

# 5 mental health activities *to do with your children*

## **01 | 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.

## **02 | 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.

## **03 | TALK ABOUT FEELINGS**

Create time for your child to speak to you about their thoughts and feelings.

## **04 | LOOK AFTER THEIR WELLBEING**

Support your child to look after their wellbeing. Cook health meals, exercise or play sport with them, and make sure they get enough sleep.

## **05 | 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.

