

Smiling Mind is calling for a transformation in the way we support children’s mental wellbeing.

Show your support for #OurKidsCount at www.change.org/ourkidscount



Scan to sign the petition

Building mental fitness in kids

Mental wellbeing is an asset for life, and the foundation for good mental health begins in childhood. We hope that these resources will help your family build and maintain some mental fitness at home. You can find more mental fitness exercises and resources in the Smiling Mind app, and on our blog.



Conversation starters for parents

Talking about the feelings we have inside can be tricky for parents and kids alike. Try these conversation starters to get you started:

“I heard today at work/read in the paper/heard a podcast/ the term ‘mental fitness’ and they were talking about how to keep your mind fit and well, a bit like we do with our bodies. What do you think mental fitness means?”

“What would you do to keep your mind mentally fit and well?”

“You know how we keep our bodies fit by exercising and eating well, how do you think we can keep our minds fit and well?”

Mealtime mental fitness, and travelling talking points for on the go!

Monday - Mindfulness - Try practising mindful eating together as a family - Take time to notice the smells, textures, sounds, flavours and colours of the food in front of you.

Tuesday - Connection - Discuss as a family - who did you connect with today? If you could share a wish with a friend, what would it be?

Wednesday - Flexible Thinking - What problem did you solve today? What is something you did today that you didn't enjoy? Why do you think other people might like that activity?

Thursday - Physical health - How did you move your body today? How can we relax before bed so we get a good night's sleep?

Friday - Purpose - Who did you help today? Did someone help you?



Mental Fitness Family Challenge

Connect - What can we do together this week?

Flexible Thinking - Does your family always sit in the same seat at the table? Try mixing it up to flex your flexible thinking muscles.

Purpose & Meaning - Who can we help this week?

Movement - Pick an animal! Waddle like a penguin, or crab walk around the kitchen.

Mindfulness - What activity can we do together that allows us to just be in the moment?

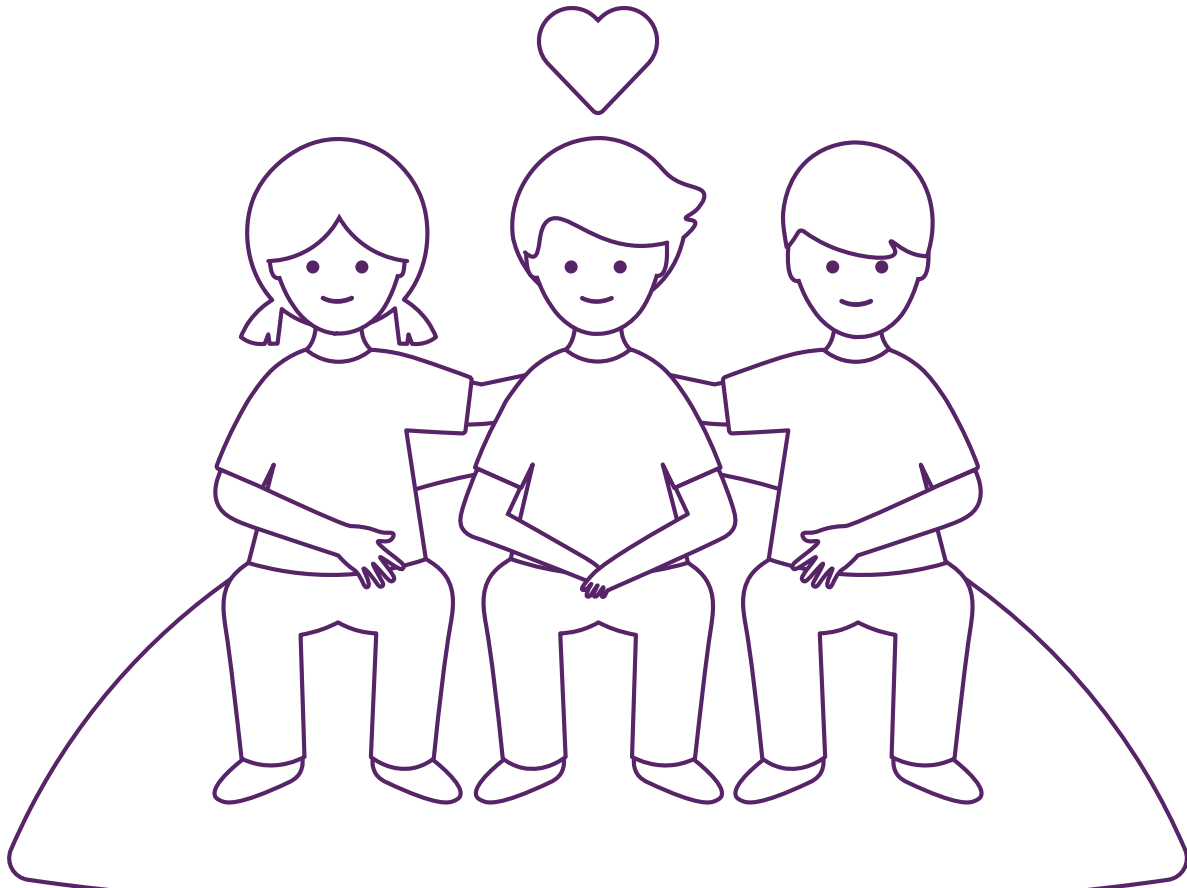


Exercise your mental fitness with mindfulness!

Mindfulness is an important part of mental fitness - helping us to stay focused and be present in what we're doing. Everyone needs to slow down with moments of calm once in a while! Colouring in is a great way to practise mindfulness, for kids and adults alike. So grab your crayons, pencils or paint and enjoy some mindful moments.

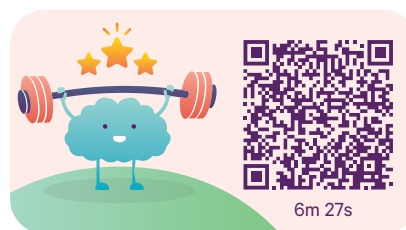


Help transform kids' mental health
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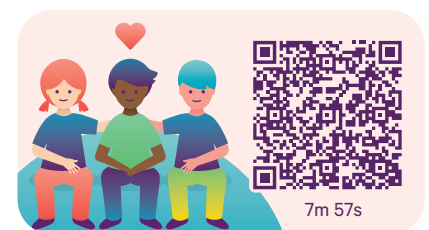
Try out these mental fitness activities

Did you know that half of all adult mental health conditions first emerge before the age of 14, and over the past 15 years, the number of young people experiencing mental ill-health has grown.



6m 27s

Physical - Mindful Movement



7m 57s

Connection - Relationship Appreciation

Finding feelings and understanding emotions

Have you ever heard the phrase 'name it to tame it?' It's used to explain how the first step to managing emotions is to understand what it is. Some emotions feel good and some don't, but they are all good to learn about. Find some emotions in the word search below, and you can talk to your parent or carer about some of the times you've felt some of these emotions before for some more mental fitness exercise.



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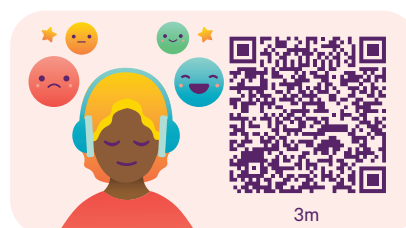
H K O C O N F U S E D
 A Q S U R P R I S E D
 P W W O R R I E D A T
 P C C Z R U O K P G I
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 E M B A R R A S S E D
 M N C O B A N T I M X
 O N B Q D R G A A R P
 T Y U S C A R E D W Z
 H S A D G R Y S S A D

WORD LIST

- HAPPY
- CALM
- SURPRISED
- WORRIED
- SCARED
- EMBARRASSED
- SAD
- BORED
- ANGRY
- CONFUSED
- R U OK

Try these mental fitness exercises

Just like lots of other skills, mental fitness takes practise too! Feeling confident and worthwhile, and learning how to take responsibility are also important skills to build childhood resilience.



Listening to Emotions



Camp Train