

Support for Parents and Carers
Looking after Children’s Wellbeing during the Lockdown

Parent/Carer and Child Wellbeing Activities to do at home:

- Colouring in different pages (pictures for primary, mindfulness for secondary)
<http://www.mandala-4free.de/en/index.htm>
- Scavenger Hunt – find something in your house that makes you happy/excited/relaxed/calm/proud and tell someone about it
- Play music/listen to music and draw something based on how the music made you feel
- Wellbeing challenge-do one thing every day that makes you feel relaxed and one thing every day that makes you laugh
- At the end of the day think of two things you did today that made you feel good
- Write a story, poem or song together
- Make a beat using claps and see if someone else in your family can copy it
- Mindfulness meditation or relaxation activity
https://www.youtube.com/watch?v=Bk_qU7l-fcU
<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

- Rainbow window paintings



- Stone or Rock painting



- Writing letters/cards/emails to local neighbours/care homes/friends/family to make them feel good and let them know you are thinking of them
- Make a class “belonging” collage
- Yoga and stretching
<https://www.kidsyogastories.com/kids-yoga-poses/>
<https://www.youtube.com/watch?v=A47zwWsjXgs>
- Child closes their eyes and they are given instructions on how to draw something, but the child doesn’t know what they will be drawing. See what the result is
- Interview a family member, help the child by creating a list of questions together and help them prepare for the interview, record or video it

Activities Children can do to stay connected with their peers:

- Video calls with friends and classmates
- Sending Happy Birthday messages via video calls/sending cards/emails
- Making friendship bracelets and sharing photos of them online
- Sending and sharing positive things with each other virtually, such as:
Uplifting songs
Positive stories
Recipes
Wellbeing activities
Photos of Nature