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Let's Talk Children's Mental Health The 5 Ways to Wellbeing

What is Mental Wellbeing?

It's how we are feeling and coping with the things we face every day. Just like physical health, sometimes its good and sometimes not so good. You could think of it as mental fitness.

Try These 5 Ways to Wellbeing

Research tells us that these proven and research backed 5 simple things can make a big positive difference to our mental health if we aim to do them all every day.

1. Talk & Listen – **CONNECT**
2. Be **ACTIVE**
3. Remember to **TAKE NOTICE**
4. Keep **LEARNING** everyday
5. Acts of Kindness – **GIVE** to others



Your child has recently been introduced to the 5 ways to wellbeing at their school as part of a MindSpace, Stamford project. The simple message your child will have heard at school is about the language of the 5 ways to wellbeing and how to build them all into their everyday life and activities to improve their mental health.

Thank you to everyone who took part in our first activity by creating some wonderful outdoor art together and for sharing pictures of your work with us and it made you feel! Here is another simple example of how you might use the 5 ways to wellbeing with your child in a fun and simple activity you can TRY at home together.

Be Kind to the Birds - Make Them a Bird Bath



You will need:

- Any unwanted shallow, watertight bowl or tray of some kind, such as an upturned dustbin lid or large circular plant tray
- Some stones or gravel
- Something to raise it up a little e.g. bricks, a piece of wood or an old plant pot
- Rainwater or tap water



The golden rules for birdbaths:

Birds need water to drink and bathe in all year round. This is especially important at this time of year as the weather gets warmer. Take some time to be kind to the birds where you live and make them a simple birdbath!

A birdbath that is just right should:

- a. have very shallow sloping sides, have a maximum depth of only 10cm or so and be as wide as possible, ideally more than 30cm across.
- b. Be positioned somewhere safe for the birds to use
- c. Be kept clean and the water changed regularly



Make your birdbath:

- Put your watertight tray, bowl or lid on top of the bricks or other materials you have found to raise it up - make sure it is stable.
- Place it in a suitable spot such as the edge of a border.

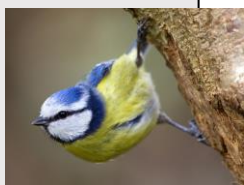
If you have cats visit your garden, make sure there is nowhere they can hide within pouncing distance!





- Add some gravel or stones to prevent it from being slippery and so that the birds have somewhere to perch when they have a drink.
- Fill with water and then watch - it won't be long before the grateful birds visit your bird bath for a drink and/or a bath!

Spend time enjoying watching the visitors to your birdbath together. In addition to watching them, can you name the birds and find out facts about them? Remember to take videos or photos if you can and send them to your school and to us at Mindspace!



Birdwatching is a very relaxing thing to do and can bring you lots of joy!

Remember to follow the safety advice to stay at home at the moment.

You should try this activity safely in your garden if you have one and if not then why not try watching the birds out of the windows or when you go for a walk instead. See how many different birds you can spot and talk about and maybe look up information about them and make a bird fact file together.



By doing this activity together you will be using all 5 Ways to Wellbeing:

1. Planning your birdbath, gathering the things you will need and deciding where to position it and then talking to each other about what you observe. You could also phone family members or friends or maybe Facetime them and tell them about your birdbath - **CONNECTING**
2. Collecting objects and making your birdbath - **BEING ACTIVE**
3. Spending time quietly together watching the birds and taking notice of how they fly, eat, drink and bathe - **TAKE NOTICE**
4. Finding out new facts and information about the birds that you see every day e.g. their names, what they eat, where they make their nests and much more - **KEEP LEARNING EVERY DAY**
5. Providing a source of fresh water for the birds that visit your garden this spring and summer - **ACTS of KINDNESS**



GIVE IT A TRY AND TALK MENTAL HEALTH WITH YOUR CHILDREN!

PLEASE SHARE PHOTOS AND VIDEOS OF YOUR BIRDBATHS WITH YOUR SCHOOL.

