



National  
Literacy  
Trust

<https://wordsforlife.org.uk/>

### Tips for parents

Your child might find it easier to express their worries by writing it down, or see it reflected in a book they're reading.

[Read our top parttips for more advice](#)

[Find more help from our ners and experts in children's mental health, Place2Be](#)

### Activities for children

[Make a calm down glitter jar](#)

This arts and crafts activity is fun, simple and can help calm your child during emotional times.

[Write a worry journal](#)

By putting pen to paper, your child can work out what's bothering them and think about ways to make them feel better.

[Try some mindfulness colouring-in](#)

Print and colour in these activities for your child, courtesy of Flying Eye Books and Usborne, to help soothe your child.

[Choose a book from our book list](#)

Find a book to help your child feel happier and more confident.

[Win a book all about your body and mind](#)

Enter our competition to get your hands on a book all about mental or physical health.

- Around five children in every classroom have a mental health problem and many more struggle with challenges from bullying to bereavement. There are lots of tips to help your child look after their mental wellbeing and speak about their worries.
- **Watch a video** - In this video author of *Ruby's Worry*, Tom Percival, talks about his books and shares his top tips for looking after your mental health.
- [https://youtu.be/krY2Jqs\\_JhQ](https://youtu.be/krY2Jqs_JhQ)

