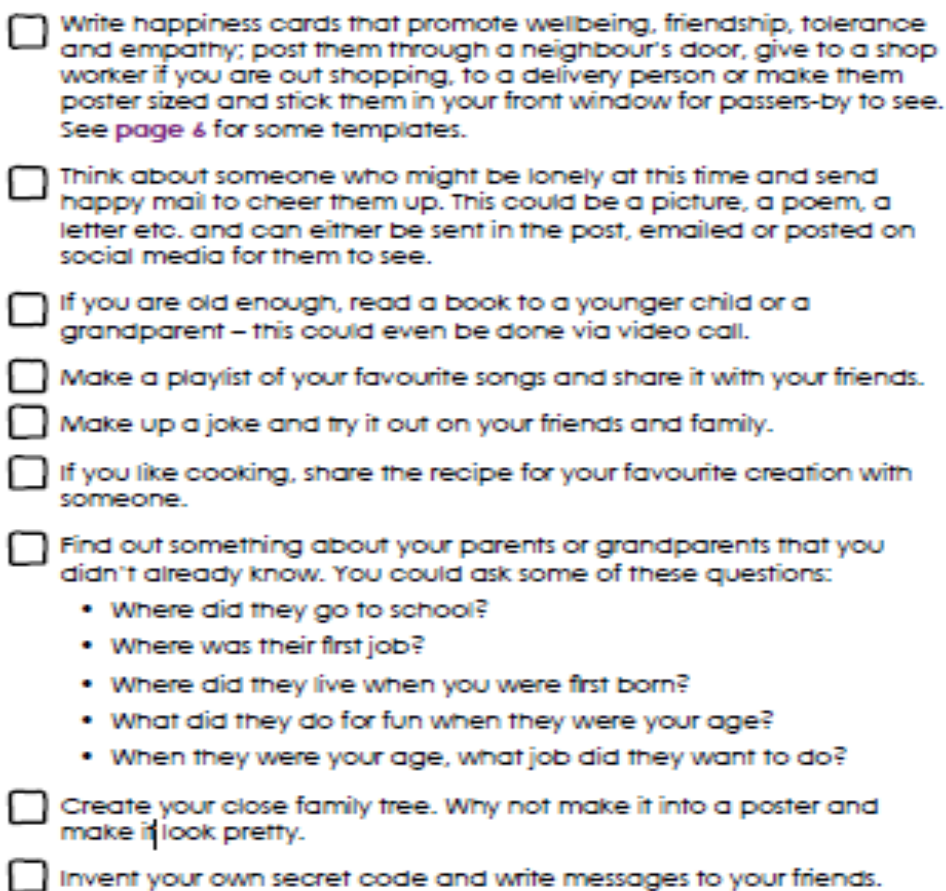
5. Give

Smile, do something nice for a friend or neighbour and make some time for others.

Scroll down for some fun activities that will support you to achieve the five steps.

Connect

Connections with other people help strengthen our sense of self-worth, and feelings of being loved and valued. They also offer a sense of perspective and a distraction from getting stuck in negative thoughts. They help us feel less lonely, which is very important, as studies have shown that loneliness may be linked to depression, sleep problems and other wellbeing issues.

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- Write happiness cards that promote wellbeing, friendship, tolerance and empathy; post them through a neighbour's door, give to a shop worker if you are out shopping, to a delivery person or make them poster sized and stick them in your front window for passers-by to see. See page 6 for some templates.
 - Think about someone who might be lonely at this time and send happy mail to cheer them up. This could be a picture, a poem, a letter etc. and can either be sent in the post, emailed or posted on social media for them to see.
 - If you are old enough, read a book to a younger child or a grandparent – this could even be done via video call.
 - Make a playlist of your favourite songs and share it with your friends.
 - Make up a joke and try it out on your friends and family.
 - If you like cooking, share the recipe for your favourite creation with someone.
 - Find out something about your parents or grandparents that you didn't already know. You could ask some of these questions:
 - Where did they go to school?
 - Where was their first job?
 - Where did they live when you were first born?
 - What did they do for fun when they were your age?
 - When they were your age, what job did they want to do?
 - Create your close family tree. Why not make it into a poster and make it look pretty.
 - Invent your own secret code and write messages to your friends.



Happiness cards


Write happiness cards that promote wellbeing, friendship, tolerance and empathy; post them through a neighbour's door, give to a shop worker or a delivery driver or make them poster sized and stick them in your front window for passers-by to see. You can use our ones and colour them in or make your own! We've left one blank for you to write your own message.



Thanks for being
ROARSOME!!



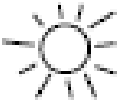

Here's a virtual
HUG from me
to you



Thank you for
everything you
are doing



You
super trooper
you



You're
amazing



Blank card for writing a message.

Be active

Exercise is good for our mental health; indeed the NHS recommends regular, enjoyable exercise as an effective treatment for depression. For children and young people aged 5 to 18 the NHS recommends an average of at least 60 minutes of moderate intensity physical activity a day, including some aerobic exercise and some that strengthens muscles and bones.



- Do a scavenger hunt. See [page 8](#) for our indoor and outdoor hunts for you to try.
- Create an obstacle course in your garden or round your house. Time how long it takes you and see if you can get quicker the more times you complete it. See [page 9](#) for our ideas on what you can include.
- Help your local community - on one of your permitted walks, put on some gloves, take a plastic bag and pick up any litter you see (maybe have a competition amongst your friends to see who can pick up the most).
- Practice standing on one leg whilst you're brushing your teeth (can you do it without putting your foot down?).
- Help round the house - when the laundry is all clean, take one item at a time from the dryer or washing line, take it to the room where it belongs and put it away. If you have to go upstairs you should be puffed out by the end of this one!!
- Walk backwards for 5 minutes (carefully!)
- Have a good stretch - reach up to the ceiling and see how close you can get to touching it!
- Put on your favourite music and dance for 10 minutes.
- Try making a giant picture on the floor from household items - 'Art Attack' style (remember to tidy up afterwards!).
- Take on the 'Stair Climb Challenge' and see if you can climb the equivalent height of a local tall building or hill. You could make a family scoreboard for some healthy competition. If you don't have stairs you could measure out a distance instead.
- Play animal races (hop like a bunny, slither like a snake, waddle like a duck, and so on).



Scavenger hunts

One for a sunny day outdoors and one for a rainy day indoors. They include things you can pick up as well as things you will see.

Outdoor scavenger hunt

- | | |
|---|--|
| <input type="checkbox"/> A feather | <input type="checkbox"/> A daisy |
| <input type="checkbox"/> A jogger | <input type="checkbox"/> A 'Y' shaped twig |
| <input type="checkbox"/> A pinecone | <input type="checkbox"/> Someone on a bike |
| <input type="checkbox"/> Three kinds of leaves | <input type="checkbox"/> A spider web |
| <input type="checkbox"/> Something that smells nice | <input type="checkbox"/> A berry |
| <input type="checkbox"/> A weed | <input type="checkbox"/> A round road sign |
| <input type="checkbox"/> Something yellow | <input type="checkbox"/> A butterfly |
| <input type="checkbox"/> A crack in the pavement | <input type="checkbox"/> A wooden bench |
| <input type="checkbox"/> A bug | <input type="checkbox"/> A post box |
| <input type="checkbox"/> Something round | <input type="checkbox"/> A worm |

Indoor scavenger hunt

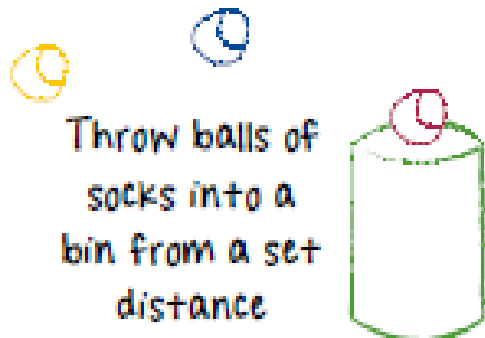
- | | |
|--|---|
| <input type="checkbox"/> A fork | <input type="checkbox"/> A ruler |
| <input type="checkbox"/> A brown crayon or pencil | <input type="checkbox"/> Something fluffy |
| <input type="checkbox"/> Something that has a nose | <input type="checkbox"/> A red lego brick |
| <input type="checkbox"/> A key | <input type="checkbox"/> A dice |
| <input type="checkbox"/> Something with your name on | <input type="checkbox"/> A penny |
| <input type="checkbox"/> A mixing bowl | <input type="checkbox"/> Something round |
| <input type="checkbox"/> A sock with yellow on it | <input type="checkbox"/> A hat |
| <input type="checkbox"/> A hard back book | <input type="checkbox"/> A hairband |
| <input type="checkbox"/> Something that has wheels | <input type="checkbox"/> A playing card |
| <input type="checkbox"/> A tissue | <input type="checkbox"/> Something orange |

Obstacle course

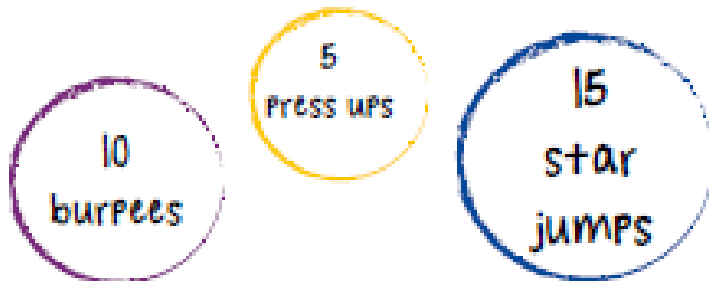
Try out a few of these ideas for creating an obstacle course inside or out!



Throw balls of socks into a bin from a set distance



Set up 'stations' of different exercises:



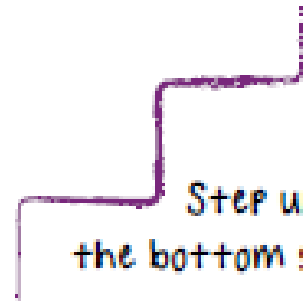
Circle round and round a chair 5 times



Use a pillowcase to hop along a set distance



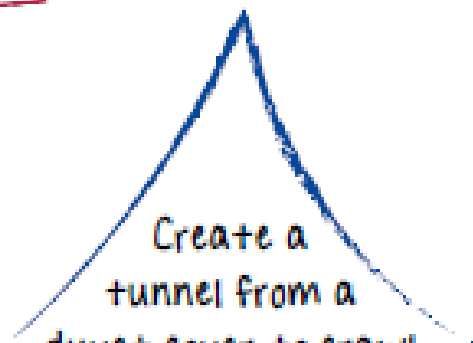
Step ups on the bottom stair



Create a hop scotch grid (use chalk outside or masking tape inside)



Create a tunnel from a duvet cover to crawl under



Keep learning

Learning things, developing new skills and achieving goals can help boost self-esteem and give a sense of purpose. Active minds are more resilient to intrusive negative thoughts. Learning can also be fun!



- Build a tower as high as you can with items you find round the house. How many items did you use? How tall was your tower?
- Recreate a scene from your favourite movie or book. Why not film it too?
- Do a quiz with your friends via video call. See [page 11](#) for our example quiz for you to try.
- Try and think of an animal that begins with each letter of the alphabet.
- Do a wordsearch. See [page 12](#) for our positive search.
- Find out what a limerick is and try to write your own.
- Make up a tune that you can sing your times tables to and practice it lots!
- Find out the meaning of your name (and your families' names too).
- Discover a really long word and find out what it means. Why not try and get it into a conversation!
- Write down as many colours as you can - how many of them can you see from where you are sitting?
- Design and make your own board game and play it with your family.
- Learn 1-10 in Italian:

1 - uno (oo-no)	6 - sei (say)
2 - due (doo-eh)	7 - sette (set-eh)
3 - tre (tray)	8 - otto (o-ton)
4 - quattro (kwa-trow)	9 - nove (nor-veh)
5 - cinque (ching-kwe)	10 - dieci (di-etch-ee)



Let's get quizzical

Get your friends together and host a virtual quiz via video chat. Ask one of the parents to be your quiz master and think of a suitable prize for the winners. Here are some questions you could use or you can create your own. You will find the answers to this quiz on [page 22](#).



Round one - Numbers

1. How many sides does a hexagon have?
2. How many strings does a violin have?
3. How many years are there in a millennium?
4. How many holes are there in a standard ten pin bowling ball?
5. How many pockets does a snooker table have?
6. How many hours are there in 3 days?

Round two - General knowledge

1. What is the largest brass instrument in an orchestra?
2. In which country would you find the Pyramids?
3. What is H₂O commonly known as?
4. What is the name of the invisible line that runs round the middle of the earth?
5. Which is the largest planet in the solar system?
6. What are the three primary colours?

Round three - Films

1. What is the name of the Snowman in the film 'Frozen'?
2. What sort of animal is the video game character 'Sonic'?
3. In 'The Jungle Book' what kind of animal is 'Baloo'?
4. What magical item does Aladdin use to fly on?
5. What is the name of Harry Potter's pet owl?
6. Pongo and Perdita appear in which animal film?

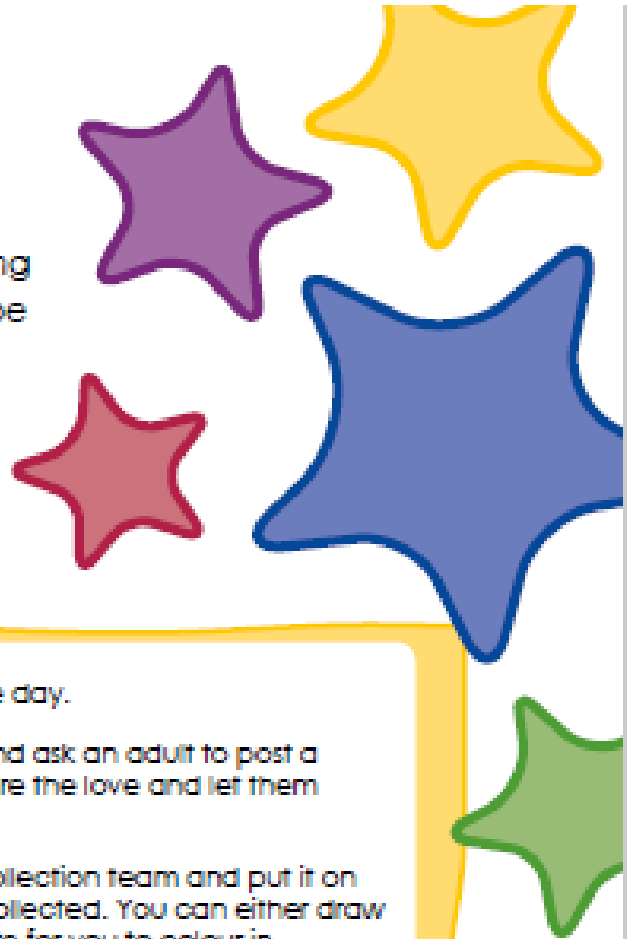
Round four - Animals

1. What sort of creature is a 'dingo'?
2. What is the name given to an animal that only eats plants?
3. What colour is a giraffe's tongue?
4. What food makes up nearly all of a giant panda's diet?
5. What is the largest type of 'big cat' in the world?
6. What is the fastest land animal in the world?



Give

As humans, we thrive on doing something positive for the world around us. It can be incredibly uplifting and bring a sense of hope, value and purpose.



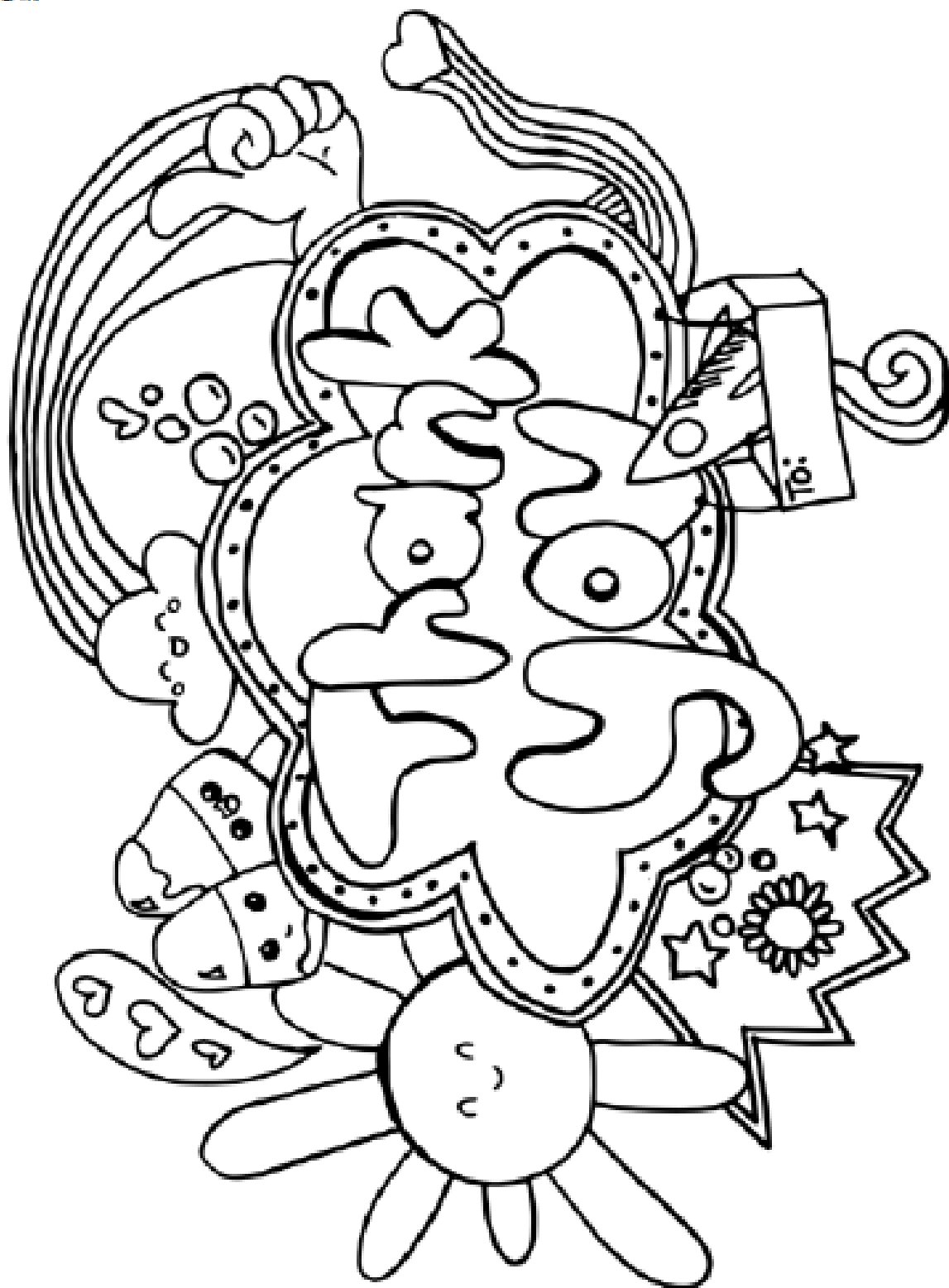
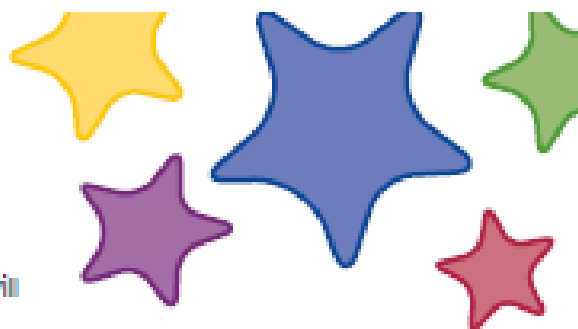
- Do three random acts of kindness in one day.
- Hand write a note thanking someone and ask an adult to post a photo of it online. That way you can share the love and let them know how much you appreciate them.
- Draw a thank you picture for your bin collection team and put it on your bin when it is time for them to be collected. You can either draw your own or see [page 14](#) for our template for you to colour in.
- Find a funny fact and pass it on to make someone's day. Did you know that kangaroos can't walk backwards??
- Remember to clap for the NHS and key workers every Thursday to show appreciation for all their hard work.
- Make a 'bunch of flowers' and leave them on the doorstep of someone you know. See [page 15 and 16](#) for our template and instructions for a paper flower.
- Give some love to your postie and leave a thank you note by your letter box.
- Give a compliment to everyone in your house today.
- Do a chore around the house that someone else might usually do.
- Send a postcard to someone you haven't seen in person for a while.
- Give back to the planet and find a way to re-use one item this week. Maybe you could turn an empty bottle into a bird feeder or plant holder or cut up empty toilet rolls and make a marble run?
- Give your time and ask someone how you can help them today.
- Learn something new and share it with a friend. It can something as small as a new word or a new game.



CWMT Wellbeing challenge 2020

Thank you!

Say thank you to your bin collectors or postie by colouring in this poster and putting it up where they will see it.



Paper flowers

Follow our instructions below to create these lovely flowers. Why not make a bunch of them and leave them on a neighbour's doorstep to cheer them up.

You will need:

- * The 'cut out' print on the next page
- * Scissors
- * Colouring pencils or pens
- * Glue
- * Sellotape



We used recycled toilet roll wrapper paper for our flower

Instructions

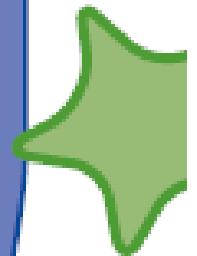
- * Colour in the shapes on the next page and then cut them all out.
- * Fold over each petal strip into a loop and glue the ends together.
- * Then glue each petal to the back of the round circle.
- * To make the stem roll up the cut out into a tube and glue (you could also use a straw for the stem instead).
- * Stick the stem to the back of the flower with the Sellotape and your flower is finished.
- * Why not make a few in different colours. You could use coloured paper instead of colouring in or recycle some other pretty paper.

Take notice

Paying more attention to your surroundings can help keep your mind grounded and stop it getting carried off by spiralling uncontrolled thoughts and worries. Focusing on the here and now can be a powerful way to help deal with anxiety.

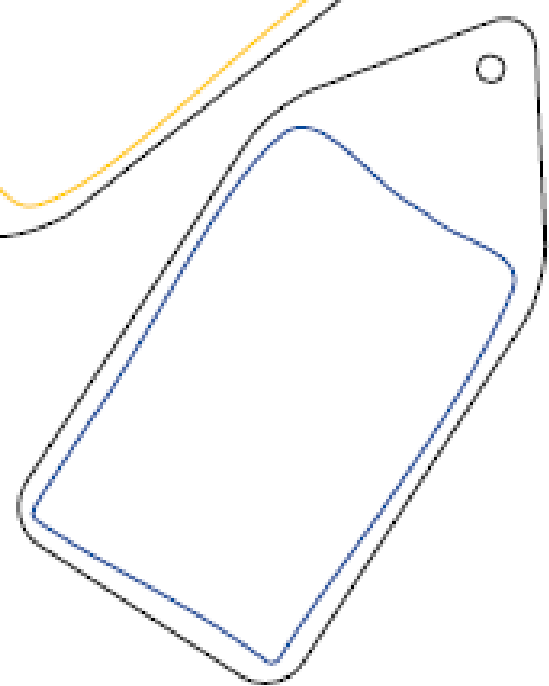
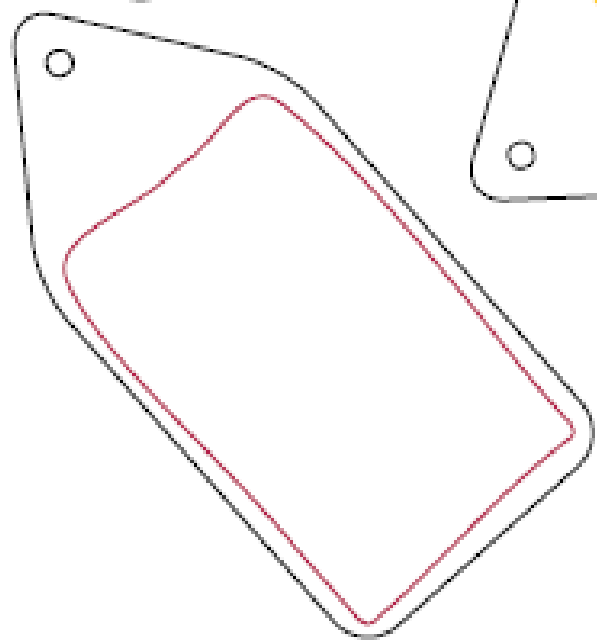
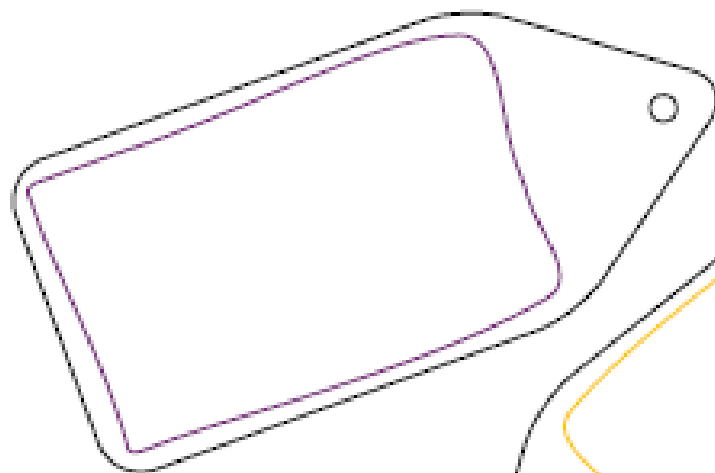
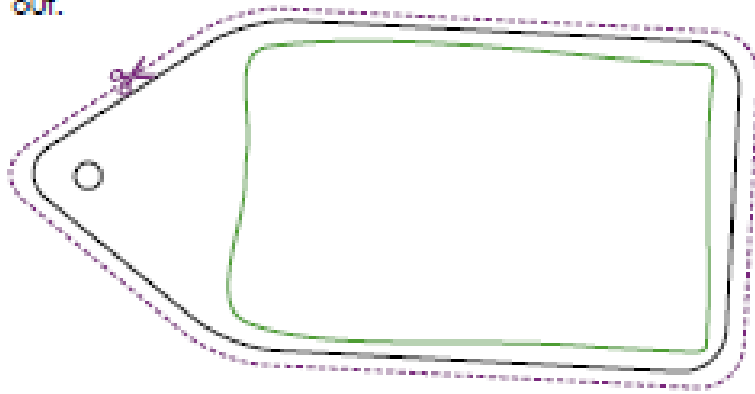


- Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. See [page 18](#) for some templates for you to write on and cut out.
- Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar. That way you'll have some positive memories to look back on at this strange time.
- Blow bubbles and watch how they move, their colours etc.
- On your permitted walk outside, look to see what animals or creatures you can spot – don't forget to look down as well as forward and up!
- Take notice of how you are feeling. Let your family know by using our 'feelings chart' on [page 19](#).
- Look up to the sky and find funny shapes in the clouds.
- Take some quiet time out and do some colouring in. See [pages 20 and 21](#) for our very own colouring pages.
- Stop for a few minutes and really concentrate on listening to the birds sing (download a British birdsong app to help you identify the different calls).
- Try a blindfolded taste test of various foods from your kitchen cupboards – really concentrate on the different flavours and textures.
- Take a moment to study your reflection and try to find three things that are similar and three things that are different to a friend or family member.
- Try to notice one thing that makes you feel excited and one thing that makes feel calm and relaxed.
- Do our 'wellbeing' scavenger hunt on [page 22](#).



Gratitude tree

Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. We have provided you with some templates below for you to write on and cut out.



CWMT Wellbeing challenge 2020

'Wellbeing' scavenger hunt

Here's a scavenger hunt with a difference! It's all about wellbeing and thinking about what helps us to feel happy, calm and positive. Feel free to add other items to this list, such as something that reminds you of other family members – grandparents, aunts, uncles, cousins – or a special friend, teacher or pet. You could also make it an activity for the whole family and turn it into a 'show and tell' session. You might find each other's items inspiring!



Wellbeing scavenger hunt

- Something that makes you happy
- Something that makes you feel calm
- Something that makes you laugh
- Something that reminds you of Mum/Dad
- Something that helps you sleep
- Something that makes you think of love
- Something that makes you think of your friends



Further resources:

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.



TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space

Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

1 of 1
**TOP
TIPS**

Support your child's wellbeing while schools are closed

With schools closing across the UK, most children will be at home full time. As parents/carers you will inevitably be concerned about the effect this may have on your child's development, their physical and mental health, as well as your family's wellbeing.

- 1 Establish a daily routine.** Routines provide reassuring structure and purpose. Include a mix of learning, creative, physical, relaxation and 'electronics' time. Help your child make a visual timetable so everyone understands the plan.
- 2 Make time for physical activity.** Encourage your child outside and rediscover garden games. If you can't get outside, suggest your child makes an indoor obstacle course. There are lots of resources available on the BBC, ITV and YouTube.
- 3 Work on personal care skills.** Identify self-care tasks that your child would like to do more independently, for example tying shoelaces or getting dressed.
- 4 Develop life skills.** Help your child learn how to prepare their lunch, use a washing machine or change their bedsheets. Older children could complete an online First Aid course or start to learn another language.
- 5 Create a suitable study space.** Ideally your child should have an appropriately sized chair and table, but if they must use adult furniture ensure they can sit with feet firmly planted and their shoulders relaxed.
- 6 Teach your child to type.** Typing is a valuable skill for education, social communication and for the workplace.
- 7 Rediscover creative activities** such as playdough, junk modelling, Lego and origami.
- 8 Spend social time together as a family.** Play board games, watch a film or make a cake. Schedule mealtimes together and commit to them.
- 9 Keep in touch.** Arrange for your child to spend time each day talking to friends or family members on the phone or on social media (with adult supervision where appropriate).
- 10 Look after yourself.** Being a full-time parent/carer with household duties and work is challenging. Make sure you eat and sleep well, and include time for your own rest and leisure in your daily routine.

STRUCTURE & ROUTINE

When things are uncertain, this leads to anxiety. Young people with Speech, Language & Communication in particular require a more concrete and predictable world to feel secure. You can decrease the uncertainty and increase the feeling of security by creating structure and routine for them.



BUILD STRUCTURE INTO DAILY ROUTINE

You want your daily routine to be as structured and predictable as possible. This reduces anxiety. Regular routines that are already in place such as bed times should be continued.



USE A VISUAL SCHEDULE

Try to use visual schedules so they can see what's coming up next. These plot a route through the day for them, creating predictability.



KEEP ROUTINE HABITS THE SAME

Keep your familiar routines consistent between days. For example, going for a walk at the same time each day, or following the same route on the walk.



MANAGE TRANSITIONS

Switching from one activity to the next can be challenging. Make it easier by giving reminders that things are coming to an end and others are beginning. You can use a Now/Next board, or a timer to help prepare for the change.

THE STRESS RELIEF GIRAFFE



OUT OF
CONTROL

SCARED OF
LOSING
CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water



THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



10 Things to Say instead of Stop Crying



1. It's ok to be sad

2. This is really hard for you

3. I'm here with you

4. Tell me about it

5. I hear you

6. That was really scary, sad, etc.

7. I will help you work it out

8. I'm listening

9. I hear that you need space.

I want to be here for you.

I'll stay close so you can find me when your'e ready.

10. It doesnt feel fair

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

