Supporting Children's Mental Health and Wellbeing

What Is Wellbeing?

Being aware of our mental health and wellbeing helps us to recognise how we are feeling. This can be thought of as how comfortable and healthy we feel.

Our mental health and wellbeing can affect how we behave, how we act towards others and how we cope with what is going on around us. Positive mental wellbeing can therefore support us in coping with difficult times as they come along. It means we are able to acknowledge and understand the different emotions we feel and have coping strategies for those which might make us uncomfortable.

How can we support children's wellbeing?

- Keep learning
- Stay connected
- Share kindness
- Get active
- Be mindful

Practical Ideas to Use at Home

There are lots of ways we can support children's wellbeing at home. Here are a few ideas to get started:

Gratitude jar:

Label a jar or pot with the word 'Gratitude'. Each day children can write about or draw things for which they are grateful, and add them to the pot.

Mindful moments:

Calm, focused activities, such as colouring pictures, can be helpful for being mindful. Alternatively, have a short, focused session of mindfulness.

Kindness tree:

Sharing kindness supports positive wellbeing for ourselves and those around us. Why not celebrate kind acts on a kindness tree?

Build self-worth:

We can support positive mental wellbeing by making sure that we value children's strengths and build their self-esteem around the wonderful, unique individuals that they are.

Growth mindset phrases:

Focusing on the effort children have made rather than the outcome can be helpful in supporting resilience and a positive learning attitude. Try phrases such as:

Great perseverance!

I like the way you concentrated really hard.

When you found difficulty with that task, you persevered with ways to move forward.

Celebrate achievements:

This is a great way to encourage positive feelings around individual strengths.

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