

9 ACTIVITIES TO DO WITH YOUR CHILD AT HOME DURING LOCKDOWN TO HELP THEM LOOK AFTER THEIR MENTAL HEALTH



1 MINDFUL COLOURING

There are a number of great mindful colouring books that can boost creativity and help your child stay focused on the present moment



2 MY HAPPY PLACE

Find a quiet and relaxing space and for 5 minutes close your eyes and imagine yourselves in a safe, calm and soothing place



3 MINDFULNESS

Encourage your child to use all their senses to try and connect with an activity that they are doing



4 BOX BREATHING

Use box breathing as a simple way to teach your child how to effectively engage in breathing techniques



5 DEEP BREATHING

Deep breathing is a great technique to help your child calm both their mind and body



6 EXERCISE

Play or engage in some exercise with your child. This is great for boosting mood and reducing stress and anxiety



7 3 GOOD THINGS

Each night before bed encourage your child to write down 3 good things they have achieved from their day and what it says about them as a person



8 SELF SOOTHE BOX

Create a self soothe box with your child. This is a box that includes items which connect to all your senses and help calm you down during times of distress. E.g. smell - a scented candle, sight - a picture that evokes a positive memory



9 SCHEDULE

Use an activity schedule and work with your child to schedule things into their week which provides them with a sense of pleasure, achievement and connectedness



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