

MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER)

SUMMER DAYS WELLBEING ACTIVITIES FOR CHILDREN

DAUPHIN COUNTY MH/A/DP
JULY 2023- MENTAL HEALTH TIDBIT

It's that time of year again; school's out for summer and the sun is (sometimes) shining.

With the lack of school day structure and routine, summer days can potentially be challenging for children and adults alike. That's why it's important to focus on maintaining positive mental health (now and always!).

6 top summer days wellbeing activities for children will help your kids have fun and look after their wellbeing at the same time:

- **Get creative with some art activities.** One of the most fun and varied summer wellbeing activities is doing something creative! Whether this involves paints, pens, glitter, collage materials or sewing kits, encouraging children to use their creativity is wonderful for their wellbeing.
- **Go on a reading adventure.** Get lost in a different world through reading! Books can take us on adventures to faraway lands and mystical realms, as well as teach us important lessons and expanding our minds. You can introduce sensitive subjects to children through books to help them become aware of important mental health topics
- **Focus on building self-esteem with fun activities.** One of the best investments you can make for your child's wellbeing is helping to boost their self-esteem. This will help them create a healthy self-image and build confidence in themselves, enabling them to face life's challenges with resilience. From mindful breathing exercises to gratitude and outdoor explorer meditations, there's a full range of mindfulness and self-esteem activities for you to check out (**See link below**).
- **Explore nature together.** Whether it's a simple walk in your neighborhood park, or a trip to one of the U.S.'s stunning national parks, taking the time to explore nature with your child can help you to connect with each other and with our beautiful natural world. Spending time in nature has proven benefits for wellness, both mental and physical.
- **Make your own positive affirmation cards.** Positive affirmations are really powerful tools to cultivate positive thinking, transform negative beliefs and practice self-love! A lovely activity you can do with your child is to ask them to think of their own positive affirmations and design their own cards. You can help them write the affirmations (if needed), and they can do their own drawings for each one.
- **Cook up some delicious treats.** Of all the summer wellbeing activities we love, this one is a special summer activity as it provides tasty treats at the end of it! Take a break and get creative in the kitchen with your favorite selection of recipes. Baking is a great way to spend quality time with your children and make something delicious to enjoy in the process!

Excerpts from: Twinkl Life: [10 Summer Holiday Wellbeing Activities for Children - Twinkl](#)
Mindfulness Activities: [Mindfulness and Meditation in Schools | UKS2 Resources \(twinkl.com\)](#)