

Parent Guide



@twinklparents

We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

SEND Support



Subject Guides

Pregnancy & Baby



Health & Wellbeing

Supporting Learning



What is this resource and how do I use it?

World Mental Health Day celebrates looking after our wellbeing. Connecting with others is a great way to increase positivity and mental health. Doing one thing a day can help you to turn around your mental health and experience more wellbeing in your life.

What is the focus of this resource?

Connect with others

Celebrate World Mental Health Day

Encourage positive mental wellbeing

Further Ideas and Suggestions

You can find other resources to celebrate world mental health day on Twinkl parents, whether you want to do some activities at home or celebrate with others.

Look out for:

- World Mental Health Day: Connecting with Others
- World mental health day: Connected hearts colouring activity

Parents Blog



Parenting Wiki



Parenting Podcast



twinkl

Parents Hub

World Mental Health Day

Do One Thing

Pin this somewhere you will see it every day. Do one thing each day to improve and sustain your mental health. Do this for a month, noting down the date when you do each one and crossing it off. Notice the little changes you see in your life.

Before:

- ☐ Have a relaxing bath
- ☐ Have a quiet warm drink and snack
- ☐ Listen to a favourite childhood song
- ☐ Walk on soft grass barefoot
- ☐ Lie on the ground and watch the clouds
- ☐ Take 5 minutes to really enjoy the smell of a flower
- ☐ Name your feelings
- ☐ Eat something delicious slowly, really savour it
- ☐ Phone someone up to tell them something nice
- ☐ Turn devices and tvs off and play a game
- ☐ Have lunch with a friend
- ☐ Video chat with someone you've not seen recently
- ☐ Have a nice day off at the weekend and eat picnic food
- ☐ Make yourself a 'nest' and rest in it
- ☐ Write a letter to someone you miss
- ☐ Write a letter to your future self
- ☐ Go for a walk
- ☐ Go to yoga
- ☐ Try tabata online
- ☐ Go to the beach and play or swim
- ☐ Dig the garden or some community land
- ☐ Climb a hill or mountain and enjoy the view
- ☐ Try surfing, 5 rhythms dancing or horse riding
- ☐ Take the stairs for a whole day
- ☐ Try a new physical activity
- ☐ Try a new class or taster session
- ☐ Learn a different dance like breakdancing
- ☐ Do something different to your daily routine
- ☐ Wear a different colour to normal
- ☐ Cook a new recipe
- ☐ Refresh or reorganise an area of your home
- ☐ Learn to say hello in 5 new languages
- ☐ Give someone a super smile
- ☐ Help someone whos not expecting it
- ☐ Give someone praise
- ☐ Go volunteer and give back to your community
- ☐ Give away something that you don't need
- ☐ Say thankyou to someone
- ☐ Listen carefully and let them know you heard
- ☐ Offer someone a hug

After: