

Well-being Wall

Self-Care over the summer



Children enjoy the routine of the school day and socialising with their friends. Whilst we look forward to the summer holidays, it is a time that generally lacks routine which can cause anxiety and impact on the wellbeing of children and parents. People can feel isolated and once ‘connections’ are lost, it is a good time to think about self-care.

What is Self-Care?

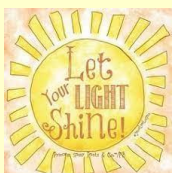
Just as we look after our physical health, it’s important to look after our mental health. Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It’s a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised.

**An empty lantern provides no light.
Self-care is the fuel that allows your light to shine brightly.**

Helping your child to understand and develop Self-Care

It’s important to teach children about self-care and how they can create healthy habits that will see them into adulthood:

- ❖ Teach children **to take care of their bodies**: encourage healthy habits such as keeping active by playing with a ball, going to the park or for a walk in the woods, deep breathing, stretching, making healthy meals together and keeping clean.
- ❖ Teach children about **fun that isn’t on a screen**: have a dance party or a pillow fight, go for a family bike ride, walk or hike, bake cookies, draw or paint, tell jokes to each other, blow bubbles, play make believe or build a den.
- ❖ Develop a **healthy family routine**: Routine is incredibly important for developing children. It gives them sense of security, and having tasks or events they can predict throughout the day will limit anxiety and make day-to-day transitions easier. Build a “slow down” time into each day. This can be a time where the family is device-free, where the TV isn’t on and everyone is either reading a book, drawing or playing a quiet game. These calm activities can help wire a child’s brain for mindfulness. Create structure around meal times by having a set time for breakfast, lunch and dinner, and work to keep those meals as distraction free as possible.
- ❖ Do what works for you and your family and **remember to ask for help** if you need it.



For a self-care summer, take a look at the ideas.

<https://www.mentallyhealthyschools.org.uk/media/2080/final-selfcaresummer-primary.pdf>

Everyone has mental health.

Talking almost always helps.

Listening always helps others.