**Wellbeing tasks – Information for Parents.**

The change that Covid-19 has caused to our lives has been difficult and has provided countless challenges. For many children, the uncertainty and disruption to everyday life has caused worry and anxiety. These tasks are designed to help children process the current situation, begin to make sense of it and plan for returning to a different normal.

**Think**

● Reading or being read to offers hope and positivity. [The Book of Hopes](https://issuu.com/bloomsburypublishing/docs/thebookofhopes_interactivepdf) aims to comfort and encourage children during these unusual times.

**Talk**

● Talk to your child about what they have found most challenging over the last few weeks and what has helped them most during these difficult times. Which of these things are they or you as a family going to continue to do as things return to normality? E.g. continue with daily walks or play more family board games. Write a pledge as a family, recording all of things that you will continue in the future.

**Do**

● Task your child with writing a letter to their future self. Ask them to include advice about things that have helped them to cope and feel optimistic over the last few weeks. When/if your child feels anxious or worried, ask them to read the letter to help them through these days.

**Visit**

● If your child is struggling to adapt to the ‘new normal’, [Mind Ed for Families](https://mindedforfamilies.org.uk/young-people) offers safe and reliable advice on supporting children’s mental health and wellbeing.