

A GUIDE FOR CHILDREN



A creative self help guide to staying healthy and happy.



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Mental health and wellbeing is about how we think and feel and how we make sense of daily life.

Good mental health and wellbeing helps us enjoy life and cope well with life's challenges.



In the same way we all have physical health and we look after our body, we all have mental health and we can look after it.



Note for adults: It is important to reassure children that we all have mental health in the same way we have physical health. It is normal for our emotions to go up and down depending on what is going on in our life. It is also important to be aware that children's emotions often reflect adults emotions.

Top Tips...

TO HELP IMPROVE YOUR MENTAL HEALTH AND WELLBEING



Get enough
sleep



Do some
exercise



Do things you
enjoy



Eat healthily



Ask for help



Take a break



Talk about
your feelings



Spend time
with family or
pets



Be yourself

Note for adults: These things may seem very simple but they play a huge part in supporting positive mental wellbeing.

Try to encourage the whole family to practice them regularly to build resilience.

For more information: <https://www.nhs.uk/better-health/>

POSITIVE self talk

Saying things to yourself in your head is very powerful. Your body believes this 'self talk'. Saying positive statements over and over can help you feel better.

I can do this.

It will get better.

I have been able to do hard things before.

It is ok to feel like this just now.

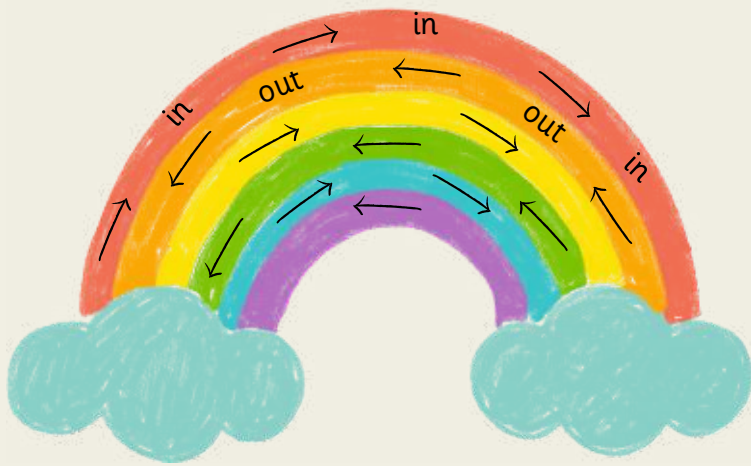


Note for adults: Help to create a list of positive statements that are personal to them. Be mindful that children's emotions often reflect adults emotions and sometimes they need help to focus on the positives.

Focus

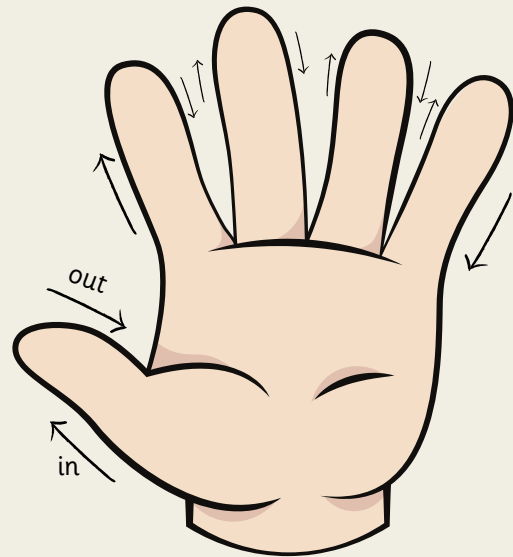
ON YOUR BREATHING

If you are ever worried or stressed, slowing down your breathing helps to calm your body and your mind.
Try breathing in through your nose, and out through your mouth.



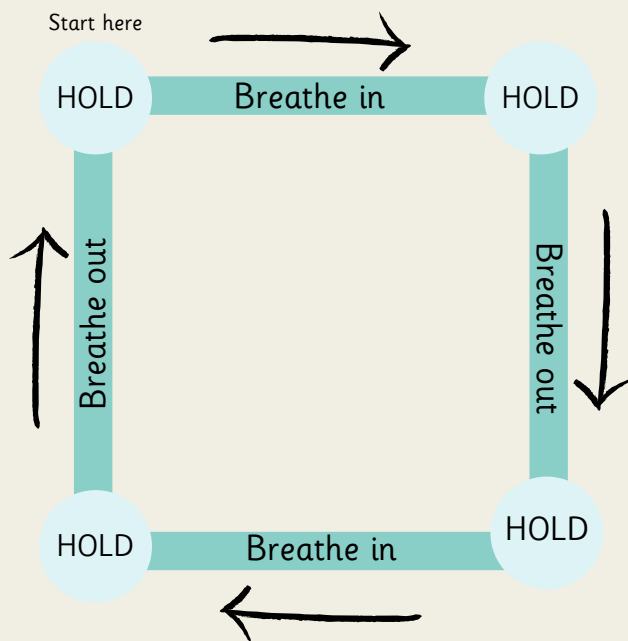
Rainbow Breathing

Use your finger to trace over the rainbow, breathing in and out slowly as you go.



5 Finger Breathing

Use your finger to trace up and down your fingers, breathing in and out slowly as you go.



Box Breathing

Use your finger to trace along the side of the box, breathing in and out as you go.

- 5** things you can 
- 4** things you can 
- 3** things you can 
- 2** things you can 
- 1** thing you can 

5 Things to Calm My Thoughts

Think through your 5 senses to remind you of the world around you just now.

Note for adults: Encourage taking a little time to breathe, focus on the present moment and be thoughtful about the small details of where they are and how they are feeling.

WELLBEING BINGO

In the past week I have...



played with a pet



listened to music



been kind to others



read a good book



had a good sleep



played with friends



done some exercise



enjoyed my food



had family movie night

Note for adults: Wellbeing Bingo is a great way to reflect, get talking and thinking about what they have done in the last week to look after themselves. It can be anything at all however small like going for a walk or listening to good music.

DAILY WELLBEING TOOLS

Taking time to do things we enjoy helps to keep our mind healthy. What things are you good at? What activities do you enjoy? You could make your own list, and try to do them every day or every week.

spend time
relaxing



join a
club



do art or
colouring

talk to family
and friends

spend time
with pets



Note for adults: Help to think of some activities that they enjoy. This can be anything at all whether it is a hobby, an activity or a task. These can be done regularly to support wellbeing.

DAILY WELLBEING TOOLS

What other things do you like to do?

go to your favourite place

spend time reading

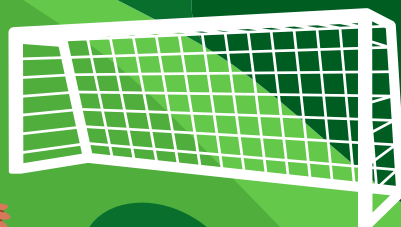


listen to some music



do some exercise

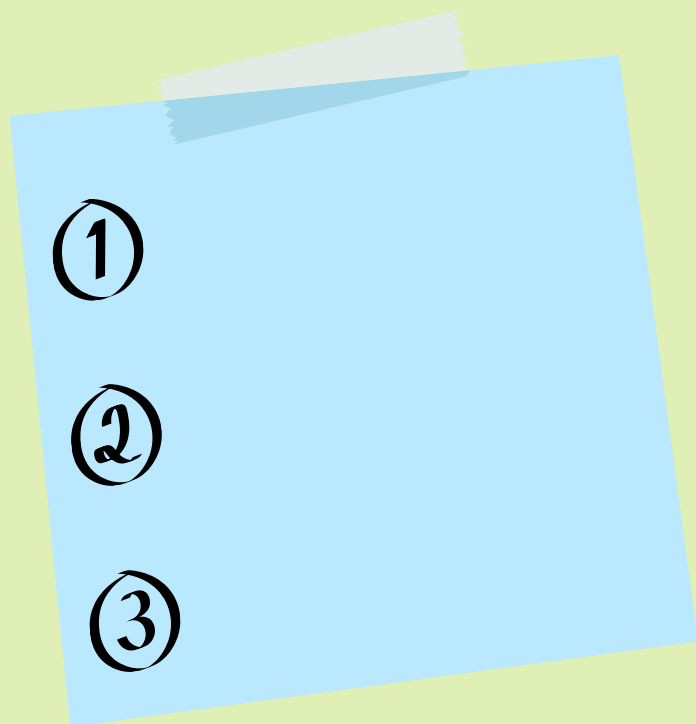
spend time outdoors



Note for adults: Help to think of some activities that they enjoy. This can be anything at all whether it is a hobby, an activity or a task. These can be done regularly to support wellbeing.

HAPPY TIMES

Thinking about good things that have happened can improve our mood and happiness. At the end of each day think of a few things that have made you smile. You could write them down, or draw a picture if you have time.



Some ideas to help you:
I played with my friends
I saw my family
I ate my favourite food

Note for adults: Help to think of 3 good things that have happened that day - it can be anything that made them smile. Small things are best. This can be tricky at first but becomes easier with practice.

WHAT IF...?

Life is full of ups and downs. Some of the things we face are harder to deal with than others.

WORRIED ABOUT SCHOOL WORK OR BULLYING...

...talk to a teacher or another adult. They are always happy to help. They can help you with what to do next.



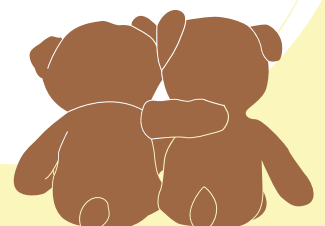
MADE A MISTAKE OR DONE SOMETHING WRONG...

...talk it over with someone you trust like a friend or family member. Trying to make things right will make you feel better.



FALLEN OUT WITH SOMEONE...

...making the first moves to sort it out can help you feel a little better straight away.



Note for adults: Listening to a child, acknowledging how they are feeling about their worries and offering hope is a great support to them. Remaining calm is important as children's emotions can reflect those of the adults around them. Talking usually helps!

ARE YOU WORRIED OR NEED TO TALK TO SOMEONE?



It is important to talk to people. Sometimes our worries don't seem so big when we talk to someone about it.



CHILDLINE

Free Call - 0800 11 11
<https://www.childline.org.uk/>

YOUNG MINDS CRISIS LINE

Text: YP to 85258
<https://youngminds.org.uk/>

PAPYRUS

Free Call - 0800 068 41 41
<https://papyrus-uk.org/>

SAMARITANS

Free Call – 116 123
www.samaritans.org

PARENTLINE SCOTLAND

Free Call - 08000 28 22 33
<https://www.children1st.org.uk/help-for-families/parentlinescotland/>

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The NHS Ayrshire & Arran Health Improvement Team would like to thank Rachel Lee and the pupils of Dundonald Primary School's Mental Health & Wellbeing Group for designing and creating this Guide for Children.

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