

Wellbeing for Children & Young People

Your wellbeing, and how you feel, is so important.

Here, we have some of our favourite wellbeing ideas for children and young people with busy lives.

Some are short, some take a bit longer and some can be used when you feel stressed or overwhelmed.

Some are for you to have a go at with your family and some are for you to try out on your own.

We have tried to create a mixture to help you find something that works for you.

Children and Young People – these resources have been picked just for you!

We have also made a list for Parents and Carers, which includes wellbeing activities for adults to try out.



We hope you enjoy trying out some of these ideas and would love to hear what you think.

We would also love to hear your own wellbeing ideas!

Ideas for all children and young people:



Wellbeing baskets

- Choose a basket or box and maybe even decorate it.
- You could put in things:
 - To **look** at – like lights, books, and mindful colouring
 - To **touch** – like fidget toys, bubbles and worry stones
 - To **listen** to – like feel good, calming music and chimes
 - To **smell** – like perfumes and room sprays
 - To **taste** – like some chocolate or your favourite chewy sweets!

By keeping together things you know help you feel better, you know where to go when you need a boost.

Noticing nature

Being in nature can really boost your mood and wellbeing.

Why not try one of these ideas, or think of one of your own?

- Look at the **clouds** in the sky. What **shapes** do they look like? Can you watch them **change** shape?
- Look at the **stars** in the night sky. How many can you **count**? Do you recognise any **constellations**?
- Look at the **flowers** in your garden, or in your neighbourhood. What are you favourites? What **colours** and **smells** do you notice?
- Listen to the **birds** outside. Can you hear different tunes? Can you spot the birds singing?
- Spend time with an **animal**. Maybe a **pet**, or ask an adult to take you to a local **farm** and meet the animals there. How do you **feel** when you are with the animals?



Mindfulness Activities for Kids - Therapist Aid

Here are a few mindful activities for you to try – you could have a go at one every day.

- Maybe try **Ocean Breathing** by yourself, or ask a family member to join you with the **Raisin Exercise**.
- Click the link below to find out more (ask a parent or carer to help you if needed):

[Mindfulness Activities for Kids: Instructor's guide](#)



Five senses grounding

The 5,4,3,2,1 grounding technique can help when you feel stressed or overwhelmed.

- Begin with deep breathing through your nose and mouth, then name:
 - **5** things you can **see**
 - **4** things you can **feel** or **touch**
 - **3** things you can **hear**
 - **2** things you can **smell**
 - **1** thing you can **taste**
- If you would prefer to follow along, the link below takes you on a walk through the woods:

[Try this 54321 grounding exercise on a nature walk](#)



The Gratitude Jar - Therapist Aid

Why not have a go at creating a gratitude jar?

You could do this on your own or with someone else.

- Decorate your jar, then
- Find a time each day to add something you are grateful for. This could be something you have written or drawn or could be an object or reminder.
- You could ask your family to join in as well.

It is fun to look back through the jar once it is full to remember all the things you are grateful for.

Click the link to find out more: [Gratitude Jar](#)

Worry Dolls

Like the Worry Monster below, Worry Dolls can help to tell people about your worries.

'There is a story that when the Mayan People of Guatemala have worries, they tell them to the Worry Dolls and then put them under their pillow at night. By morning the Worry Dolls have taken all the worries away.'



Ideas for younger children:

Worry Monster

How about using a Worry Monster or Worry Doll to help you tell you family about your worries? You can get cuddly Worry Monsters, or you can draw your own.



- When you feel worried about something, you can write or draw your worries and put them in your Worry Monster's mouth.
- You could put your worries on different colours to show how big a worry it is. This can help you talk to your family about them.

Ask your adult to have a look at the link below for more information:
[©Elsa-Support](#)

Cosmic Kids Yoga

Calling all young yogis – have a go at some of the Cosmic Kids videos that are a mix of yoga and stories you might know.

Click the link: [Cosmic Kids Yoga – YouTube](#)

Ideas for older children and young people:

Kooth

Kooth's website has helpful wellbeing ideas for you to check out.

Follow the links for information about how to create a coping box, a 'good mood' playlist and practising being present:

[Make your own coping box - Kooth](#)

[Create a 'good mood' playlist - Kooth](#)

[Practice being present - Kooth](#)

The Stress Bucket - Young Minds

Do you know about stress and what causes it for you?

Understanding more about this can help us reduce the stress coming in and release this in a healthy way.

The stress bucket is a helpful way of thinking about and picturing this.

Follow the link below for a video explaining more:

[Stress Bucket](#)

Follow the link below for an activity to have a go at your own stress bucket:

[stress-bucket-activity.pdf](#)



[Check out our book list as well for lots more great ideas!](#)

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