

Wellbeing activities and conversation starters for parents of primary school-aged children



There are a range of activities that will help build and maintain your child's wellbeing. Most of them are short and require very few materials.

The activities cover six key elements that are important to wellbeing. There are also activities that focus on positive thinking and gratitude as well as breathing exercises that promote calm.

These activities are based on the optional Resilience, Rights and Respectful Relationships teaching and learning materials.

Six key elements that are important to wellbeing



Understanding emotions

Understanding emotions helps your child to understand themselves and other people.

We can do this by focusing on recognising, expressing and managing emotions.

Understanding emotions is key to building empathy and self-awareness.



Personal strengths

Help to build your child's ability to recognise and understand positive qualities in themselves and others.

This will help to build your child's self-confidence and the capacity to face and manage challenges.



Positive coping

Provide opportunities for your child to discuss and learn different types of coping strategies.

This will increase your child's ability to manage stress, control impulses and overcome obstacles.



Problem solving

Your child can develop their critical and creative thinking skills to explore different types of problems.

This can build your child's ability to make responsible decisions that consider the likely consequences of different ways of solving problems.



Stress management

Learn about different calming strategies to deal with stress.

This can help your child to cope with challenges they are facing now and in the future.



Help seeking

In these challenging times, it is important to normalise asking for help.

Your child will learn to recognise situations in which to seek help, identify trusted people in their lives to ask for help and practice asking for and providing help.





For students in Foundation level



Understanding emotions

Goal: Understanding our emotions.

Activity: With your child, name the different emotions that characters in your favourite TV show or story book are feeling. How many can you name? Ask: *How can we work out what emotions other people are feeling?*



Personal strengths

Goal: Recognise our strengths by talking about things we are good at.

Activity: With your child, take turns at drawing a portrait of each other. Around the portrait write all the things you think each other is good at.



Positive coping

Goal: Identify positive ways to cope with negative emotions.

Activity: Come up with five things we can do to feel better when we are sad.



Problem solving

Goal: Recognise solutions to problems.

Activity: Come up with three positive and different ways to solve this problem: *You and your family arguing over which show to watch on TV.*



Stress management

Goal: Identify activities that can help to reduce our stress levels.

Activity: Ask your child to interview different family members and then draw a picture of them. Your child can ask: *What do they like to do to help them calm down or cheer up?*



Help seeking

Goal: Identify people who we can go to for help.

Activity: Make a "hand" or "star" to show five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere it is visible to everyone.