



MENTAL HEALTH TIPS

supporting your child's growth

ENCOURAGE JOURNALING

We encourage students to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud, and a helpful way to process what's going on.

SPACE FOR REFLECTION

When young people reflect on their different emotions, it can help them better understand themselves and what they need. Why not go for a walk in nature, try some mindful colouring or baking together?

BE VISUAL

Using imagery, like emojis and flashcards, can help young people recognise their feelings.

PRACTICE MINDFULNESS

Live in the moment and enjoy mindful activities as a family. This can help young people be aware of their thoughts and emotions.

COMMUNICATE

Feedback is crucial for helping us see our blind spots and gain greater insight, and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

