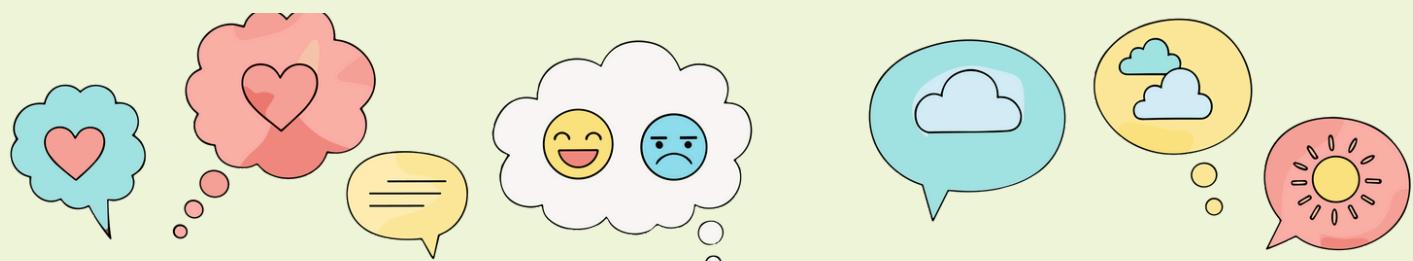


FREE BRIGHT PATHS

Wellbeing Pack

Children's Mental Health Week 2026



Welcome to our free, self-guided set of practical activities to support children's emotional wellbeing in ways that are calm, flexible, and realistic for everyday life.

Inside, you'll find simple tools that support:

- Emotional awareness
- Nervous system regulation
- Kind self-talk and self-compassion
- Reflection and confidence-building

All activities are grounded in evidence-based practices and written to be inclusive and neuro-affirming.

How to use this pack

There is no “right” way to use this pack. It’s not a programme to complete or a checklist to finish. Think of it as a collection of supportive tools to return to whenever they are helpful. **Have a read through and pick what works for the child or young person.**

The activities do not need to be used on consecutive days. Some families may explore one activity a day during Children’s Mental Health Week, others may dip in occasionally, repeat favourite pages, or use just one tool many times.

Children can take part in different ways - by writing, drawing, thinking quietly, or speaking out loud.

The final wellbeing journal page is designed to be reused and printed multiple times. It can be especially helpful on tougher days, helping children reflect, notice positives, and practise kind self-talk over time.

Affirmations

Affirmations are short, positive statements that help your brain notice kindness and safety instead of only problems. You don't have to believe them right away - repetition helps the brain learn new patterns and supports how to see yourself positively.

Pick up to FIVE affirmations that feel most helpful each day from the list below:

- I belong in the world as I am
- I can take things at my own pace
- I am allowed to try again
- My feelings help me understand myself
- I don't have to be perfect
- I am learning more about who I am
- I can ask for help when I need it
- I am safe to be myself
- My differences are part of what makes me unique
- I can handle one small step at a time
- I am building my strength bit by bit

How to use them:

- Read your affirmations quietly, or out loud.
- Write one somewhere you'll see it today.
- Say one before something that feels hard

How does this work?

Gentle repetition of kind self-talk can help calm stress responses and supports patterns of positive self-regulation. This is because the brain gradually learns to associate these messages with safety and self-support.



Regulation tools for when your body feels busy or heavy



Our nervous system regulates through the body first, not the brain. These tools help calm your body so your mind can follow. Choose **ONE** of the tools below to try - you can repeat it if it feels helpful.

1 Infinity breathing

1. Imagine a sideways figure 8 (∞)
2. Breathe in slowly as you trace one loop
3. Breathe out slowly as you trace the other loop
4. Repeat 4–6 times.

Why this helps: Slow, rhythmic breathing reduces the body's stress signals and helps the nervous system settle.

2 5-sense grounding

Say out loud or to yourself:

5 things you can see.
4 things you can feel
3 things you can hear
2 things you can smell (or like the smell of)
1 thing you can taste (or like the taste of).

Why this helps: Using all five senses brings your focus to the present moment and helps calm racing thoughts.

3 Push the wall

1. Stand facing a wall
2. Place hands flat against it
3. Push firmly for 10–15 seconds
4. Release and notice your body
5. Repeat once if you want.

Why this helps: Pressing firmly engages muscles and can reduce physical tension in the body.

Make a visual feeling map

Sometimes words aren't enough or we can't put into words how we're feeling. Colour, shape, and texture help us show what we feel inside.



Choose a page style:

- It could be the outline of a body shape
- A series of circles or shapes on a page

...or just start with a blank page!

Use colour, shading, and pattern to show how you feel today.

If you want, write or draw:

“Today I feel this way because...”

You don't need to explain it to anyone.



How does this work?

Using colour and visuals activates parts of the brain that help organise emotion before words arrive. This can make big feelings easier to understand and notice.

Express yourself one thought at a time

Expression doesn't have to be long or complicated. One clear sentence can help your brain make sense of what matters most.

Choose one sentence starter:

- Something that's been on my mind is...
- Something that helped me this week was...
- Something that I wish others understood is...
- One thing I'm grateful for is...



Choose one way to complete it:

- Write a sentence
- Draw a picture
- Bullet points
- Say it out loud to yourself



How does this work?

Putting one feeling or thought into words helps reduce its emotional intensity. This is an evidence-based technique used in expressive writing and emotional regulation research.

What went well?

Noticing good things, even if they feel tiny, often shifts our attention towards what worked, not just what was hard.



Write one response for each:

Something
I did today...

Something I
got
through...

Something
I'm proud of...

How does this work?

Our brains notice stress far more easily than positives. Intentionally naming positives helps create new neural patterns related to confidence and resilience.



Daily wellbeing journal

How am I feeling right now?

Circle or colour:



If this feeling was a colour/shape/weather, it would be:
(draw, write, say aloud)

What is my body telling me?

Tick what fits:

- tense calm worried tired restless heavy okay
- proud unsure buzzy happy excited upset

I might try:



- breathing grounding push the wall
- nothing right now
- something else: _____

Daily wellbeing journal



One thought for today

Choose or write your own:

- “I can handle one step at a time”
- “I don’t have to do everything today”
- “I belong as I am”
- “I am allowed to try again”
- “I can ask for help”

My own: _____



One thing I noticed/dealt with today



One good thing about today