

WELL-BEING NEWSLETTER

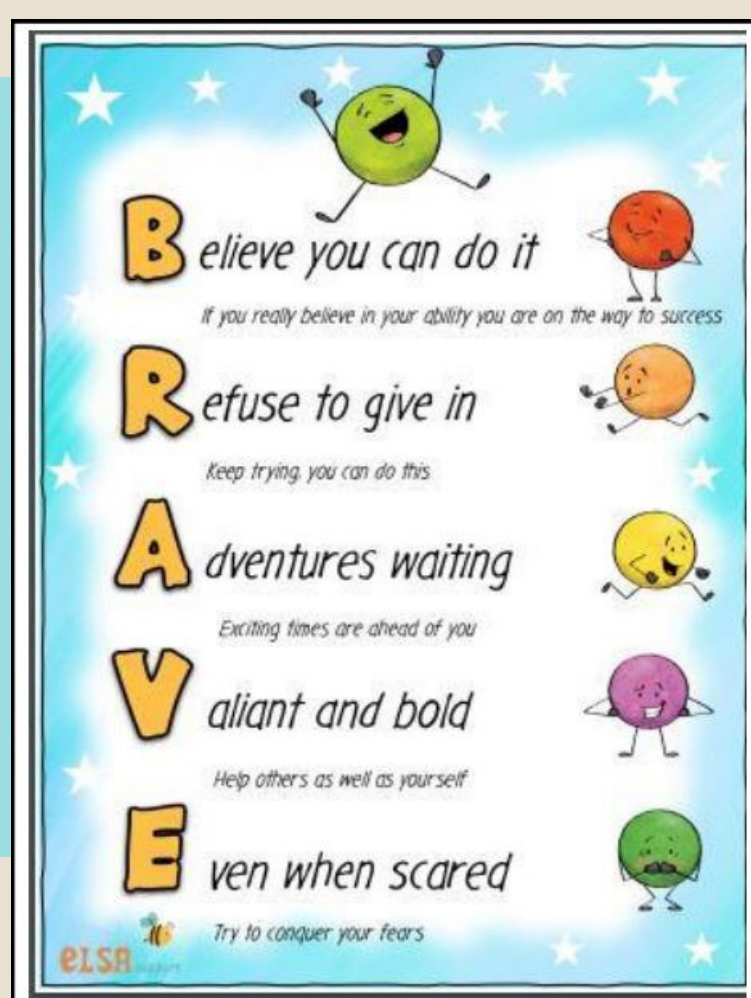
BEING BRAVE TO BOOST GOOD MENTAL HEALTH

WHEN YOU THINK ABOUT BEING BRAVE IT'S IMPORTANT TO STRIP IT BACK AND THINK ABOUT WHAT THIS CAN MEAN FOR CHILDREN. BEING BRAVE ISN'T ABOUT BEING SOME SORT OF SUPERHERO, IT'S ABOUT LITTLE STEPS THAT YOU TAKE EACH DAY. IT MAY BE ABOUT BEING ABLE TO ANSWER A QUESTION IN CLASS, OPENING UP TO AN ADULT ABOUT SOMETHING THAT'S ON YOUR MIND OR PLUCKING UP THE COURAGE TO TRY SOMETHING NEW.

FOR SOME CHILDREN, PUTTING UP THEIR HAND AND ANSWERING A QUESTION IN CLASS CAN BE A REALLY DIFFICULT THING. BUT IF A CHILD NEVER GETS THE OPPORTUNITY TO USE THEIR VOICE OR EXPRESS THEIR THOUGHTS, THEY CAN GET LOST. THIS CAN LEAD TO THEM HAVING LOWER SELF-WORTH: THEY MAY THINK THAT NO ONE WANTS TO LISTEN TO THEM, OR THAT THEY CAN'T TELL ANYONE ANYTHING THAT'S ON THEIR MIND.

TIPS TO HELP CHILDREN BE BRAVE

1. TRY SOMETHING NEW – ASK YOUR CHILD TO DO SOMETHING THAT WILL PUSH THEIR PHYSICAL AND EMOTIONAL SELVES, THIS COULD BE IN DRAMA, MUSIC, OR SPORT, FOR EXAMPLE.
2. TALK POSITIVELY – ENCOURAGE CHILDREN TO CHANGE THE LANGUAGE THAT THEY USE; RATHER THAN FOCUSING ON WHAT THEY CAN'T DO, TURN THIS LANGUAGE AROUND AND GET THEM TO TALK POSITIVELY ABOUT HOW THEY CAN BE BRAVE.
3. HAVE A SENSE OF ADVENTURE – ENCOURAGE CHILDREN TO NOT FOCUS ON THE OUTCOMES AS MUCH, BUT RATHER ON THE PROCESS OF DOING SOMETHING NEW. IT'S IMPORTANT FOR ADULTS TO GIVE CHILDREN THE OPPORTUNITY TO EXPRESS THEMSELVES AND ASK QUESTIONS.



Look for bravery in books

