



THE LOCKDOWN JUGGLE PART TWO

activity sheet

Enhancing children's wellbeing is a lifelong pursuit for families. Many parents spend so much time working out how to support their children to be confident, happy and well adjusted people in the world. If we can give children life skills, be supportive, consistent, loving and encouraging, whilst allowing them to make mistakes, it can set them up to be able to manage adversity, appreciate the good times and develop into healthy adults.

Loving relationships are key to children's mental health but when families are under stress, being consistent and positive can be difficult. Helping children take care of others as well as themselves can strengthen their wellbeing and by doing some self-care activities, aided by the adults in their lives, children can build their resilience and develop their social, emotional, physical and wellbeing.

Below are some ideas to boost your children's wellbeing. Involve them in decision making around these ideas to maximize their motivation and to get the most out of each activity.

Print out these ideas or make your own list, for each child in your family and ask them to answer these prompts and you can discuss them at the dinner table:

What did you do to get fresh air and immerse yourself in nature this week?
How good was it?
Would you like to do it again?

Family activity suggested by your children: what was it?
How much fun was it?
What can you change to make it even better?

Something I felt happy about:

Something I felt sad about...what did you do with that feeling? Eg talk to someone, cuddle my pet

Something that made me laugh:

Favourite meal this week:

Favourite technology moment:

Relaxing moment:

Discuss your hero or heroine with your parents. What makes them so special?

Goal for the next week?