

# Support your child's wellbeing

## Activities for parents and carers of children in high school

**Easy Read version**



## How to use this guide



The Victorian Government Department of Education and Training wrote this guide. When you see the word 'we', it means the Department of Education and Training.



We have written this guide in an easy to read way.

We use pictures to explain some ideas.



This Easy Read document is a summary of another document. This means it only includes the most important ideas.

You can find the other document on our website at



[www.education.vic.gov.au/parents/family-health/Pages/your-childs-wellbeing.aspx](http://www.education.vic.gov.au/parents/family-health/Pages/your-childs-wellbeing.aspx)

You can ask for help to read this guide.

A friend, family member or support person may be able to help you.



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# Your child's wellbeing



It's important to help your child take care of their wellbeing.



We've created this guide to support you to help your child.

Your child's wellbeing has 6 important areas:



1. Understanding feelings and emotions.

Your child understands their own feelings and emotions.



2. Feeling good about who they are and what they do.

Your child:

- o knows what they are good at
- o can talk about what they are good at.



3. Learning how to cope when things go wrong.

Your child can cope with negative feelings and emotions.



4. Problem solving

Your child can find ways to solve problems.



5. Managing stress.

Your child can find ways to reduce their stress levels.



6. Asking for help.

Your child knows who to ask when they need help.

# Support for your child's wellbeing



There are things you can do with your child to support their wellbeing.

We have included activities for children in:



- years 7 and 8



- years 9 and 10



- years 11 and 12.



## Years 7 and 8

### Understanding feelings and emotions

#### Activity



Talk to your child about how you feel when you are stressed.



How does stress make them feel?

How can they handle feeling sad or angry?

#### Activity



Talk to your child about how you know when someone else is sad or happy.



How can they support someone who feels sad?

## Feeling good about who they are and what they do

### Activity



Talk to your child about someone you look up to.



List 3 things that person does well.

Ask – “What do you think about these things?”

### Activity



Take turns talking about 3 things you and your child do well.



How can you do these things at home?



## Learning how to cope when things go wrong

### Activity



Talk to your child about thinking good thoughts about themselves.



Practice saying "I can" instead of "I can't".

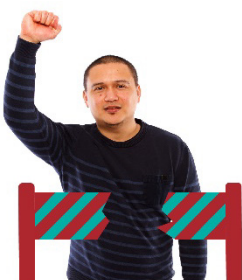


Your child might say "I can't do this".



Encourage them to ask "How can I do this?".

### Activity



Talk to your child about a time you overcame a challenge.



What were you scared or worried about?



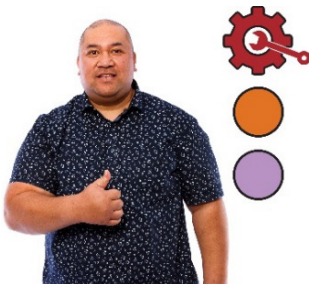
What did you do or say to overcome the challenge?

## Problem solving

### Activity



Talk to your child about a problem you had when you were at school.



Talk about:

- how you solved the problem
- other ways you could solve the problem.

### Activity



Talk to your child about how to solve a problem with small steps.



Use an example and work through it together, like:

'You need to submit an assignment but your internet is not working.'

You can talk about:



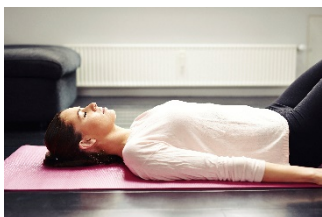
- what the problem is
- different ways to fix it
- the good and bad things about ways to fix the problem
- what way you would choose to fix the problem.

## Managing stress

### Activity



Talk to your child about what made you feel stressed when you were growing up.



What did you do to manage stress?



What are some things your child is worried about?

### Activity



Come up with some things your family can do together to relax.



Talk to your child about why it's important to take a break sometimes.

## Asking for help

### Activity

With your child:



- draw a hand



- write ways you can support each other on each of the fingers.

## Activity



Ask your child to come up with something they want to do at home, like:

- fixing something
- learning something new
- making something.



You can find some ideas at

[www.fuse.education.vic.gov.au/](http://www.fuse.education.vic.gov.au/Pages/funathome)

[Pages/funathome](http://www.fuse.education.vic.gov.au/Pages/funathome)

## Other activities

### Activity



Teach your child to practice good thoughts.



Ask your child to think about 3 things that went well.



They can write about:

- the good things that happened
- what they did to make them happen.



Do this every day for 1 week.

### Activity



Teach your child to be grateful or thankful for something.

Ask your child to create a family tree of things to be grateful for.



They can write down things to be grateful for and decorate them.



They could:

- use colourful ribbons and hang things from a tree
- stick things on a wall in your home.



## Activity



Teach your child to calm their own thoughts.



Sit in a comfortable place.

Ask your child to close their eyes and relax.



Ask your child to:

- poke their tongue out
- roll it up into a tube by bending the sides up.



Ask your child to take big deep breaths in and out through their tongue.



Go through these steps 5–15 times.

## Years 9 and 10

### Understanding feelings and emotions

#### Activity

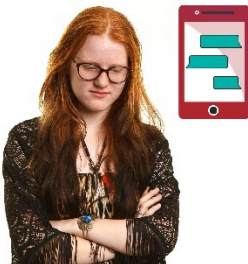


Teach your child how to deal with their emotions.



Talk to your child about how they might feel with some different examples.

Some examples might be:



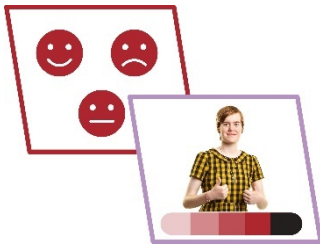
- they get a mean text message from someone they don't know



- their friend thanks them for supporting them when they were upset



- they get offered a job after they applied for it.

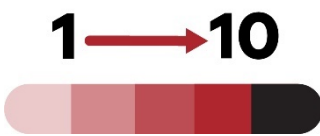


Ask them:

- what emotions they would feel
- how strong their emotions would be.

**1 → 10**

They can use a scale of 1 to 10.



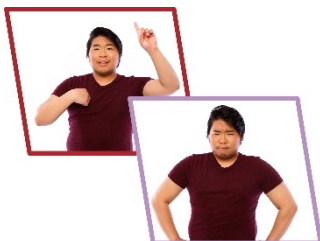
1 is very weak and 10 is very strong.

### Activity

Talk to your child about what you:



- talked to your parents about when you were growing up
- didn't talk to them about.



You can talk about what made you feel:

- scared or angry
- happy.

## Feeling good about who they are and what they do

### Activity



Talk about things you think other people do well.



They could be people you know, like a:

- neighbour
- friend
- family member.

### Activity



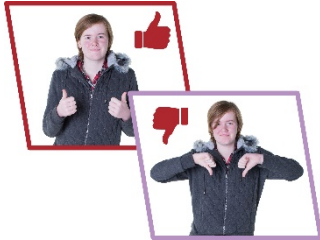
Take turns talking about 3 things you both do well.



How can you do these things at home?

## Learning how to cope when things go wrong

### Activity



Talk to your child about if they normally focus on the:

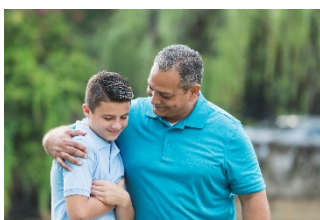
- good things that happen
- bad things that happen.

Talk to your child about:



- when thinking about good things has helped them overcome a challenge
- how thinking about good things makes them feel.

### Activity



Talk to your child about how you both deal with a stressful day.

What works best for each of you?



Your child could ask other people how they deal with a stressful day.

They might hear a new idea that could work for them.

## Problem solving

### Activity



Ask your child to think about a problem that makes them feel worried.



Work through these 6 steps together.



1. Talk about the problem.

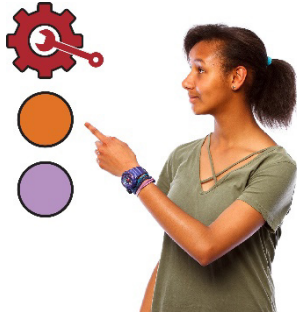


2. Think about different ways to fix the problem.

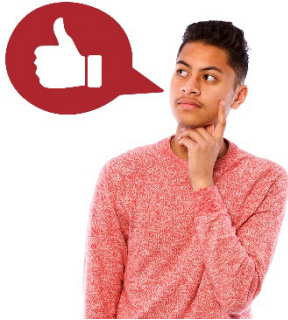


3. Think about the good and bad things about the different ways to fix the problem.





4. Choose 1 way to fix the problem.



5. Think about what you need to say or do to fix the problem.



6. Try it.



Afterwards, think about how it went.

Did it work the way you thought it would?

## Activity



When you are assertive, you:

- are confident
- tell people how you feel.

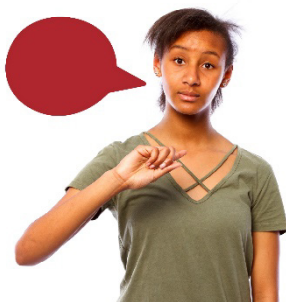


You don't:

- let people push you around
- force other people to do things.



You can practice being assertive together.



You could use this sentence:

When \_\_\_\_\_, I feel \_\_\_\_\_  
so please \_\_\_\_\_.

For example:



"When you tease me, I feel sad so please  
don't say mean things to me."

## Managing stress

### Activity



Talk to your child about what made you feel  
stressed when you were growing up.



What did you do to manage stress?



What are some things your child is worried about?

### Activity



Come up with some things your family can do together to relax.



Talk to your child about why it's important to take a break sometimes.

## Asking for help

### Activity



With your child, make a list of people they can ask for help, including:

- family members
- friends
- neighbours.



Don't forget other services like:

- Triple Zero – for an emergency.

**000**

- Kids Helpline – a free service if they want someone to talk to about their feelings and emotions.

**1800 55 1800**



You can also make a list of people you can help.



You can keep adding to the list when you think of new ideas.

## Activity



Make an activity as a family to say thank you to someone who has helped you.

Each family member can say thank you to someone new every day for a week.

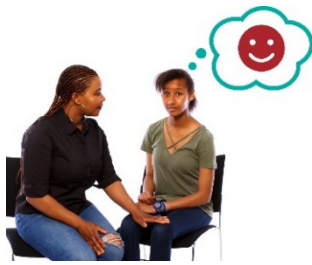
Tell each other:

- who you said thank you to
- why you said thank you to them.



## Other activities

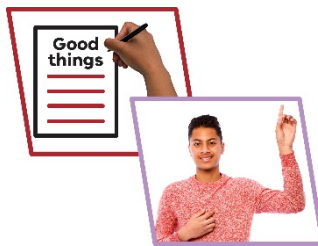
### Activity



Teach your child to have good thoughts.



Ask your child every day to think about 3 things that went well.



Ask them to write down:

- the good things that happened
- what they did to make them happen.



Do this every day for 1 week.

### Activity



Teach your child to be grateful or thankful for something.



Ask your child to create a family tree of things to be grateful for.





Ask them to write down things to be grateful for and decorate them.



They could:

- use colourful ribbons and hang things from a tree
- stick things on a wall in your home.

### Activity



Teach your child to calm their own thoughts.



Sit in a comfortable place.

Ask your child to close their eyes and relax.



Ask your child to:

- put a finger in each of their ears
- take big deep breaths in and out through their nose
- listen to the sound they make.



Go through these steps 5–15 times.



## Years 11 and 12

### Feeling good about who they are and what they do

#### Activity



Take turns talking about 3 things you and your child do well.

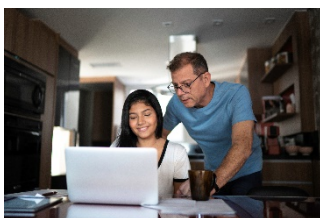


How can these 3 things support your child's study for school?

#### Activity



Talk to your child about what support they want from you to help them study for school.



For example, your child might want you to help them stick to a study plan.

## Setting goals and managing time

### Activity



Help your child set 2 goals:

- 1 goal about study for school
- 1 goal about their wellbeing.

You and your child should think about these questions:

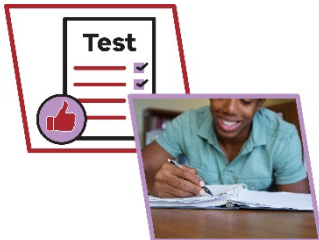


- What goal does your child want to reach?

Ask them to explain:

- what they want to do
- how they will do it.

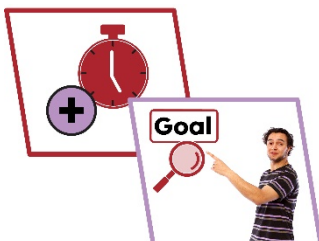
- How will your child know if they reach their goal?



For example, do they want to:

- get a good score on a test?
- organise their study notes by the end of the term?

- Do you both think they can reach their goal?



For example, do they need:

- more time to reach their goal?
- to focus on a smaller part of their goal first?



When will your child spend time on their goal?

Will it take up too much of their time?

## Activity



Talk to your child about a time when you had to manage your time well.



This might be:

- at work
- at home
- when you were at school.



Talk about how you can help your child manage their time.

## Good thoughts

### Activity



Ask your child to make a success statement for something that will happen soon, like:

- homework they need to do
- a test or exam.

You could use these words to start your statement:



I am \_\_\_\_\_

I can \_\_\_\_\_

I will \_\_\_\_\_

For example:



I am smart and I study a lot.

I can do well on this test because I did well on the last test.

I will get a good score on this test.

### Activity



Talk to your child about ways they tell themselves to keep going when they:

- are stuck
- have a problem.



Does your child think good things about themselves when they have a problem?



What has helped them before when they have a problem?



Can you help them in any way?

## Managing stress

### Activity

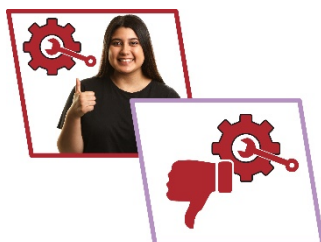
Talk about:

- how you deal with stress
- other ways people deal with stress.



You can talk about ways that:

- can fix a problem
- don't help to fix a problem.



For example:



A helpful way to manage stress could be:

- make a plan with different steps
- start with step 1 and work your way through them.

### **Activity**

Learn about different ways to relax on the Smiling Minds:



- phone app
- website

[www.smilingminds.com.au](http://www.smilingminds.com.au)



## Asking for help



### Activity

Visit the websites below and talk about:

- what each website is about
- which websites are helpful for each of you.



headspace

[www.headspace.org.au](http://www.headspace.org.au)



Youth beyondblue

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)



Bully Stoppers

[www.education.vic.gov.au/school/students/health/Pages/bullying.aspx?Redirect=1](http://www.education.vic.gov.au/school/students/health/Pages/bullying.aspx?Redirect=1)



ReachOut

[au.reachout.com](http://au.reachout.com)



Kids Helpline

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

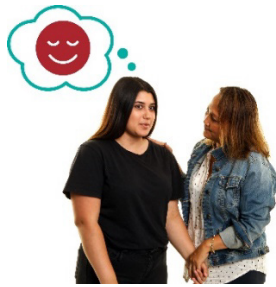


Youth Support and Advocacy Service

[www.ysas.org.au](http://www.ysas.org.au)

## Other activities

### Activity

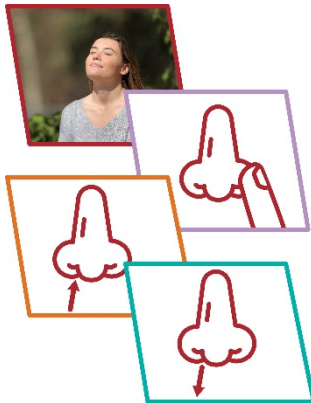


Teach your child to calm their own thoughts.



Sit in a comfortable place.

Ask your child to close their eyes and relax.



Ask your child to:

- breathe out deeply
- block their left nostril
- breath in deeply through their right nostril only
- breath out deeply through their right nostril only.



Repeat this for 1–3 minutes.



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