



Supporting our children with managing their emotions and self- confidence.

Tuesday 7th February 2023



LET'S CONNECT



What is mental health?



Emotion Mood Meters

Angry	Tense	Optimistic	Inspired
Enraged	Jittery	Hopeful	Elated
Frustrated	Anxious	Pleased	Motivated
Alienated	Discouraged	Serene	Fulfilled
Pessimistic	Lonely	Calm	Balanced
Hopeless	Drained	Content	Grateful

What is our role in supporting our child's mental health?

- To equip them with the tools to live a successful, positive, and happy life.
- Encourage children to see the power they have to create change in the world, no matter how small or big.
- To ensure our children feel: seen, heard, validated and valued.

Opening up powerful conversations

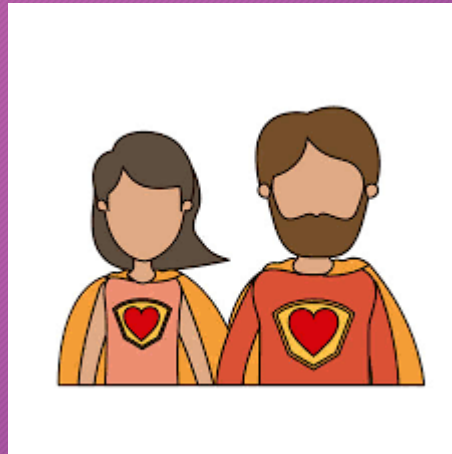
https://www.youtube.com/watch?v=r_yAt0h3yV0

Role (Real) Models

- Partner Talk: Who was your role model growing up? Why?
- Do you know who your child views as a role model?
- Why?
- If you don't know this is not a judgment, but an action that you can take away to connect and find out.

You are a role (real model)

- Remember your child sees every day heroes in you .



You are your own superhero

All of us are unique. We have different personalities, strengths, weaknesses and habits. But these are differences to celebrate and use to our advantage.

It is so important that we talk to our children about not comparing themselves to others too much.

Discussion point: What are your experiences of this?

We were meant to be unique.

It's impossible to be the same as anyone else, so it's pointless trying. The world would be a boring place.

Encourage your child to consider the following questions:

1. What are you good at?
2. What matters most to you?
3. What do you want to achieve in the next ten years?
4. What do you have a passion for?
5. Does it matter what others think of you?
6. When did you last push the boundaries and do something out of your comfort zone?

Supporting your child with GOAL SETTING

- Setting goals helps your child to focus:
- They learn to understand what they really want and understand why they have to make sacrifices to achieve it. Runner example.
- What is really important to your child? Having this self awareness at this age helps them to build work ethic skills and perseverance and resilience for life.



Humble Self-Confidence

- It's important to have self-confidence- to trust in your own skills, qualities and judgments. However it's important to be humble at the same time.
- Having self-confidence as a young person helps you to make sensible and safe decisions. It also helps you to avoid people or situations that are harmful to you.
- A multitude of factors can affect your self- confidence.

Ways to boost self- confidence

- Think positive- power of affirmations and gratitude journaling.
- Act positive- Choose not to be silent speak up for what you believe in for yourself and others. Praise others and lift them up.
- Dress smart- feel smart
- Stand Tall
- Smile more
- Exercise
- Being polite and kind- helps others feel comfortable around you



RESILIENCE FRAMEWORK

Basics

- Good Housing
- Money to live
- Being safe
- Transport and getting to places
- Healthy diet
- Exercise and fresh air
- Enough sleep
- Play and hobbies
- Not being judged

Belonging

- Find somewhere you feel like you belong
- Find your place in the world
- Spend time with good people and in good places
- Keep relationships going
- More healthy relationships the better
- Take what you can from relationships where there is some hope
- Get together with people you can rely on
- Responsibilities & obligations. For example: looking after your brother/sister or going to school
- Focus on good times and places
- Understand what has happened in your life
- Predict a good experience of someone or something new
- Make friends and mix with other people

Learning

- Make school or college work as well as possible
- Engage mentors
- Plan out your future
- Organise yourself
- Highlight achievements
- Develop life skills

Coping

- Understand right from wrong
- Be brave
- Solving problems
- Focus on the good things in life. Put on your Positivity Glasses!
- Find time for your interests
- Calming down and making yourself feel better
- Remember tomorrow is another day
- Lean on others when necessary
- LOL Have a laugh

Core self

- Instil a sense of hope
- Understand other people's feelings
- Know and understand yourself
- Take responsibility for yourself
- Find time for your talents
- There is existing help and solutions for problems, use them

Noble truths

- Accepting
- Conserving
- Commitment
- Enlisting

Meet your Mindset Activity

- Look at the statements. Can you sort into fixed and growth mind set.
- How did you sort?

Grow your mindset

- Look at challenges as opportunities.
- Work on your weaknesses.
- Swap the word 'failing' with 'learning'.
- Embrace growth before speed.
- Bad feedback is good feedback.

Take Away Actions

- What one action will you commit to ?