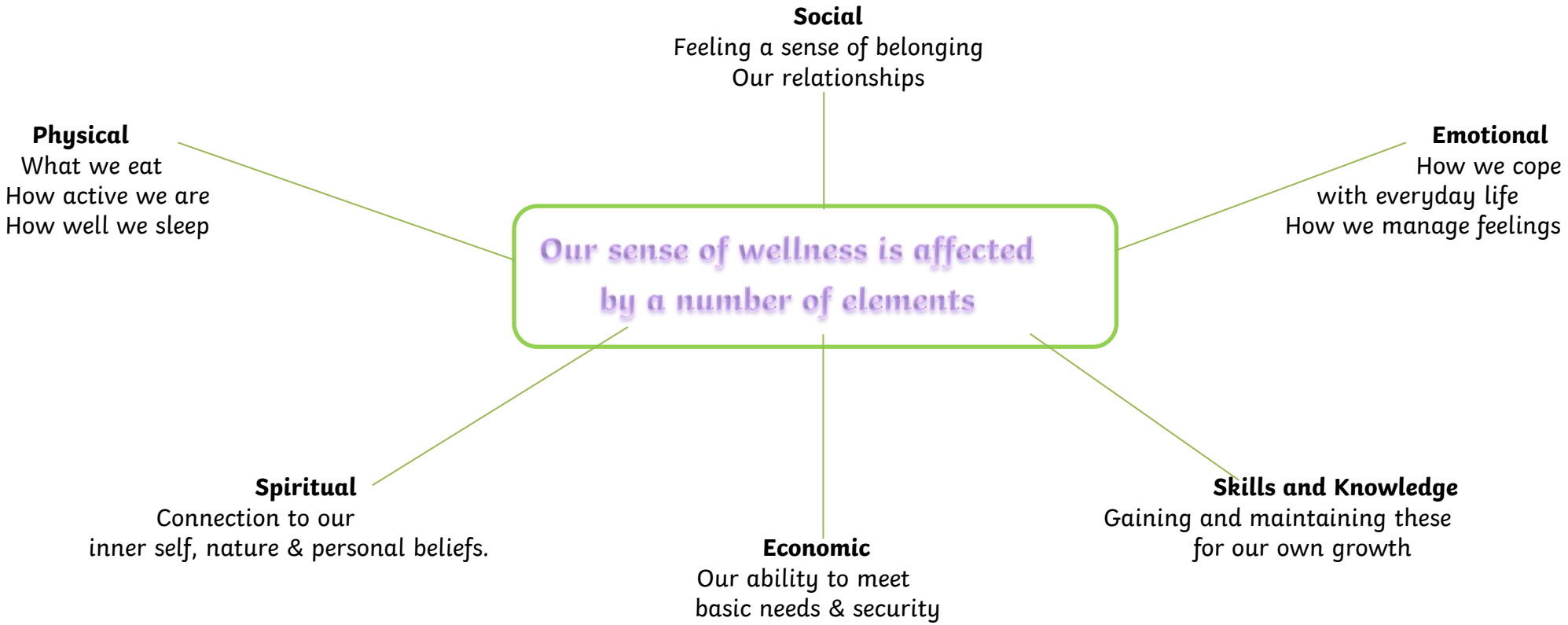
# What is Wellbeing?

**Wellbeing – the state of being comfortable, healthy or happy.**

As parents, we are able to positively support our children's sense of wellbeing. How do we best do this during these challenging times?
Being aware of our own wellbeing is a good place to start, as well as encouraging open communication with our children. The diagram below shows how the elements of wellbeing are interconnected and how many will be affected by the current situation. There are some ideas on following page, in addition to the other resources on the school website, which can help support your child's wellbeing.



# Wellbeing Activity Ideas

**Boosting your child's 'sense of self'**

Encourage your child to draw a picture of themselves. Ask them what they would want someone to know about them and write this next to the picture. For example, 'I am kind', 'I tell good jokes', 'I am a good friend', I love playing football'....etc.

**Play a Talking Game**

There are some suggestions of talking activities on the school website. I will be adding some suggested questions to get people started. These activities are valuable in a number of ways. My own children have voiced their concerns more readily during these activities, as well as having a bit of fun!

**Boost Communication**

The necessary school closure and social distancing measures mean that children are not having the usual connections that give them a sense of belonging. We can support our children by finding different ways to maintain these connections. There are some ideas on the boredom busters page which will encourage remote communication with relatives and friends. For example, learning Morse Code and sending a message via email, to a relative to de-code.

**Physical Activities**

In difficult situations, it can help to focus on what we can control and do, rather than what we can't. We can encourage children to look after their physical wellbeing by staying active. There are some ideas for this in the home learning section of the school website.

**Managing Feelings**

Giving children time to express themselves is really valuable. 'I wonder....?' questions are useful too. For example, if your child is behaving in a disruptive way, you could say 'I wonder if you are feeling ..... today?' You can insert whichever emotion you suspect your child may be feeling. Your child might agree or correct you, or not comment at all, but just acknowledging their emotions can be helpful. You might be able to encourage your child to express what they need. You could offer a hug or a chat or doing a favourite activity together.
I will be adding some ideas to support this area in the weeks ahead, but having an open line of communication is key.