

Wellbeing Poster

This week's wellbeing poster is taken from the [BBC Teach Website](#). The topic is introduced by acknowledging that we live 'in a society where children are feeling more under pressure than ever,' and that 'helping children with their emotional wellbeing is a concern for many parents and teachers alike'.



Raising the question 'How can we help', the site then looks at: **Five Steps to Help with Children's Wellbeing.**

Step One. 'Be Yourself'

Helping children to recognise their character strengths is a great way to build their confidence and appreciate the uniqueness they bring to the world.



Shifting the focus from the things they can't do to what they can, emphasising positive aspects of their character - the core virtues that make us who we are.

Encourage children to notice and appreciate their own strengths, and those of others.

Step Two. 'Be Grateful'



It can be easy to feel other people's lives are better than our own, and to get stuck thinking others 'have more'.

Bring attention to what's working well in your/their life by developing gratitude skills, starting a gratitude jar, writing a gratitude journal or having a gratitude conversation.

Step 3. Be Mindful

Our minds can be very busy, getting pulled into thinking about the past or worrying about the future and finding ways to focus on what's happening in the present moment is another way to build a child's wellbeing.



There are different ways to help children develop their mindfulness skills, which will probably work best if you join in too (especially if there are younger children involved) i.e. drawing for 10 minutes. Set a timer for 10 minutes and challenge the family to draw something they can see. Remember, this isn't about what the drawing looks like, it's about focussing on the activity and bring attention back when it wanders.

Step 4. Be Kind



Kindness is a win-win for wellbeing as research shows that when we are kind to others, we not only boost the recipient's wellbeing; it tends to have the same effect on our own sense of wellness too. Being kind can help us connect with others, and our relationships play a crucial role in our mental health and wellbeing in the long term.

There are hundreds of ways children and adults can show kindness every day and it can be fun to sometimes turn these acts into larger events, to really emphasise their importance and value.

Step 5. Be Resilient

Being resilient means bouncing back when you encounter challenges, set backs or failures. We all go through times when we struggle, so building our resilience is crucial to helping us cope and one way to do this is to develop a growth mindset. This relates to the belief that our abilities and intelligence can develop with practice, feedback and effort.



Children with a growth mindset are more likely to try again when they fail at something, and also to attempt to learn how they can improve.