

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

This is a fun activity for your child to make a wellbeing box to help them feel happier and less worried. They can make their box and fill it with some of their favourite things. We have also included some mindful wellbeing activities that they can pop in their box to remind them of self-care and positive thinking.

## What skills does this practise?

Mindfulness

Positive Thinking

Stress Management

Self-Care

## Further Activity Ideas and Suggestions

Why not check out [Surviving Parenthood: A Parenting Podcast](#) for more wellbeing ideas? There's also a whole section of the [Parents' Hub](#) dedicated to [wellbeing](#). Explore our range of resources to help you look after your [child](#), [your family](#) and [yourself](#).

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

# Build Your Wellbeing Box



## You will need:

- shoebox or cardboard box
- scissors
- decorating materials (such as wrapping paper, crepe paper, stickers, felt-tip pens or biodegradable glitter)
- white glue or sticky tape

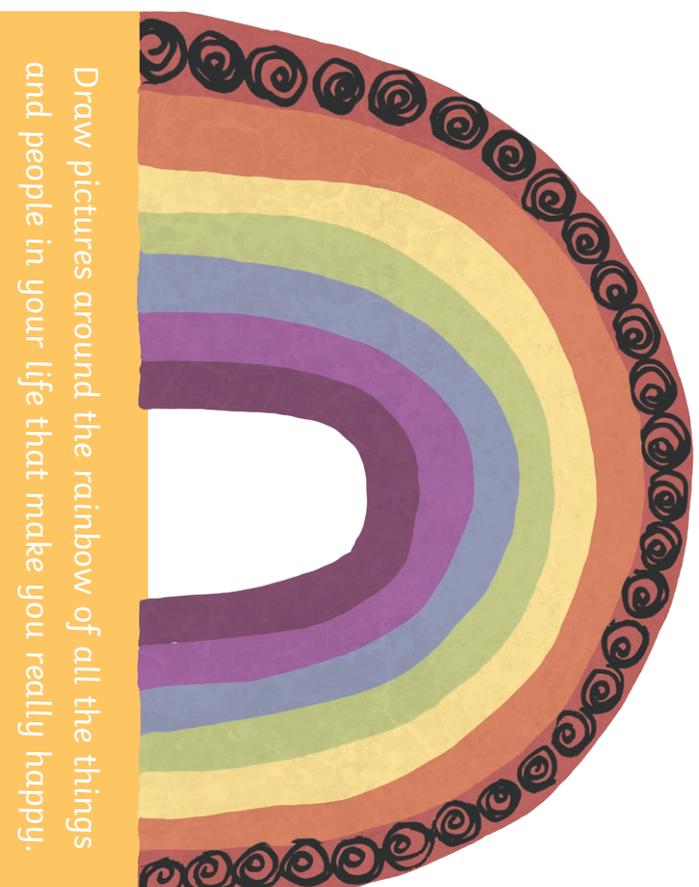
## Optional:

- photos of friends/family
- teddy or toy
- cards from friends/family
- notepad to journal or doodle
- other things that help you feel good to fit inside the box

## Instructions:

1. Decorate your shoe box or cardboard box in any way you like using your chosen decorating materials and happy colours. Make sure you cover the lid separately so you can open and close the box.
2. Mindfully colour in and stick on your name (editable name colouring page included) to the front of your box. There are also some extra decorations you can cut out and stick onto your wellbeing box included in this resource.
3. Leave the glue to dry.
4. Fill your vibrant wellbeing box with things you have chosen that make you feel happy. Feel free to complete and include the 'Positive Affirmation Cards', 'I Am Happy When...' and 'How Can I Look After My Wellbeing?' activities in this resource.

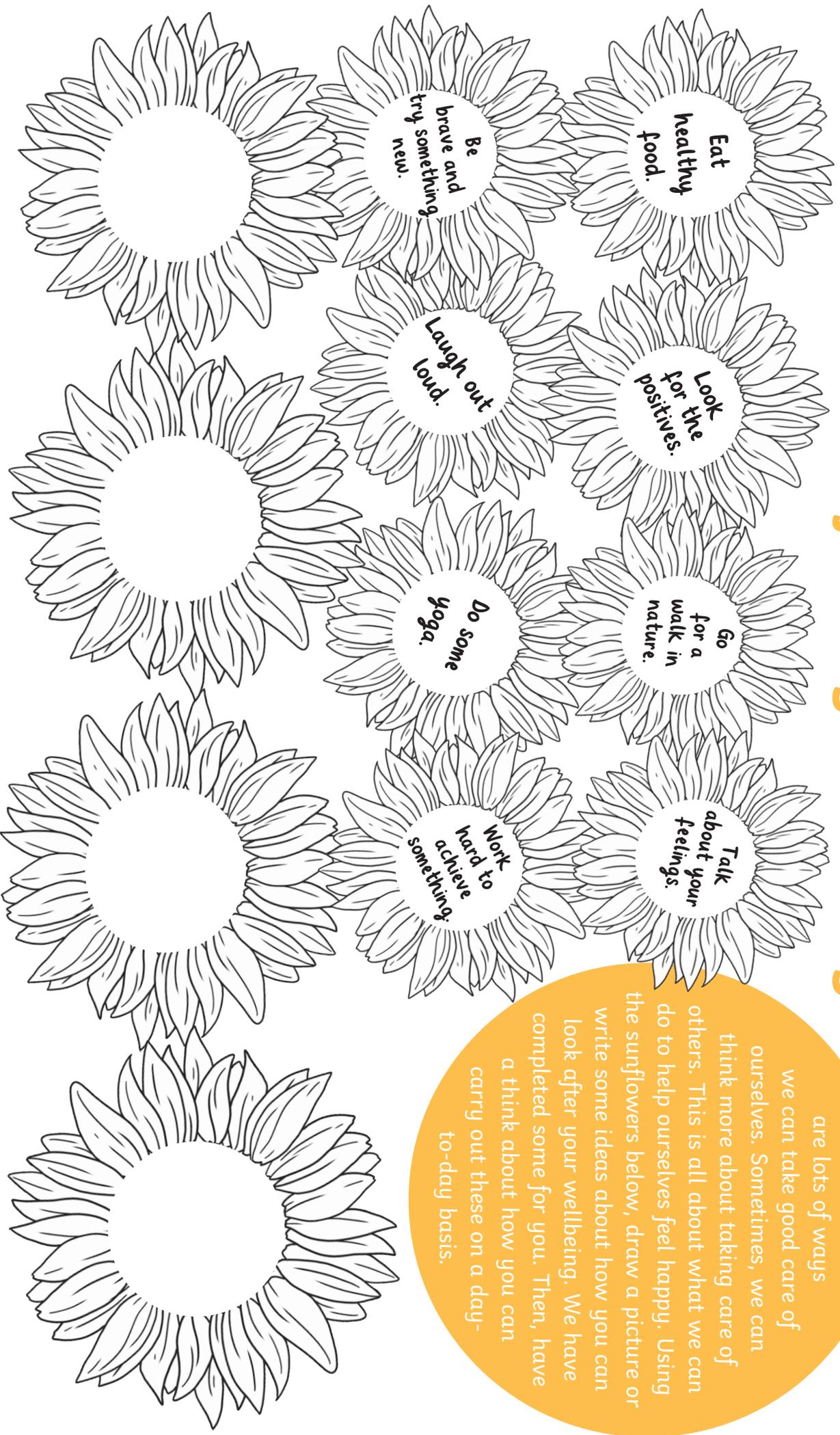
# I Am Happy When...



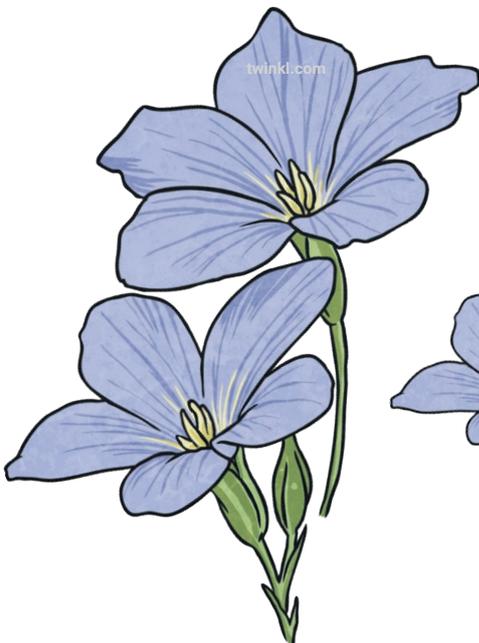
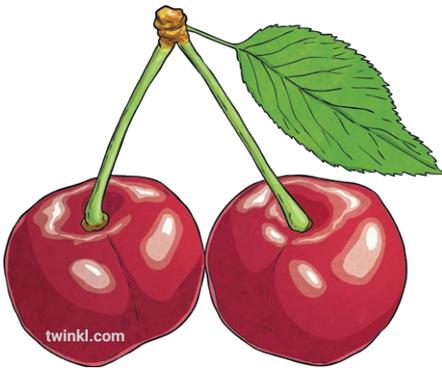
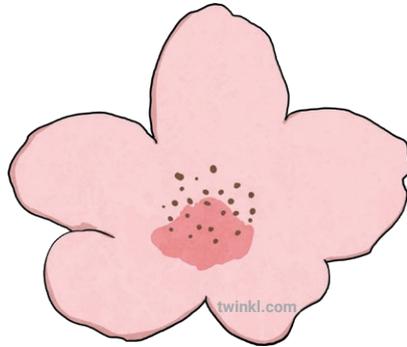
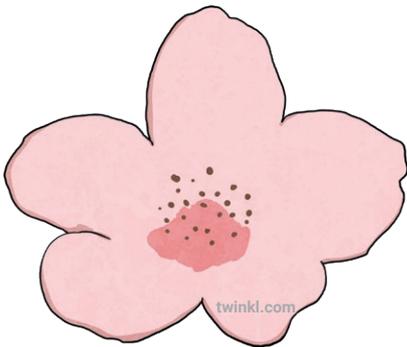
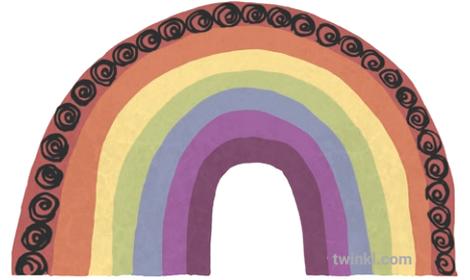
Draw pictures around the rainbow of all the things and people in your life that make you really happy.

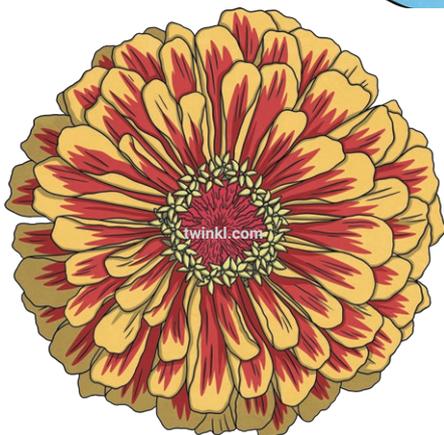
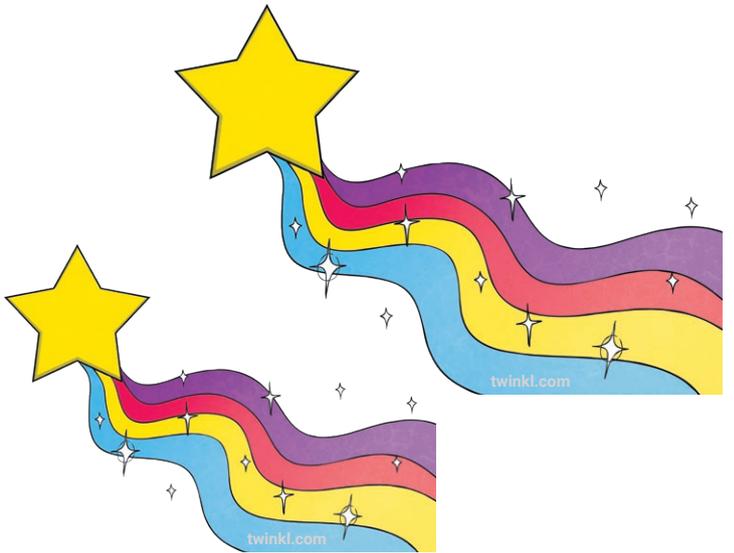
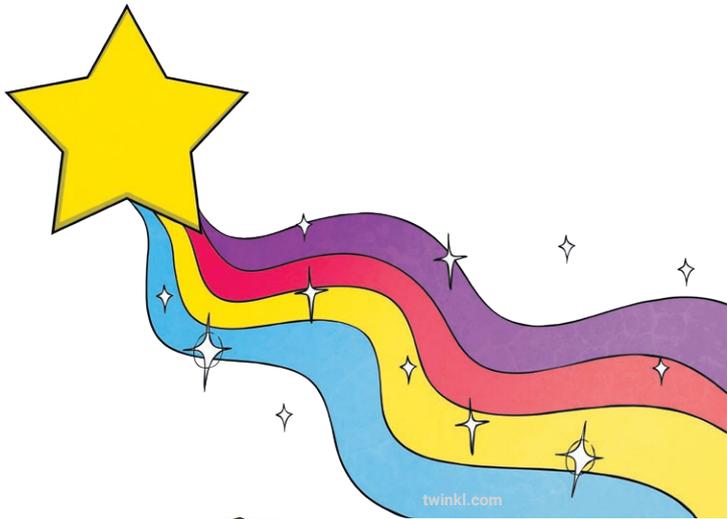
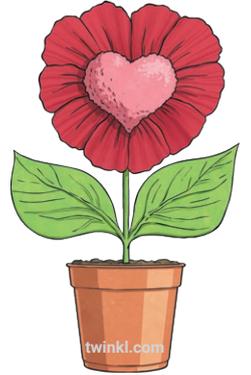
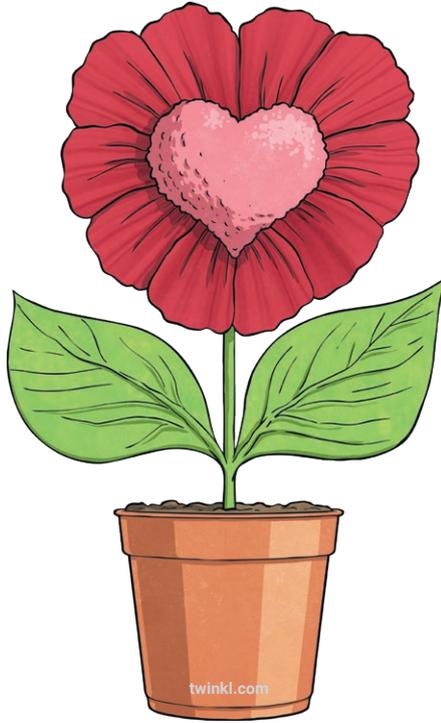
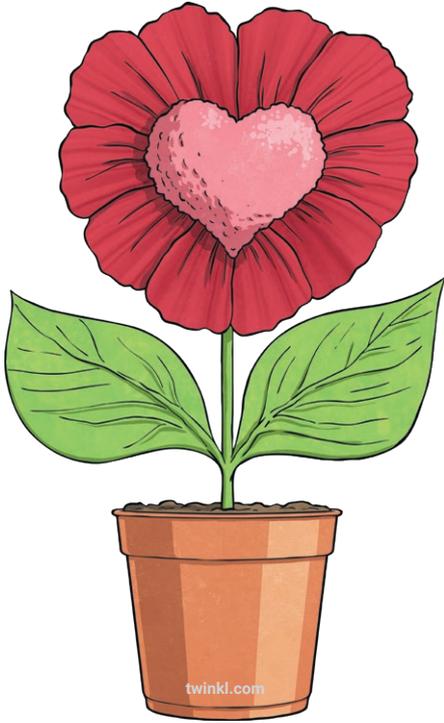
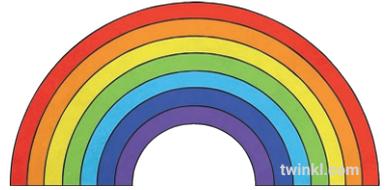
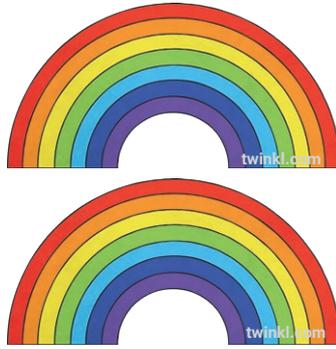
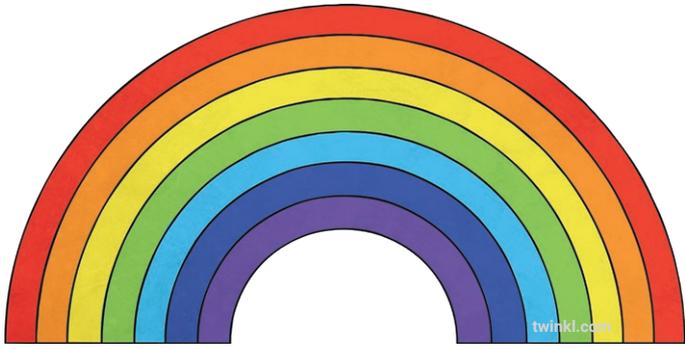
# How Can I Look after My Wellbeing?

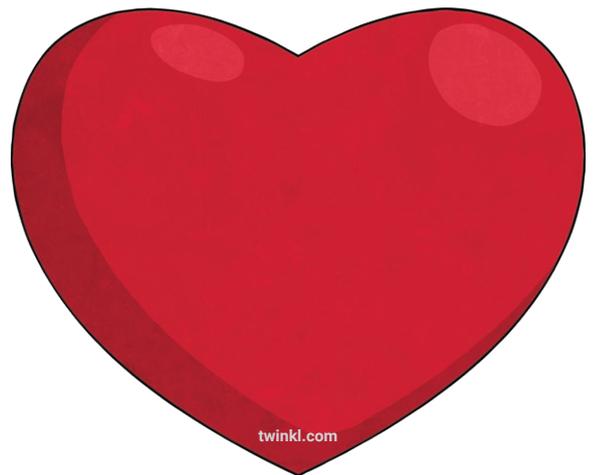
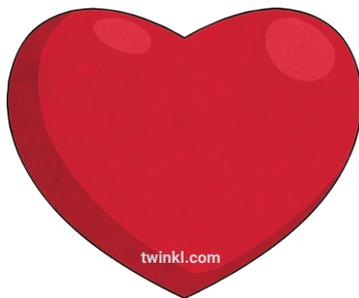
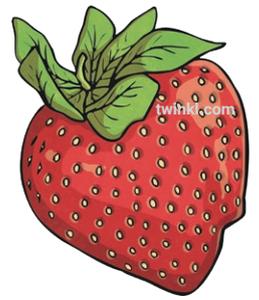
There are lots of ways we can take good care of ourselves. Sometimes, we can think more about taking care of others. This is all about what we can do to help ourselves feel happy. Using the sunflowers below, draw a picture or write some ideas about how you can look after your wellbeing. We have completed some for you. Then, have a think about how you can carry out these on a day-to-day basis.



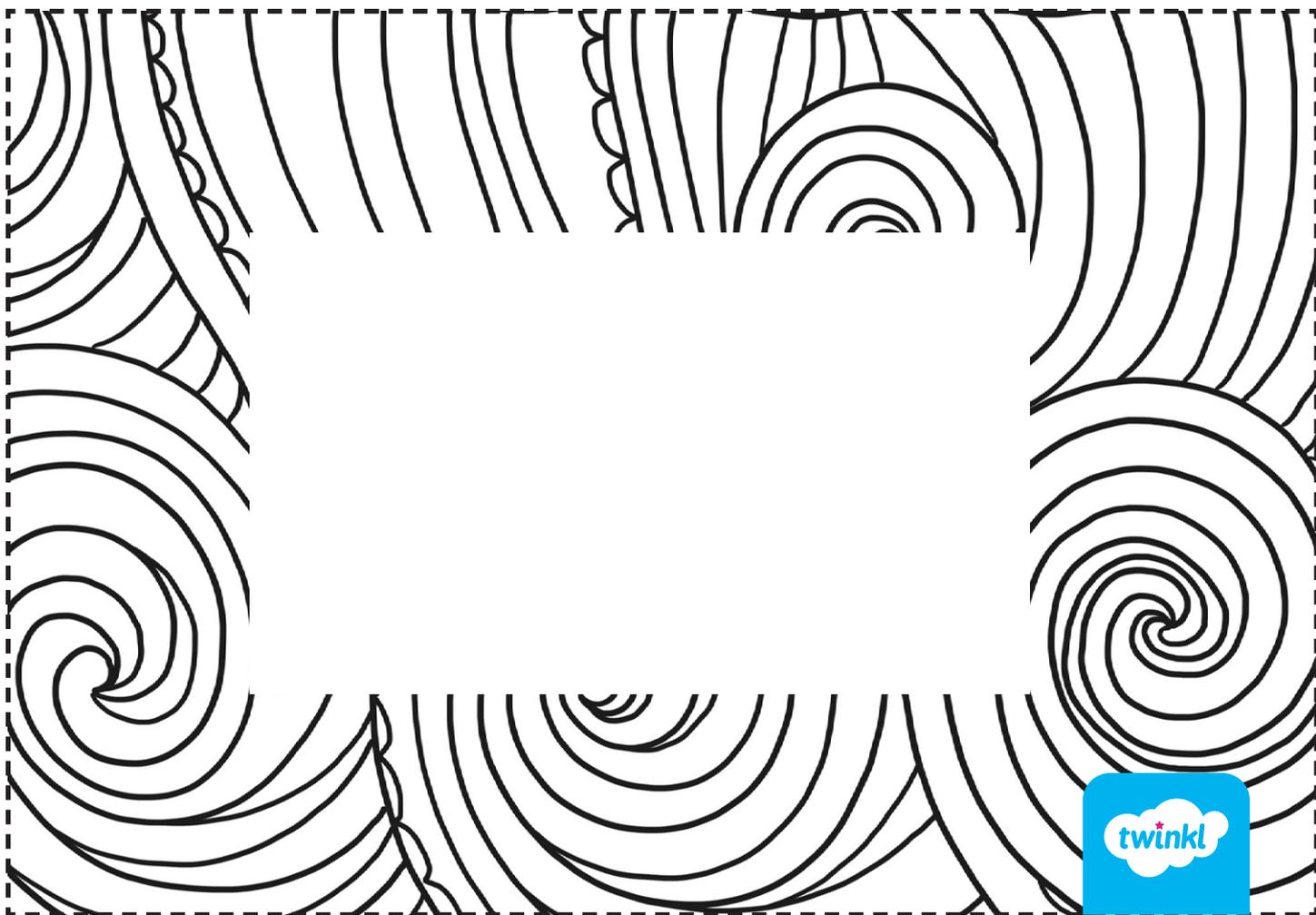
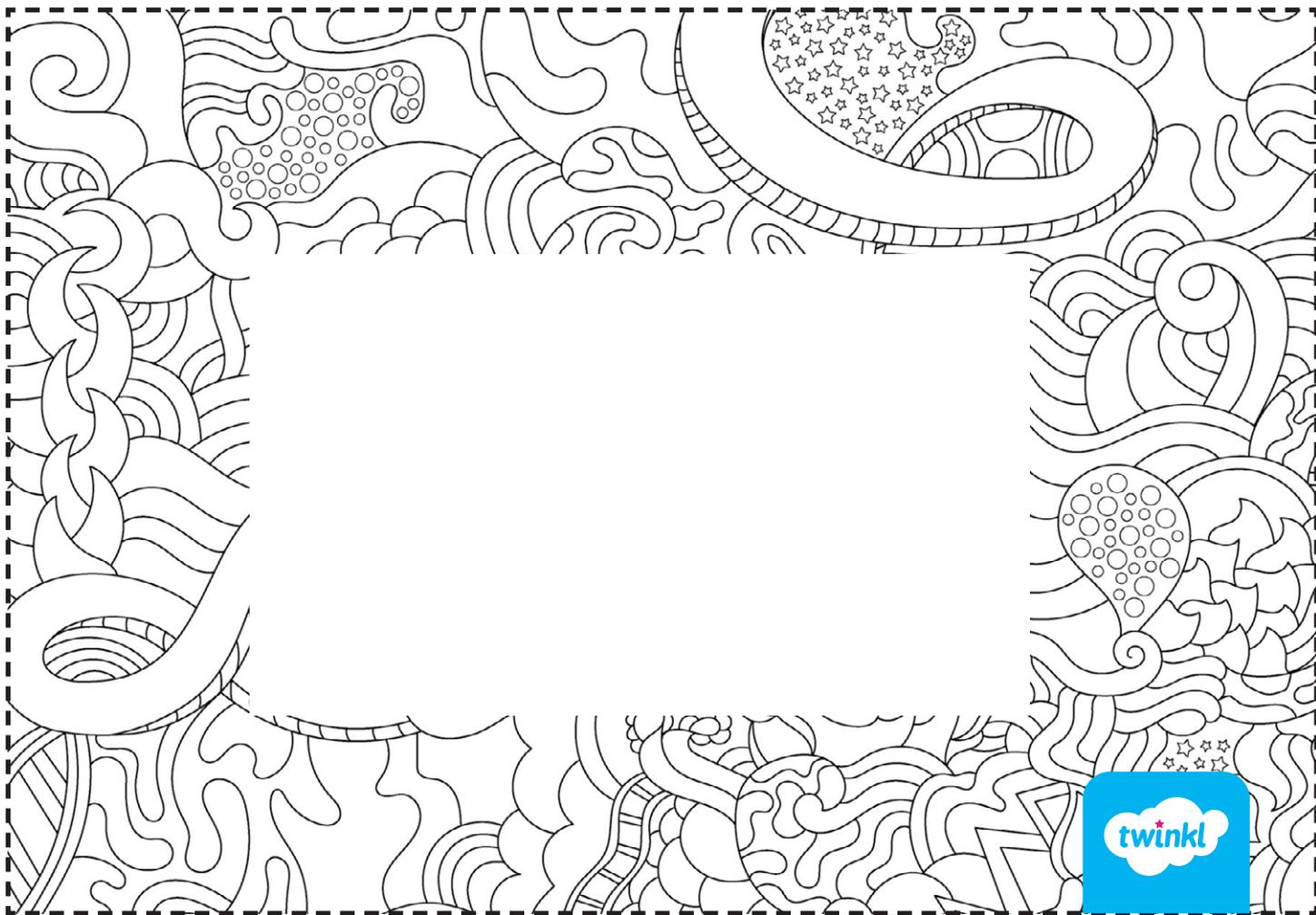
# Cut-Out Decorations



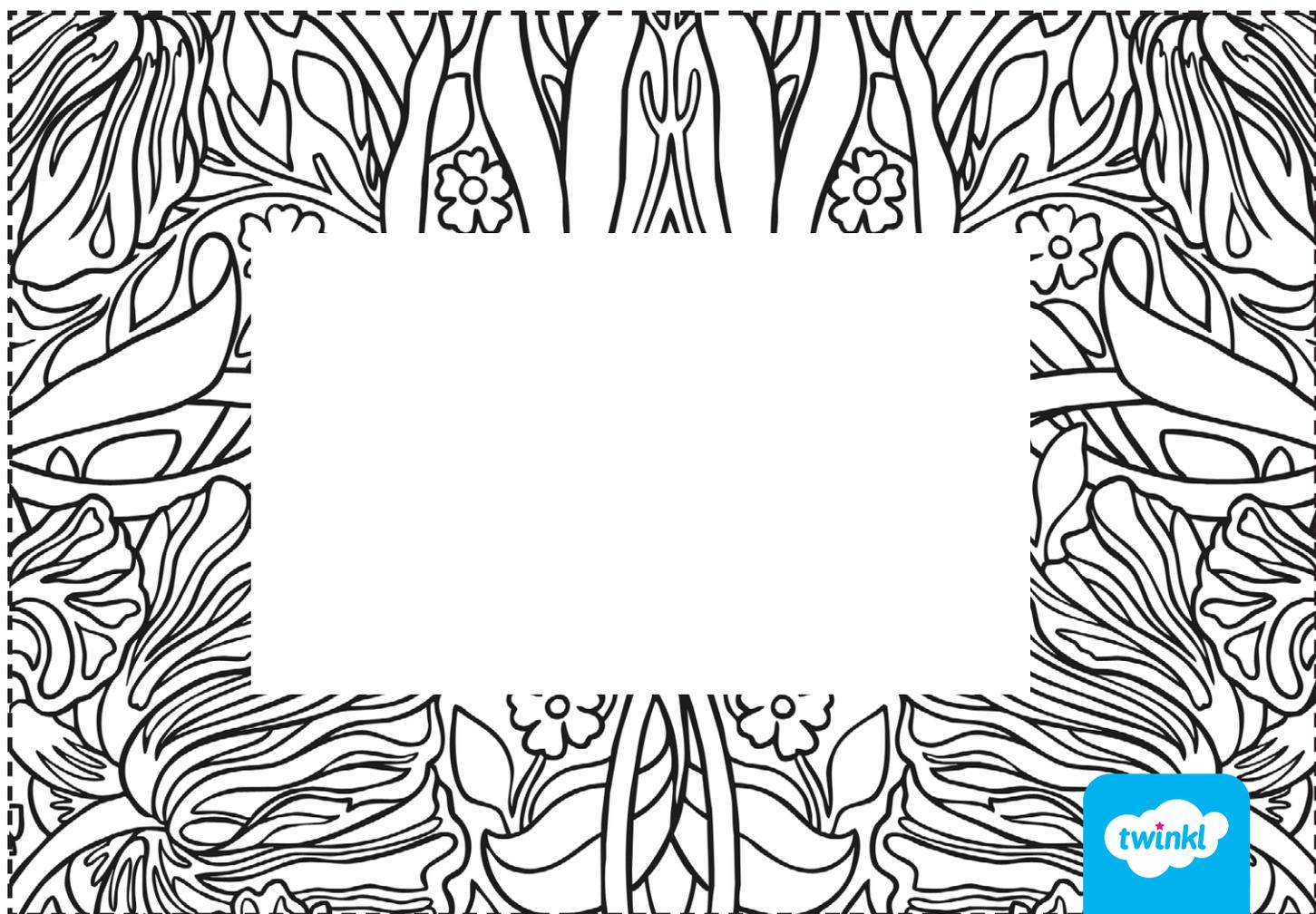
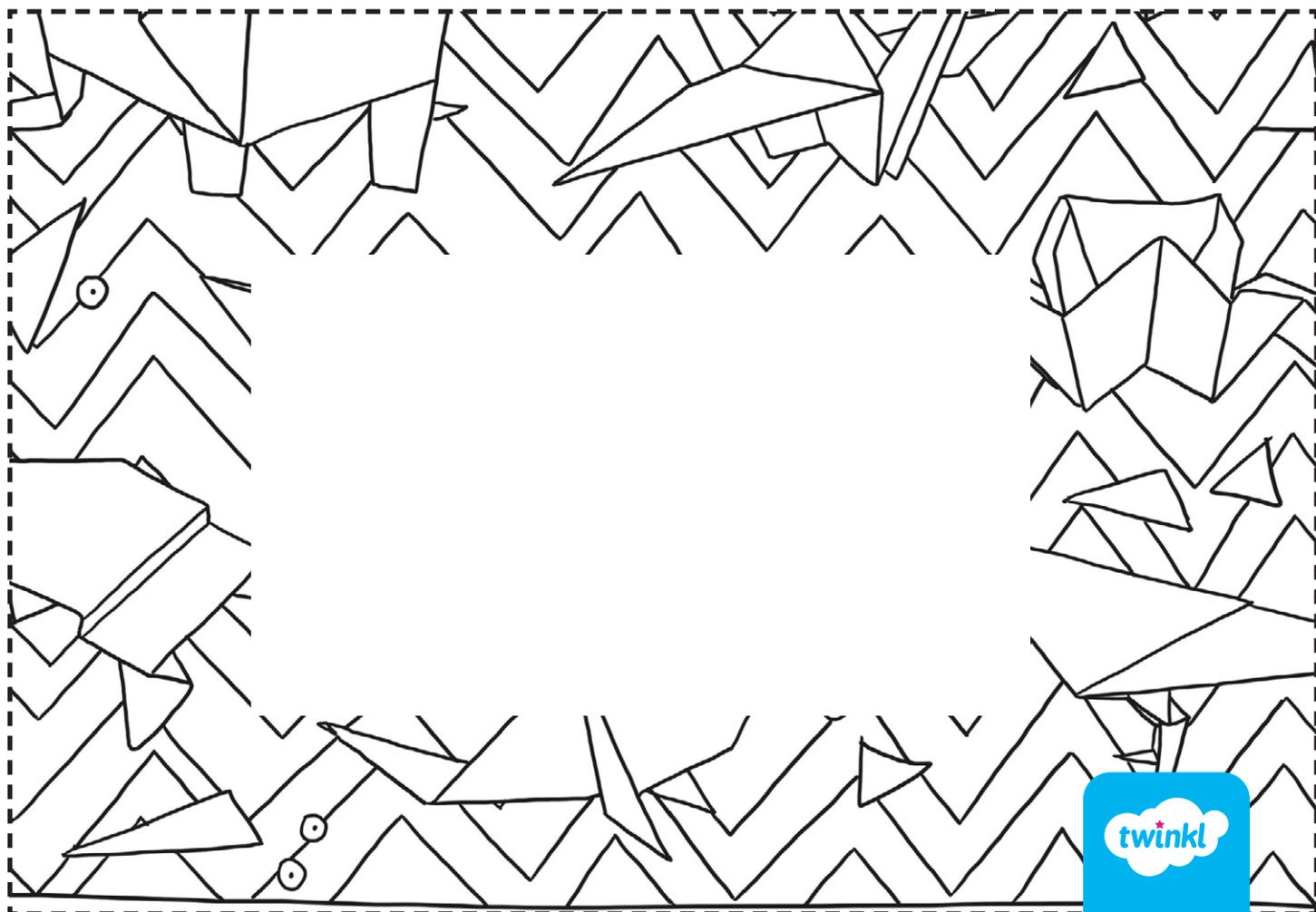




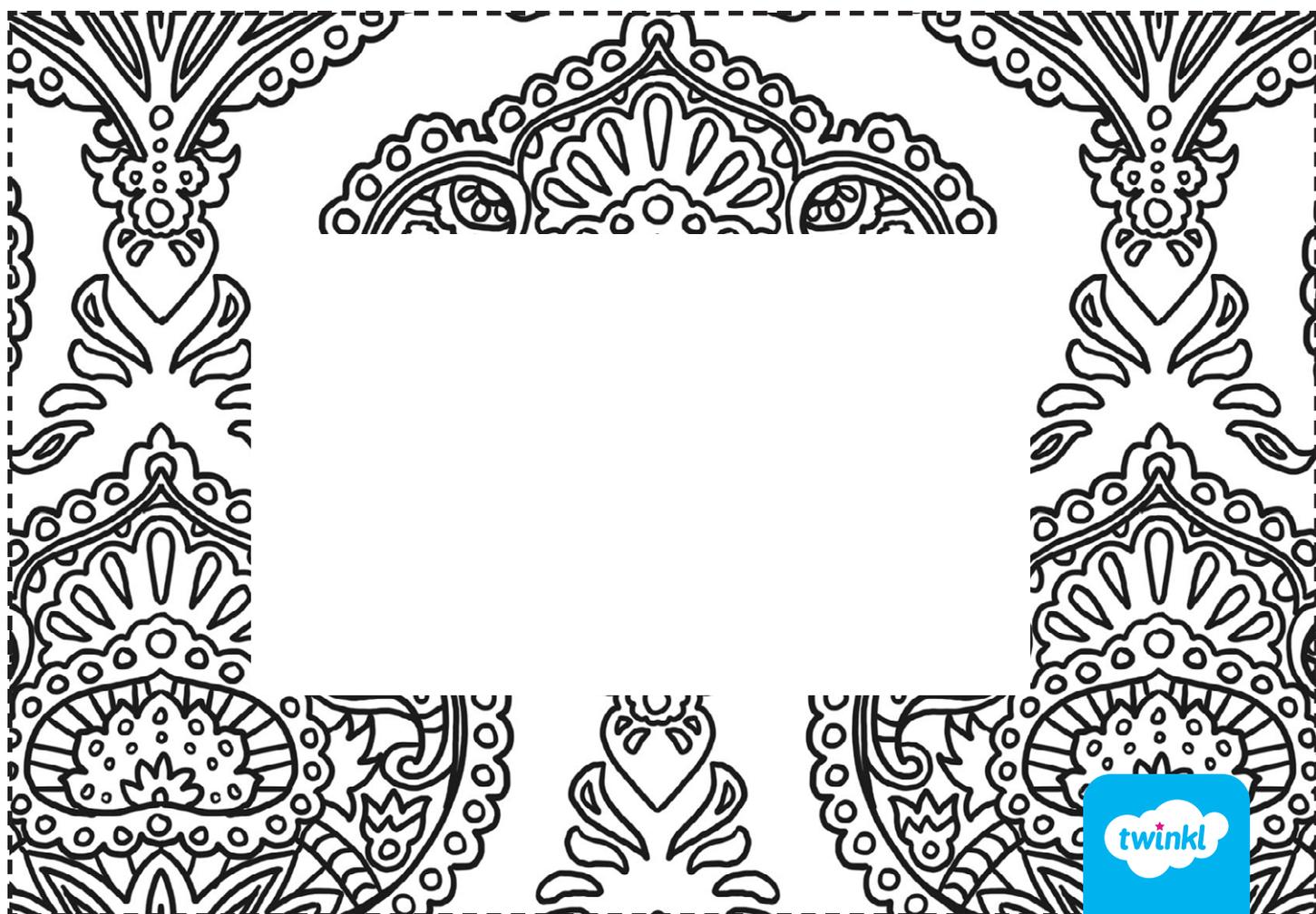
# Mindfulness Name Colouring



# Mindfulness Name Colouring



# Mindfulness Name Colouring



# Positive Affirmation Cards

I take  
good care  
of myself.

I look  
for the  
positives.

I am  
confident.

I am  
calm and  
happy.

I breathe  
deeply.

I own  
up to my  
mistakes.

I am  
capable.

I try hard  
and don't  
give up.

# Positive Affirmation Cards

I am  
loved and  
lovable.

I let go of  
negative  
thoughts.

I am truly  
unique.

I am a  
kind  
friend.

I am  
proud of  
who I am.

Being active  
makes me  
happy.

I look  
after my  
feelings.

I make  
great  
choices.

**\*Disclaimer:** We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health or the mental health of your children.

Some ingredients and/or materials used might cause allergic reactions or health problems. You should ensure that you are fully aware of the allergies and health conditions of those taking part. If you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Activities listed within the resource should always be supervised by an appropriate adult. Children should be supervised when using sharp items such as scissors or other tools. Please make sure you are aware that children may put craft items into their mouths, and that they should wash their hands afterwards. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care and that we will accept no liability as a result of the activity.