








Wellbeing Strategies



Steps to Wellbeing	Actions
<p>Connect with other people</p> <p>Good relationships are important for your mental wellbeing. They can help you to build a sense of belonging and self-worth, give you an opportunity to share positive experience and provide emotional support and allow you to support others.</p> 	<p>Take time each day to connect with your family, tell them about your day.</p> <p>Make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially at the moment.</p> <p>Play games or watch a film (age appropriate!) with your siblings.</p> 
<p>Being Physically Active</p>  <p>Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing.</p>	<p>Walk your dog (if you have one)</p> <p>Play in your garden</p> <p>Use an online fitness app or video</p> 
	 <p>Try learning to cook something new.</p> <p>Try new hobbies that challenge you, such as writing a blog, learning to paint, juggle, sew or knit!</p> <p>Go onto websites such as BBC bitesize to find out more about your favorite subjects.</p> <p>Create power points about a topic you are interested in.</p>



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Learn new skills and knowledge Research shows that learning new skills can also improve your mental wellbeing by boosting self-confidence and raising self-esteem, helping you to build a sense of purpose helping you to connect with others.



Listen to podcasts! Bitesize and Horrible Histories do some great ones!

Watch documentaries, Blue Planet is a great documentary about the sea and climate change.

Read some books you have always planned to read.

Give to others



Research suggests that acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth, helping you connect with other people

Saying thank you to someone for something they have done for you.

Be kind to your siblings and family and ask them if they need any help.

Be aware of others in need and how you might be able to help and support them.



Paying attention and reflecting on how you feel

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Listen to music that elevate your mood.



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Watch a funny TV programme that cheers you up.

Make sure you get enough sleep.

Use mindfulness apps to help you relax and become more mindful.

Eat healthily

Write a diary or journal.

Self-Care & Mental Health

for Kids

Share your own feelings to encourage self-awareness.

Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.

Practice self-care for yourself to set the standard.

Encourage journaling and diaries.

Establish a self-care routine.

Focus on articulating feelings. "I am angry," "I am sad."

Encourage your child to focus on the moment.

Recognize toxic stress events.

Cultivate interests and hobbies.

BlessingManifesting