

Dear parents, caregivers and whānau

Just as we look after our physical fitness, there's heaps we can do to boost and strengthen our mental fitness too.

The definition of 'wellbeing' is feeling good and functioning well and whatever age we are, we can all benefit from learning handy wellbeing tips and tricks.

To help kids learn things that can help them now and in the future, we've developed Sparklers – an exciting new resource that's full of fun wellbeing activities that are curriculum-based and linked to the Five Ways to Wellbeing (see right).

To check out these activities, head to: www.allright.org.nz/sparklers. Doing so may help answer why your child is suddenly giving you more compliments, or willing to chat about how they're doing!

Another reason to investigate Sparklers is you'll gain immediate access to All Right Parenting, where you'll find:

- Fantastic guides on 'How to help your kids':
 - Manage worries
 - Be calm
 - Be grateful and kind
 - Feel good and have fun
 - Plus: Looking after yourselves for Mums
 - And: Looking after yourselves for Dads
- A handy list of the free parenting courses available in Canterbury
- Routine charts for teaching kids to take responsibility for parts of their day and feel good about it (they're also very useful for helping kids with worries to feel secure and happy)
- The Tiny Adventures app, whānau activities, parenting articles and more!

We hope you'll check it out, and if you have any questions, suggestions or ideas on things you'd like to see and read, simply email hello@allright.org.nz.

Best wishes and ngā mihi
The team at Sparklers

The Five Ways to Wellbeing

Building these evidence-based actions into our everyday lives can improve our wellbeing and boost our resilience. Many of these will already be an important part of your family's life but it's always nice to know they're having a positive effect!

Connect

With your friends, whānau and the people around you.

Be Active

Move your body, get outside, do physical activity you enjoy.

Take Notice

Enjoy the moment, notice the world around you, cultivate mindfulness.

Learn

Be curious and seek out new experiences. Literally exercise your brain!

Give

Practice kindness; give your time, words and actions.

