

KEEPING WELL OVER THE WINTER BREAK

We know that that the winter holiday period can be a tough and challenging time for some. There's a change in the routine, and more unstructured time that can feel difficult and overwhelming to manage. You may also feel pressured to feel or present yourself a certain way during this time. We have therefore created this guide to support you and your family to stay well.

Activities for your child to try

Dance, Dance, Dance

Create a playlist of all your favourite tunes that fill you with joy and make you want to move your feet. When you feel like you need a distraction or a boost, put on your playlist and start to dance. *The combination of uplifting music and physical activity triggers a positive response in our bodies!*

Being outdoors

Nothing beats fresh air, and being in nature! Take a walk with your child/children in your local park, and use your 5 senses to be present in the moment. What things can you see, hear, feel, smell or taste?

Power of positivity

Sometimes we notice the negatives more than the positives. You could create a 'positivity box' or notebook to remind yourself of all the amazing things about you and your children, for any time you are not feeling your best. Think of five things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box. You can do this for yourselves and/or your children.

"I am amazing!"

"I am a great
sibling!"

"I am healthy!"

"I am kind!"

Get creative!

Keeping your mind and hands occupied may help you to focus attention away from any worries or anxieties you are feeling. There are loads of activities to suit everyone. You might want to try arts and crafts (such as making holiday cards, glitter bottles or winter ornaments). Maybe you could try baking some special treats?



Scan for more winter crafts ideas!

Acts of kindness

When we're kind to each other, it can help the world feel like a happier place. Kindness boosts our feelings of confidence and happiness, and can make us feel more in control. Think of different things you can do, that will showcase your kindness. Acts of kindness can encourage others to be kind too.

Having mindful moments

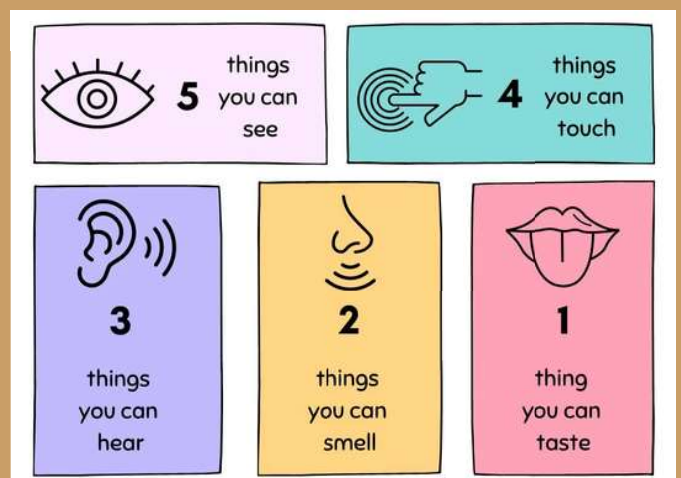
Being mindful means being aware of what is going on around you and how you are feeling. When we notice ourselves feeling anxious or worried about something, we can practice some skills that will allow us to relax and be present in the moment. Here are some ideas:

Deep Breathing



Breathe in through your nose for 5 seconds, hold for 3 seconds, and breathe out through your mouth for 7 seconds. Repeat!

54321 technique



5 colours

Notice five things around you that are yellow/ blue/ green etc.



Local activities in the area.

Getting outside over the Christmas break does not have to be expensive or timely. Just ten minutes a day of special time with your youngster having one-to-one time with you has proven benefits for health, behaviour and connection. Leave your phone at home and breathe in the fresh air while joining in with one of the National Trusts 50 things to do before you are 11 ³/₄.



- Take a frisbee, a ball or even a beanbag.
- Take some jumbo chalk and sketch out a hopscotch or an obstacle course.
- Take a picnic blanket and do some cloud gazing. What funny shapes and stories can you create together

For more activities, please scan the QR code

Christmas activities for children and families in Sutton and Merton

Sutton library has gone all out with an escape room! Check out their webpage to find out more or scan the qr code

<https://events.sutton.gov.uk/event?id=177091>



Sutton HAF



Here you can now find information and support for the Holiday Activities and Food (HAF) programme in Sutton as well as search providers and make bookings.

Activities for looking after yourself as a parent/carer

Winter break can be a joyful but challenging time for parents and carers, filled with busy schedules, holiday preparations, and the responsibility of keeping children entertained. During this busy period, it is important to remember that self-care is important. Prioritizing your well-being ensures you have the energy, patience, and emotional resilience to support your family.

Taking moments for rest, engaging in activities you enjoy, maintaining healthy routines, and staying connected are important aspects of self-care. When you care for yourself, you're better equipped to care for others, creating a positive environment for both you and your children

Self-Care during the winter break can look like:

waking up before your kids



listening to music/podcast



cooking a festive recipe



keeping active



sticking to routines



staying connected



Here's some other support services that you can access during this time

Crisis Helpline

24/7 Mental Health Crisis Line 0800 028 8000
(CAMHS) Crisis Line 0203 228 5980
(Mon-Fri 5pm-11pm) (Sat-Sun and bank hol 9am-11pm)



Advice and support for parents and carers.
For more information please visit the Childline Website by [clicking here](#) or Call 0800 1111

Good Thinking

Offers advice and support for parents and carers in Merton, if you are worried about your child's mental wellbeing, please visit their website by scanning the qr code below.



Please visit the Education Wellbeing Service You Tube channel.



Young Minds

Offers tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online. You can use our Helpline service ([0808 802 5544](tel:08088025544).) if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential.

