

Wellbeing Corner

Kindness

Kindness makes children happier, can help to reduced stress levels, and helps improve their self-esteem. Kind actions activate the joyful area of the brain, and boost well-being. Evidence shows that many children are inclined to be helpful and altruistic.

Thomas Lickona

[Helping children understand Kindness | Junior Magazine](#)

Claudia Hammond shares some information and ideas for children about acts of kindness

[Claudia Hammond | Kindness | Mental health and wellbeing | Moodboosters - BBC Teach](#)

[125+ Acts of Kindness Ideas for Kids - WeHaveKids](#)

Attached is a copy of the British Red Cross guide to Acts of Kindness.

Over the next week see how many acts of kindness you can show to others. Think about how it makes you feel.



Useful website:

[Promoting mental health and wellbeing | NSPCC Learning](#)

[Five ways to help with children's wellbeing - BBC Teach](#)

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[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Ways to support a child or young person



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).

Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why.

Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.

Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.

Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).