



5 MENTAL HEALTH ACTIVITIES YOU CAN DO WITH YOUR CHILDREN

- 1 CHALLENGE THOUGHTS**
Help your child to write down any unhelpful thoughts that they have. Try to challenge the thoughts with your child and come up with more realistic and helpful ones.
- 2 BE PRESENT**
Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.
- 3 TALK ABOUT FEELINGS**
Create time for your child to speak to you about their thoughts and feelings.
- 4 LOOK AFTER THEIR WELLBEING**
Support your child to look after their wellbeing. Cook healthy meals, exercise or play sport with them, and make sure they get enough sleep.
- 5 IDENTIFY 3 GOOD THINGS**
Before going to bed, spend some time with your child to identify and write down three good things they achieved or experienced during the day.