

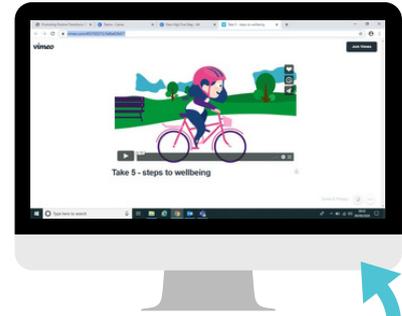


The Parent Hub is a section especially for the grown ups at home. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at primarybsp.enquiries@eani.org.uk



Take5

steps to wellbeing



Watch a short video about Take5 here



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.



Give

Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



Keep Learning

Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

Take Time for You!

Happiness starts at home with you. Happiness is infectious, so when grown-ups are happy this has a positive impact on your child's happiness, so therefore it is important to remember to take time for you!

Top Tips to Modelling Happiness



1. Take time for the things that make you happy
2. Have a warm bath with soothing bath salts
3. Go for a walk or a run
4. Watch a comedy or your favourite TV show
5. Meet up with friends
6. Laugh
7. Keep your own mindfulness and 'Gratitude Journal'

Share and Connect

Sharing and connecting with others in fun ways can increase happiness, so why not try something a little different. Invite friends, grandparents and even neighbours for a Mad Hatters Easter Tea Party. Could you have a prize for the best dressed, why not have an easter egg hunt? Add some of your favourite books, colours, and objects to the table.

Embark on 'Missions of Kindness' – Sharing is caring. When we share with others not only does this help them feel happier but also makes us feel happier too. As parents we can support our child in giving to others by trying some of these activities.

Send a letter to your grandma or granddad, or a relative you don't see very often. Write it by hand, not on the computer!

Have a kindness day and make a list of kind things we can do to help someone.

Set up a kindness box at home – make a box and place it where your family can put messages into it. These can be photo's, drawings, thank you notes. Find time to share the messages at home whether at a special dinner or having marshmallows around a fire.



Take Time for You!

Spend Time Together as a Family

Go on a beach walk and help to pick up litter.

Paint rocks with pretty pictures or positive sayings and hide them in your neighbourhood for other children to find.

- Sign up for a sponsored run, skip or silence and raise money for your favourite charity.

'I Spy Kindness'

Kindness exists all around us - we just need to start looking. When you're out with your child, point out unexpected smiles, people helping strangers carry shopping bags, someone giving up their seat on the bus, etc. The kinder acts that your kid witnesses, the more ideas they'll have for spreading cheer on their own!

Plan a Trip Together

Encourage your child to help plan a trip together.

Think about where you are going, walking, by car, by train or by bus

What is the budget for the day, will you bring a picnic or buy lunch?

- What activities would you like to do when your there? Go swimming, climb trees, play in the park

Draw a picture of your favourite part of the day when you get home.

Get Moving and Connect!

Exercise and taking care of the body is important for a healthy mind. When we exercise, we release the happy hormone dopamine. Move more and sit less, cut down screen time, eat healthy, and get more sleep. Regular exercise helps to strengthen brain power and in turn helps learning. Exercising does not have to be boring why not put your 'adventurer hat' on and look at fun things to do.

Adventures do not have to break the budget. Why not get out and about and try new things.

Find out what's on offer with Discover Northern Ireland

