

Children's Mental Health 2023

Be Connected

Let's Use our Minds!

Take a piece of food such as a raisin or a cracker and ask your child to examine it. What does it smell like? What does it feel like? Encourage your child to put the food into their mouth and very slowly begin to eat it. What sound does it make? What does it taste like?



Tell Jokes or Take Turns Pulling Funny Faces!

This is a great way to relax and help your child if they are nervous and anxious. Play games that will involve fun and laughter such as singing in silly voices. Laughter has been shown to reduce stress and relaxes our bodies. It also increases resilience!



Stretch it Out!

Get your child to stretch their arms above their heads, stand on their tiptoes and make themselves as tall as a giraffe, then flop down. Stretch up like a cat; stretch up to the sky and then down to the ground. Up tall like a giant and down like a little mouse.



Cloud Spotting!

On a warm day take a blanket and lie down outside and watch the clouds in the sky. On colder days encourage your child to watch from the window. What shapes can they see? This activity will help your child relax and calm down.



Relax to CBeebies Radio!

Listen to the calming sounds from CBeebies Radio. Listening to relaxing music can help children stop and reset. CBeebies Radio has eight calming sounds to choose from which allows you to experiment and find out which one works best—waves, birdsong, rain, etc. <https://www.bbc.co.uk/cbeebies/curations/radio-calming?collection=great-series-from-cbeebies-radio>



CBeebies Yoga!

Go on some fun yoga adventures with CBeebies yoga. The movement and stretching involved in yoga improves mental health as it releases endorphins that make us feel good. <https://www.bbc.co.uk/cbeebies/watch/yoga-with-rebecca-jojo-and-granran?collection=mindfulness-for-children>



Let's Get Crafting!

Get busy with paper and crayons. Drawing can help relieve stress and can spark creativity. Making, painting, drawing will all help your child express their emotions and have fun. It will also boost their self esteem, as they will be proud of their achievements.



Get Outside!

Go outside, even if it is just up and down the street. Ask your child what they can see, hear or smell. Do they hear birds, crunchy leaves, splashy puddles, or even lawn mowers and cars.



Sensory Play!

Sensory play is any activity that stimulates a child's senses and it helps children relax and be present. It does not have to be messy. Simply fill a recycled sandwich bag with paint, shaving foam or even slime. Seal it and let your child play. How does it feel as they squeeze or draw on it?



Be Thankful!

At bedtime take 5 minutes to talk about the good things that happened today. This can help little ones appreciate the positive things in their life, rather than focus on what they don't have or worry about what may or may not happen. At the end of the week or month, read over the happy memories



Relax with Love Monster's Book Club

Join Book Cub from Love Monster for some lovely breathing exercise to help your little ones feel calm and relaxed, There are eight to choose from and Book Cub uses different methods and techniques in each to encourage little listeners to join in too! <https://www.bbc.co.uk/cbeebies/grownups/relax-and-breathe-with-love-monster-book-cub?collection=mindfulness-for-children>

