

# Supporting Your Child's Wellbeing

There are many simple and engaging activities that can help build and maintain your child's wellbeing—most require little time or materials and are easy to do at home.

These activities are based on the Resilience, Rights and Respectful Relationships teaching and learning materials and focus on six key elements that support your child's social and emotional development:

- Understanding Emotions – Helping children recognise, express and manage their emotions builds empathy and self-awareness.
- Personal Strengths – Focusing on strengths builds self-confidence and resilience.
- Positive Coping – Learning healthy coping strategies helps children manage stress and overcome challenges.
- Problem Solving – Encouraging critical and creative thinking supports responsible decision-making.
- Stress Management – Practising calming techniques promotes emotional regulation.
- Help Seeking – Teaching children to ask for help when needed encourages connection and support.

The activities also include breathing exercises and opportunities for positive thinking and gratitude—important tools for promoting calm and building a positive mindset.

Try incorporating one or two activities into your weekly routine—they're a great way to support your child's wellbeing, now and into the future.

*Mrs Andrea Vakulczyk*  
Mental Health & Wellbeing Leader 

