

Family Support Worker Tips and Ideas – Week 5

Yoga for children

Yoga is a great form of exercise for children that is also calming. It can be a good activity to introduce as part of a bedtime routine, or in the day as a relaxing activity. There are lots of resources online of yoga poses you can teach your children. Alternatively, Cosmic Kids Yoga has a Youtube channel where they use yoga poses to tell a story. They have videos based on lots of different interests like Harry Potter, Frozen and Star Wars. Find them here: <https://www.youtube.com/watch?v=0ImHIWzP49M>

Mental health awareness

This week is mental health awareness week. As parents your mental health is of course incredibly important too. Mind has some great resources, information and advice https://www.mind.org.uk/get-involved/mental-health-awareness-week/?gclid=EAIaIQobChMI9NSks4fH6QIV8IBQBh2Zjw1uEAAYASAAEgIAsPD_BwE
"Speak out about how you feel, you will be surprised at who is willing to help you."
"It's okay to feel however you feel, people cope and react to things in different ways."

Mindfulness activity – Glitter jar

Children of any age can create a glitter jar. A glitter jar can be a nice tool to use to help with mindfulness. The glitter in the jar can be used to represent your thoughts, swirling around in a mad rush. If your child is feeling upset or worried, ask them to shake the glitter jar and watch while the glitter floats about and eventually settles at the bottom.

How to make a glitter jar:

1. Find a clear glass jar with a lid. Let your child decorate it however they like. If you can't find a jar, a plastic bottle can work too.
2. Fill the jar up $\frac{3}{4}$ of the way full with water.
3. Fill the remainder of the jar with clear glue and glitter. It's a lot less messy if you use a funnel to get the glitter into the jar!
4. Shake the jar and check it works how you like. Add more glitter if needed.
5. Tighten the lid well and seal it up with glue.

Remember to introduce tools like this to your child for the first time when they're feeling calm so that they are able to take on board what they're for. If they're emotionally flooded, it's not a good time to introduce something new.

Family Support Worker

If you'd like more information about these tips and ideas or if you have other questions, please don't hesitate to contact me. Maybe you'd like advice around things such as anxiety, raising self-esteem or sibling rivalry.

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