

# 5 Activities to support your child's wellbeing

The last year has been incredibly stressful for everyone so this week's edition offers some ideas for supporting your child's wellbeing.

*"Start where you are, use what you have, do what you can."*



## 1

### Gratitude journal

Keeping a gratitude journal will encourage your child to pay attention to the good things in life that they may sometimes take for granted. Download a gratitude journal app, or search for gratitude writing prompts to get started.

## 2

### Wind down in half-term

Where we may be lacking variety in our lives at the moment, it's important that we try and make half-term seem different from the last few weeks. Break the school routine and plan out activities that take your child away from the space they have been completing their school work.

## 3

### Exercise

Encourage your child to get out of the house every day for a walk, a jog or a workout in the garden or park. Set a family step or distance challenge for some healthy competition!

## 4

### Family games

Take a break from technology and play some games as a family. Ask your child to set up a half-term league for the family. Visit this website for ideas on games you can play without any equipment: <https://www.whatdowedoallday.com/indoor-family-games/>

## 5

### Talk

It's important for your child to be able to talk about how they are feeling, but if they're not ready to open up yet, just set aside time to talk about anything! Discuss a programme you are watching together, a book you are reading, or a topical issue that may interest them.

*Please see the Student Services Menu for more details on support services for your child.*