

Ideas to support children's mental health



Soothing Music

Play soft, calming music during nap time. Gentle lullabies or simple soundscapes like ocean waves can help babies relax.



Expressing Emotions Through Art

Teens can use art, writing, or music to process their feelings. They might paint how they feel, write a song, or make a short poem about something that's been bothering them or something they love.



Feelings Charades

Play a game of charades where everyone acts out a feeling (happy, mad, excited, frustrated). After each round, talk about what makes people feel that way.



Share a positive emotion

When we smile, laugh, or show kindness, others around us can "catch" those positive feelings too!



Give us a call on 0800 970 4669 for more information and help.
Or visit our website
<https://wiltshirefamilyhub.org.uk>