

Support for your child's wellbeing

Activities for parents and carers of children in primary school

Easy Read version



How to use this guide



The Victorian Government Department of Education and Training wrote this guide. When you see the word 'we', it means the Department of Education and Training.



We have written this guide in an easy to read way.

We use pictures to explain some ideas.



This Easy Read document is a summary of another document.

This means it only includes the most important ideas.

You can find the other document on our website at



www.education.vic.gov.au/parents/family-health/Pages/your-childs-wellbeing.aspx

You can ask for help to read this guide.

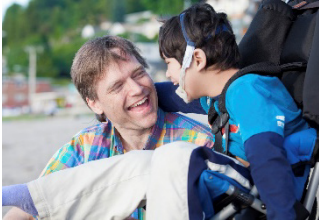


A friend, family member or support person may be able to help you.

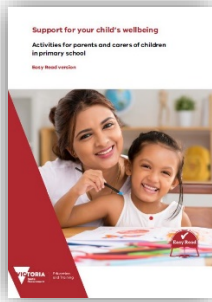
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Your child's wellbeing



It's important to help your child take care of their wellbeing.



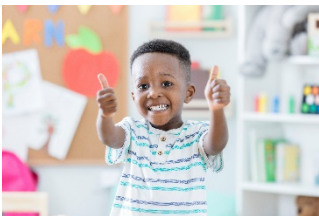
We've created this guide to support you to help your child.

Your child's wellbeing has 6 important areas:



1. Understanding feelings and emotions.

Your child understands their own feelings and emotions.



2. Feeling good about who they are and what they do.

Your child:

- o knows what they are good at
- o can talk about what they are good at.



3. Learning how to cope when things go wrong.

Your child can cope with feelings and emotions that make them feel sad.



4. Problem solving.

Your child can find ways to solve problems.



5. Managing stress.

Your child can find ways to reduce their stress levels.



6. Asking for help.

Your child knows who to ask when they need help.

Support for your child's wellbeing



There are things you can do with your child to support their wellbeing.

We have included activities for children in:



- Foundation level – their first year of school



- years 1 and 2



- years 3 and 4



- years 5 and 6.

Foundation level

Understanding feelings and emotions

Activity



Read a book or watch a TV show with your child.



Talk about the feelings and emotions of the characters.



Ask – “How can you work out what someone else is feeling?”

Feeling good about who they are and what they do

Activity



Draw a picture of your child. Ask your child to draw a picture of you.



Together, write all the things you and your child are good at on your pictures.

Learning how to cope when things go wrong

Activity



With your child, write a list of 5 things you can do to feel better when you are sad.

Problem solving

Activity



Ask your child to find 3 good ways to solve this problem:



'You and your family argue over which TV show to watch.'

Managing stress

Activity



Ask your child to talk to their family about what they do to:

- calm down
- cheer up.



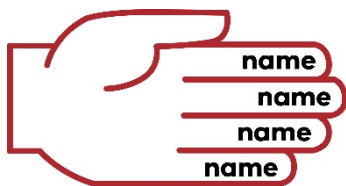
Then ask your child to draw a picture of what they found out.

Asking for help

Activity



Trace a picture of your child's hand.



Write the name of someone your child can ask for help on each finger.



Put the hand in a place where everyone can see it.

Years 1 and 2

Understanding feelings and emotions

Activity



Play this game together as a family.



Each person acts out a feeling or emotion.



Other members of the family guess what feeling or emotion they are acting out.

Activity

Your child asks different family members about how they would feel if they:



- went to a new school



- started a new job



- found out their friend had told a secret they shared



- won a prize.

Feeling good about who they are and what they do

Activity



Talk to your child about what:

- they are good at
- you are good at.



Draw pictures of each of you doing these things at home.

Activity

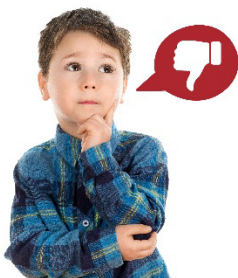


Read a book or watch a TV show with your child.

Talk about times when the characters showed:



- what they are good at



- what they are not good at.

Learning how to cope when things go wrong

Activity

Ask your child to finish each sentence:



- When I feel lonely, I can...



- When I feel angry, I can calm myself down by...



- When I feel sad, I can...



- When I feel bored, I can...



Talk about what they say.

Activity

Talk to your child about what makes them feel:



- worried
- afraid.



Talk to your child about what they can do to manage those feelings.

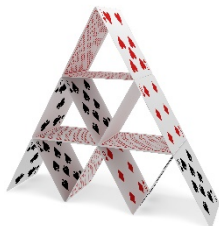
Problem solving

Activity

Find items that are safe to build a tower with, like:



- paper cups
- playing cards.



When the tower is built, take away 1 piece at a time.

Try not to make the tower fall.

Activity

Tell your child this story:



'I had a fight with my best friend
because I felt left out.'



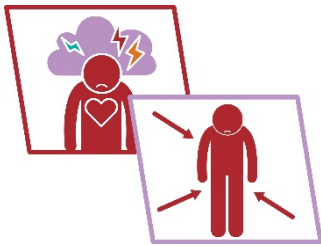
1
2
3

Ask your child to tell you 3 ways they might solve this problem.

Managing stress

Activity

Ask your child about:



- a time when they felt stressed
- what it felt like in their body.

You might talk about things like:



- sweaty hands
- butterflies in the tummy.

Activity

With your child, write a list of things you can do when you feel:

- stressed
- worried
- angry.



Put the list in a place where everyone can see it.

Asking for help

Activity

Ask your child to help a family member do a job around the house, like putting the dishes away.

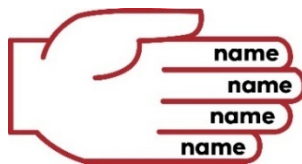


Activity

Trace a picture of your child's hand.



Write the name of someone your child can ask for help on each finger.



Put the hand in a place where everyone can see it.



Other things you can do

Activity



Teach your child to be grateful or thankful for something.



For this activity, you will need a set of coloured straws or sticks in 5 different colours.



On a piece of paper, write down each colour.

Next to each colour, write 1 of these sentences:



- name a person you are thankful for



- name a place you are thankful for



- name a food you are thankful for



- name a thing you are thankful for



- name something else you are thankful for.



Take turns to pick up a straw or stick.



Match the colour to the sentence you have written beside that colour.



Use the sentence to talk about what you are thankful for.

Activity

Ask your child to collect pictures of things they are grateful or thankful for, like:



- people
- events
- things.

You or your child might:



- find them
- draw them
- print them
- cut them out of magazines.



Make a poster by sticking all the pictures on a large piece of paper.



Put the poster up in your child's bedroom.

Activity



Teach your child to calm their own thoughts.



Sit with your child in a place where you are both comfortable.

Ask your child to:



- close their eyes
- breathe deeply
- relax.

Next, ask your child to:



- breathe in through their nose for 4 seconds



- hold their breath for 7 seconds



- breathe out through their mouth for 8 seconds.



Go through these steps 4 times.

Years 3 and 4

Understanding feelings and emotions

Activity



Watch a TV show with your child.



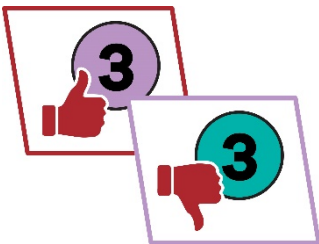
Take turns to name the feelings and emotions of a character on the show.



Talk about the different feelings and emotions of that character.

Activity

Ask your child to think about their day and name:

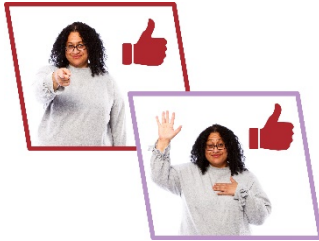


- 3 positive feelings and emotions
- 3 negative feelings and emotions.

Feeling good about who they are and what they do

Activity

Ask your child:



- What are you good at?
- What am I good at?



Give your child a chance to ask you the same questions.

Activity



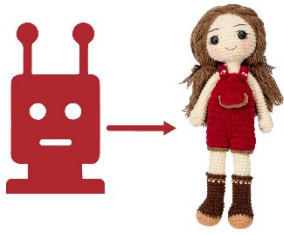
Ask your child to do something kind for another member of their family.



Ask your child to tell the rest of the family about the kind thing they did.

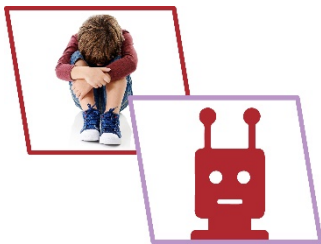
Learning how to cope when things go wrong

Activity



We call this activity 'robot to rag doll'.

Ask your child to:



- curl up into a ball
- make their body tight and hard like a robot.

Now ask your child to:



- slowly go soft and loose
- turn their body into a floppy rag doll.

Activity

Ask your child:



- What is an apology?
- What does it feel like when someone says sorry to you?
- What makes a good apology?

Problem solving

Activity



Ask your child to talk to another member of their family.

Tell your child to ask that family member:



- What is a small problem you have faced?
- How did you solve that problem?
- If you were faced with that problem again, would you solve it:
 - the same way?
 - in a different way?

Activity

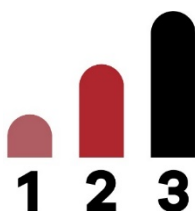
Talk to your child about how big or small some problems they might face are, like:



- you miss your friends at school



- you feel bored being at home all the time.



Give the problems a score.

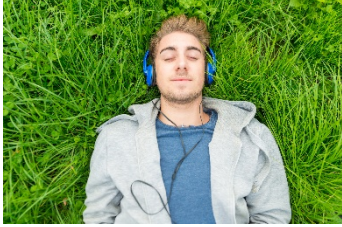
1 is a small problem.

3 is a big problem.

Managing stress

Activity

With your child, write a list of positive things family members can do to:



- relax
- calm down.

Activity

Do something active with your child.



You might:

- draw pictures
- go outside
- listen to music
- dance.



Asking for help

Activity



Trace a picture of your child's hand.

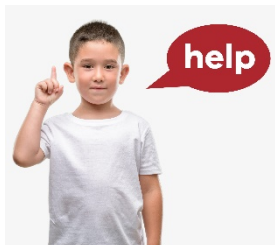


Write the name of someone your child can ask for help on each finger.

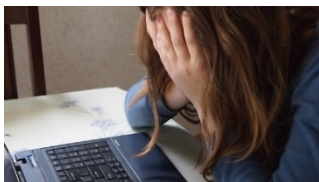


Put the hand in a place where everyone can see it.

Activity



Tell your child a story about a friend who asked for help.



The friend said someone was mean to them when they were online.



Ask your child what advice they would give their friend and why.

Other things you can do

Activity



Teach your child to think in positive ways.



You can do this activity each day for a week.



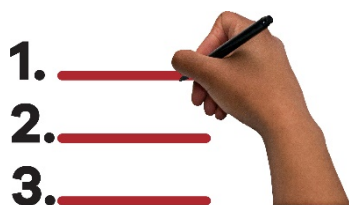
Spend 10–15 minutes with your child.

Ask them about 3 things that went well during their day, like:



- a joke that made them laugh
- something that made them smile.

Ask them to write down:



- those 3 things
- what they did to make those 3 things happen.



This can become a weekly journal for your child.

Activity



Teach your child to be grateful or thankful for something.



With your child, make a family gratitude tree or wall.



Collect colourful things like:

- paper
- ribbons
- string.



Cut the paper into pieces the size of a postcard.



Together, write things on the paper that you are grateful or thankful for.



You might:

- tie the pieces of paper to a plant or tree
- stick them up on a wall

Put them in a place where everyone can see them.

Activity



Teach your child to calm their own thoughts.



Sit with your child in a place where you are both comfortable.



Ask your child to:

- close their eyes
- breathe deeply
- relax.

Next, ask your child to:



- breathe in through their nose for 4 seconds



- hold their breath for 7 seconds



- breathe out through their mouth for 8 seconds.



Go through these steps 4 times.

Years 5 and 6

Understanding feelings and emotions

Activity



Ask your child to think about their day and name 3 feelings or emotions.

Activity



Ask your child to tell another family member about their day.



Ask the other family member to guess what feelings and emotions your child felt.

Feeling good about who they are and what they do

Activity



Ask your child to do something that makes life easier for another member of your family.

Activity

With your child, plan to do something kind for a:



- family member
- friend
- neighbour.

You might:



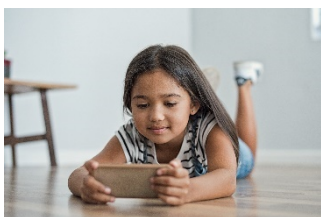
- check if an older person needs help with something like shopping



- call a family member you don't live with just to say hello



- write a letter to a friend and post it to them



- send an email to a friend.

Learning how to cope when things go wrong

Activity



Ask your child to write notes with positive messages for other family members.

Leave the notes in places where the other family members can find them.

Activity

Do an activity with your child. You might:



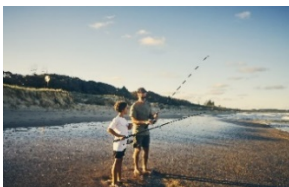
- draw a picture together



- listen to soothing music



- hug each other



- do a hobby you both like.



Talk to your child about how doing the activity made you both feel.

Problem solving

Activity



Ask your child how they would solve a problem they might face.

For example:

‘You have some very important schoolwork to do.

It is due today.

The internet is not working.’



Activity



Talk to your child about a problem your family faces a lot.



Write a list of ways you could solve this problem.

Managing stress



Activity

Talk to your child about a time when you felt stressed.

Tell your child how you managed your stress.



Ask your child to tell you about a time when they felt stressed.

Ask your child how they managed their stress.



Activity

Make a space in your home where anyone can go:

- when they feel stressed
- want to calm down.

Asking for help

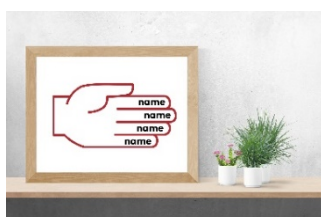


Activity

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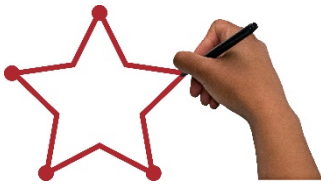


Write the name of someone your child can ask for help on each finger.

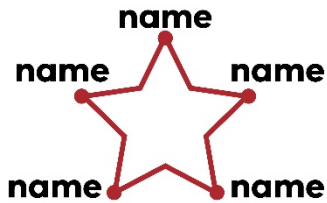


Put the hand in a place where everyone can see it.

Activity



Draw a star with 5 points.



Write the name of someone your child can go to for help on each point of the star.



Write how they helped that person.

Other things you can do

Activity



Teach your child to think in positive ways.



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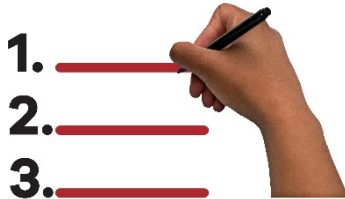
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- close their eyes
- breathe deeply
- relax.

Next, ask your child to:



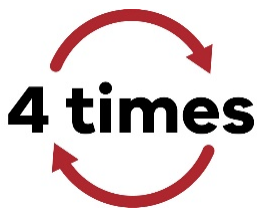
- breathe in through their nose
for 4 seconds



- hold their breath for 7 seconds



- breathe out through their mouth
for 8 seconds.



Go through these steps 4 times.



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