

Activities to support Positive Mental Health

As schools will be closed for a while and we have all been asked to keep social activities to a minimum, looking after you and your child's mental health is more important than ever. The activities below are suggestions to help you support your child in staying calm and happy.

Try some story based yoga <https://www.youtube.com/user/CosmicKidsYoga>

For some fun dances <https://www.youtube.com/user/GoNoodleGames>

Do some mindfulness colouring together (see in folder).

Make a 'mindfulness jar' by filling a jar with water and glitter. Shake the jar and watch until all the glitter has settled.

Gratitude has been shown to have a positive effect on our mental health. At the end of everyday help your child think of 3 things they are grateful for that day.

To help them breathe deeply, blow bubbles with your child. Try to blow a supersized bubble.

Try using the 'breathing board' exercise (in folder).

A fun mindfulness activity is to make a 'texture bag'. Put items of different textures in a bag (a smooth stone, something soft, something squashy, a marble). Get your child to feel an item, describe it and guess what it is without looking.

Talking about our anxieties can help. Help your child write or draw their 5 top worries (see resource in folder) and discuss what they could do to address them.

Try some of the activities on the mindfulness challenge cards (in folder).

Try the 5 senses exercise (see in folder). This is a very good exercise for controlling anxiety.

