

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

Sometimes your children might experience not-so-great or challenging times. This colourful poster is a lovely way for kids to see some things they can do to feel good, less stressed and more positive. Simply print it out and pop it up somewhere they can see, or read it out to them if they are a bit younger.

## What skills does this practise?

Growth Mindset

Positive Thinking

Mindfulness

## Further Activity Ideas and Suggestions

Check out our [Twinkl Parents](#) or [Twinkl Kids TV YouTube](#) channels for some great Children's Mental Health Week episodes and videos, including some mindfulness activities to try and a Parenting Podcast, just for you!

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents  
Hub

## Talk through Feelings

It's okay to find things difficult or feel not-so-good feelings. It's great to tell someone you trust how you feel as this can help you feel better.

## Be Kind to Others

It's lovely to do nice things for friends and family. Being kind to others as well as ourselves can help us all to grow and feel happy.

## Challenge Yourself

Think about all the things you have felt good about in the past and use this to go outside your comfort zone and try new things.

## Take Care of Yourself

You can eat healthy food, drink lots of water, think good thoughts, go to bed early and make time for having fun to help you feel great.

## Think Positive

Think great things about yourself and the world around you. There are often good bits of a not-so-great day so focus on the positives.

## Celebrate Yourself

There is no one else quite like you so think of what your strengths are and how they make you special. Remember how awesome you are!

## Growth Mindset

Remember tricky times can be a chance for you to grow and find out more about yourself. You can see setbacks as a way for you to learn new skills.

## Enjoy the Moment

Take time to be mindful and notice the moment instead of thinking too much about the future. Really enjoying the here and now is great for a healthy mind.

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health or the mental health of your children.



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