

Family Fun!

Ideas to support your child's emotional well-being

Breathing Activity-Blowing Bubbles

Sometimes we are so full of emotion we can't think very well. There are many things we can do to help us so that we can then think more clearly and start to understand what we are feeling and thinking. One activity is the 'blowing bubbles' breathing exercise. Sit somewhere quiet or close your eyes. Imagine you have a bottle of bubbles, or if you have some real ones, blow some real bubbles. Gently blow a bubble and watch it float away. Breathe in and then blow another bubble out. Keep blowing bubbles until you feel better.



I can

We cannot solve everything but there is always something we can do to feel better and to make others feel better. Think about all the things you can do. Create a poster with the words "I can" in the middle. Around the outside, write down all the things you can do to help yourself and others. Think about the actions you can do, like listening to a friend who is sad or doing a breathing exercise to feel calmer. Start to think about the people who can help you too. Who can you ask for help?

GOOD

- Using positive self-talk
- Deep breathing
- Taking a shower
- Going for a walk
- Doing something creative
- Exercising
- Talking to a friend
- Playing a sport or game
- Hanging out with friends
- Taking a time out
- Using an I-Feel message
- Counting to 10



Mindfulness Colouring

Colouring can be a highly effective way of fostering physical and psychological wellness in children. While it's a relaxing form of self-expression that stimulates creativity it also promotes a range of benefits to nurture wellbeing by reducing stress, anger, and anxiety. You can buy a mindfulness colouring book or visit the numerous websites dedicated to mindfulness colouring and print off sheets to colour.



Healthy Eating

A poor-quality diet that is lacking in nutrient-dense foods may lead to nutrient deficiencies which have been associated with mental health issues. One way to encourage your child to eat healthy foods is to tell them to try and eat the rainbow.