**Activities to support Positive Mental Health**

As schools will be closed for a while and we have all been asked to keep social activities to a minimum, looking after you and your child’s mental health is more important than ever. The activities below are suggestions to help you support your child in staying calm and happy.

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| Try some story based yoga <https://www.youtube.com/user/CosmicKidsYoga>  For some fun dances <https://www.youtube.com/user/GoNoodleGames>  Do some mindfulness colouring together (see in folder).  Make a ‘mindfulness jar’ by filling a jar with water and glitter. Shake the jar and watch until all the glitter has settled.  Gratitude has been shown to have a positive effect on our mental health. At the end of everyday help your child think of 3 things they are grateful for that day.  To help them breathe deeply, blow bubbles with your child. Try to blow a supersized bubble.  Try using the ‘breathing board’ exercise (in folder).  A fun mindfulness activity is to make a ‘texture bag’. Put items of different textures in a bag (a smooth stone, something soft, something squashy, a marble). Get your child to feel an item, describe it and guess what it is without looking.  Talking about our anxieties can help. Help your child write or draw their 5 top worries (see resource in folder) and discuss what they could do to address them.  Try some of the activities on the mindfulness challenge cards (in folder).  Try the 5 senses exercise (see in folder). This is a very good exercise for controlling anxiety. |