

Keep in Touch with Others

- With permission from a parent arrange:
 - A virtual playdate with friends.
 - Phone/FaceTime different members of your family, e.g. grandparents, cousins, aunts, uncles.
- Laugh and enjoy your time together.



Have Fun

- Take time to do things you are good at and enjoy, e.g.
- Find and choose a fun game to play with your family.
 - Try something new.
 - Create a new dance to teach to your family/friends.
 - Watch a funny movie.



Get Enough Sleep

- Getting enough sleep helps us to feel good inside.
- Try to go to bed and get up at the same time on week days.
 - Choose one or two calming things to do each night before you go to sleep.
- Doing these things will help your body know that it is time to get ready to sleep.



Ask for Help

- Sometimes we need to ask others for help. You might need help with your school work, because you have fallen out with your friend, or you are frightened/worried about something.
- Make a list of some of the things you can do without asking for help.
 - Make a list about some things you still need help with.
- Different people can help us at different times.
- Draw/write about the different people you can ask for help.
- Sometimes we may find it difficult to ask for help.

Think and Talk About How You Are Feeling

- Listen to different types of music. Think about how they make you feel, e.g. happy, sad, excited etc.
- Draw Feelings Monsters. Think about the different feelings and emotions you have. Design a feeling monster for each of your feelings. Talk to someone about each of your feelings monster: What feeling is it? How does it make you feel inside? When do you feel this feeling?
- Feeling Splotches. Create feeling splotches to talk about your feelings. (See below for instructions of how to create splotches.)
- Family Feelings Share. Choose a time during the day when you and your family can talk together about the different feeling you have felt.



Children's Mental Health Week

10 Ways to Help Me Feel Good!

Use the questions below to practice asking someone for help.

- “Can you help me please?”
- “I don't understand, can you help me please?”
- “Do you know how to do this?”
- “I wonder if you could help me with this?”
- “ Do you know anything about _____?”
- “ I am feeling sad/worried/upset/scared, can you help me please?”
- “ I am having a problem with _____. Do you think you can help me?”

Sometimes I Need Help



Eat Well and Drink Plenty of Water

- Create a recipe for a 'feel good' snack.
- Plan and prepare/help to prepare a healthy tea party for your family. Make invitations for guests and tell/draw/write what the healthy menu will be.
- Create a recipe for a healthy drink.
- Try to eat 5 different fruits/vegetables and drink 6 cups of water each day.



Take a Break

- Find an activity which you can do to help you relax, e.g.
- Read a book
 - Yoga
 - Draw/paint a picture
 - Colour in
 - Mindfulness breathing exercises.



Accept and Value Who You Are

- **I Am Amazing**
Think about all the things that make you amazing.
Do: Draw a picture of yourself in the middle of a piece of paper. Around your picture draw/write the things that make you amazing.
Say: “I am amazing!”
- **Play “That's What I Like About You.”** During dinner, go around the table saying one nice thing about each other

Keep Physically Active

- Find different ways to keep active, e.g.
- Can you bike, scoot or walk? Go on an outdoor adventure and enjoy your surroundings with your family.
 - Create a dance routine and teach it to someone at home.
 - Can you hold different stretches for 5, 10 or 15 seconds?



Show Others You Care



- Take time to make someone smile, e.g.
- Give them a compliment
 - Offer to help them
 - Give them a hug.
 - Mail a hug to someone you cannot meet up with.



