

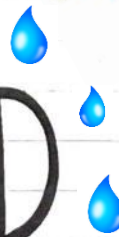
Grow



your



MIND



A guide for  
Primary School  
Kids



### **Introduction to this resource pack:**

We find ourselves in a new and challenging time in which not only our physical health is at risk but our mental health and wellbeing. With schools being closed, you as parents and carers have been asked to take on additional roles and responsibilities which can at times feel overwhelming. This pack is here to support you to support your children.

**So how do we continue to support our children to grow and develop a strong mind in the new environments we find ourselves in?**

There are lots of things you can do at home to support your children to develop the resilience and curiosity to cope with a changing world. Not only is this helpful in the current climate, it will continue to be helpful and stand them in good stead as it can help to support their academic abilities, help them to form healthy social relationships and vitally, contribute to building positive mental wellbeing.

Each week a new section of this pack will be available to download/sent out to you. Each week will focus on a different topic that encourages the development and maintenance of a growth mindset (Dweck, 2007).



The New Economics Foundation developed and researched the five ways to wellbeing. These include:



The children's society (2014) added that, for children and young people, play and creativity was also vital to mental health and wellbeing. Within this pack, each of our topics connects to these themes.

**The key topics that will be covered include:**

- Week 1: Emotions
- Week 2: Relaxation
- Week 3: Positive attitudes
- Week 4: Managing worries
- Week 5: Self-reflection and Goals
- Week 6: Effort and practice
- Week 7: Learning from failure and mistakes
- Week 8: Problem solving
- Week 9: Friendships and connecting with others
- Week 10: Autonomy

This pack is designed to be compatible to view on a computer, tablet or phone and there are worksheets to print if you would like to. However, you can also use it for inspiration and create your own activities using less paper and printer ink.

Let us know how you get on and for questions and queries contact us on [MHST@achievingforchildren.org.uk](mailto:MHST@achievingforchildren.org.uk)