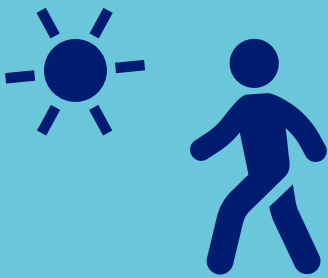


WITH ME **iN** MIND

Low Mood

Fun ways to boost a child's emotional health



Outdoor walk - reduces stress



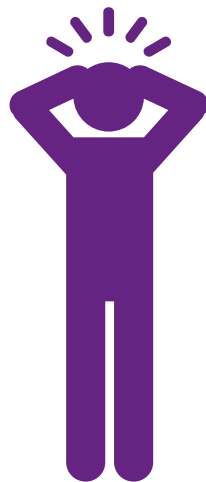
Board games - social skills are modelled



Dancing - physical movement reduces depression



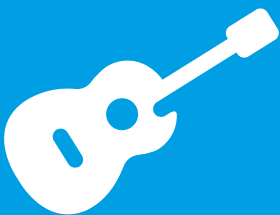
Puzzles - improves problem-solving skills



Emotional Health



Art - healthy outlet for emotions



Play an instrument



Reading - increases empathy/self-awareness



Singing releases endorphines



Writing improves functional skills



Cooking boosts focus