

Home Heroes Checklist

Behaving Mindfully

Resilience is a measure of a child's capacity to 'bounce back' and progress even after setbacks. It's a Healthy Habit we'd like your child to develop. Use this **Home Heroes Checklist** to support their learning.



Let your child know it's okay to ask for help. Being independent doesn't mean struggling alone. It's being brave enough to try and asking for help when needed.

Ask your child to pause before responding to situations with intense emotion. Use the Manage Your Mood poster (below) to identify coping strategies for stress, sadness, anger and disappointment.



Strengthening the prefrontal cortex improves behaviour regulation. Physical activities, particularly those requiring hand eye coordination, create strong neural pathways. Encourage your child to be active for 60mins a day.

Most children don't fear failure; they fear your reactions. Trust them to make chancy decisions. Let them weigh up risks and decide if they're worthwhile. Don't judge the outcomes. Judge their ability to handle them.



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MANAGE YOUR MOOD



	MOOD MANAGEMENT	MOOD BOOSTERS	MOOD BENEFITS
DISTRACTION	DON'T DWELL ON YOUR WORRIES. DO SOMETHING THAT MAKES YOU HAPPY!	<ul style="list-style-type: none"> - DO PHYSICAL ACTIVITY - LEARN SOMETHING NEW - PLAY SPORTS - COMPLETE A PUZZLE 	SOMETIMES, EMOTIONS FEEL BIG AND SCARY. TAKING A BREAK MIGHT MAKE YOU HAPPIER. HAPPY PEOPLE ARE BETTER AT SOLVING PROBLEMS
MINDFULNESS	FOCUS ON THE WORLD AROUND YOU. WHERE ARE YOU? WHAT ARE YOU DOING? HOW DOES IT FEEL?	<ul style="list-style-type: none"> - BREATHE DEEPLY - HOLD A YOGA POWER POSE - DRAW/PAINT A PICTURE - GO ON A NATURE WALK 	FOCUSING ON SOUNDS, SMELLS, TASTES AND TEXTURES IS A WAY TO MAKE EMOTIONS 'SLOW DOWN.' CALM YOUR BODY. THEN, SOLVE THE PROBLEM!
RELEASE	IF YOU'RE AT HOME, OR IN A PRIVATE SPACE, EXPRESS YOUR EMOTIONS	<ul style="list-style-type: none"> - SHOUT AT THE SKY - POP BALLOONS/BUBBLE WRAP - HAVE A LITTLE CRY - STOMP ON PILLOWS (SHOES OFF) 	SOME EMOTIONS ARE HARD TO IGNORE. IF YOUR FEELINGS ARE LOUD (AND YOU'RE IN AN APPROPRIATE PLACE), LET 'EM RIP! EXPRESSING EMOTIONS IS A WAY TO LET THEM GO
SELF-LOVE	TAKE CARE OF YOURSELF. THE HAPPIER YOU FEEL, THE EASIER IT IS TO SOLVE PROBLEMS	<ul style="list-style-type: none"> - TAKE A BUBBLE BATH - WEAR YOUR FAVOURITE OUTFIT - WRITE IN A DIARY - TRY A NEW HAIRSTYLE 	IT'S NORMAL TO FEEL EMOTIONAL. WHEN YOU'RE SAD, BE KIND TO YOURSELF. IT INCREASES POSITIVE FEELINGS AND CONFIDENCE
KINDNESS TO OTHERS	DO SOMETHING KIND/ HELPFUL FOR SOMEBODY	<ul style="list-style-type: none"> - HELP SOMEBODY OUT - GIVE A GIFT - SAY SOMETHING KIND - SMILE AT A STRANGER 	HELPING OTHERS MAKES US FEEL USEFUL. IT'S A REMINDER THAT PROBLEMS ARE EASIER TO SOLVE TOGETHER. WHO CAN YOU ASK FOR HELP?

