Learn new things



desperate to show you. It might be something as simple doing a little dance or reading a hard word. It doesn't matter what they learn as long as they are learning as tying shoelaces, singing a new song, reciting a rhyme, something new it feels great. Imagine how your child Learning new things boosts wellbeing. When you learn feels when they have learnt something new. They are something new.

Make the target small but achievable. If they want to set a harder target then that is fine but set a longer time Think about setting daily targets with your child. Ask them what new thing are they going to learn to do today. frame for them to achieve this.



achievable targets Set



If you need any further support contact:





right now. Not thinking about the future, not thinking Taking notice is about being mindful with your surroundings. What can you notice? Which senses can you use? Being mindful is about being in the present moment about the past. Just being here right now. Encourage your child to notice things in their environment. Go for a walk or just walk to school and notice the following:

What can you smell? What can you hear? What can you feel? What can you see?

If you are eating dinner, then encourage your child to really taste their food, notice the texture and how it Looks too.

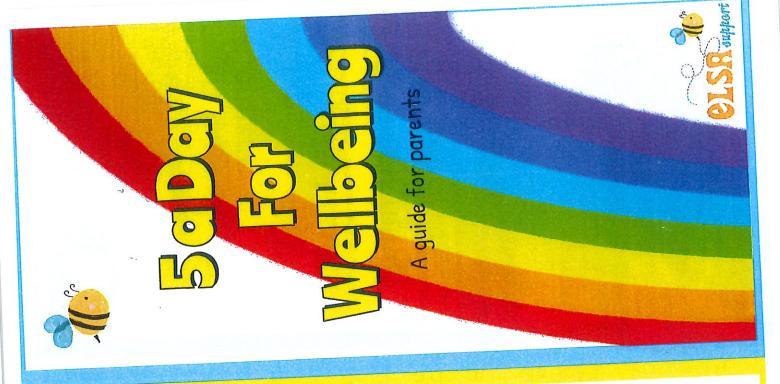








For resources go to www.elsa-support.co.uk



5 a day for wellbeing



It means each day it is good to: What does '5 a day for wellbeing' mean?

- **□**Give □ Connect
- ☐Be active
- Learn new things ■Take notice

feel happier. wellbeing for everyone. It will make you and your child Following these simple suggestions can really boost

What do these five things mean? Keep reading





happiness, health and wellbeing. feel happier. Social relationships are so important for Making a connection with other people can feel amazing Connecting with others can make you smile, laugh, and

Try and help your child connect with someone EVERY day. You can connect with people in lots of different ways.

- □ Talk to someone by telephone instead of texting or emailing
- Speak to someone new in school that you haven't spoken to before
- \square Spend time talking to sisters and brothers. Play a game with them or read a story and discuss the story.
- Visit family members and friends
 Join a club or a group and get to know people who like the same things as you do
- □ Talk to neighbours especially elderly people who perhaps are lacking in social interactions

your child help others? People who help others actually This is about helping others and 'giving'. How can you or feel happier in themselves. It does feel good to help

It is about being:

- ☐ Kind
- □ Caring
 □ Helpful
 □ Understanding
 □ Empathetic







happiness. Make sure you and your child are exercising daily. If you choose exercise that is easy for you to do every day like walking to school, it will help you to keep it Being physically active every day boosts wellbeing and

Activities you can do:

- ☐ Go to the park after school $oxedsymbol{\square}$ Walk to school instead of going in the car
- ☐ Get the football out and have a kick about☐ Put dance music on and make a dance routine with your child
- ☐ Go for a walk in nature and notice everything around
- □ Put on a YouTube video and do an exercise class□ If you have a garden get outside and let your child help you to weed and grow things.

can I do today? What exercise