

# 10 Parent Tips to Support Student Well-Being Over the Summer

## 1. Daily Gratitude Journal:

Encourage your child to keep a gratitude journal where they can write or draw things they are thankful for each day. This practice promotes positivity and mindfulness.

## 2. Family Mindfulness Activities:

Schedule regular family mindfulness activities such as deep breathing exercises, guided meditation, or yoga sessions. This can help reduce stress and improve emotional regulation.

## 3. Random Acts of Kindness Challenge:

Challenge your child to perform one random act of kindness each day, such as helping a neighbor, writing a thank-you note, or volunteering in the community.

## 4. Emotion Check-Ins:

Create a safe space for your child to express their emotions openly. Use emotion check-ins to discuss how they are feeling and validate their emotions without judgment.

## 5. Conflict Resolution Role-Playing:

Practice conflict resolution skills by role-playing different scenarios with your child. This can help them learn how to communicate effectively and resolve conflicts peacefully.

## 6. Empathy Building Activities:

Engage in activities that promote empathy, such as reading books from diverse perspectives, watching documentaries about social issues, or volunteering at a local charity.

## 7. Creative Expression:

Encourage your child to express their emotions through creative outlets like art, music, or writing. This can help them understand and process their feelings in a healthy way.

## 8. Mindful Eating:

Practice mindful eating together as a family by focusing on the taste, texture, and aroma of each bite. This can help develop self-awareness and appreciation for food.

## 9. Digital Detox:

Limit screen time and encourage outdoor play, family game nights, or nature walks instead. Disconnecting from screens can foster real-life connections and improve mental well-being.

## 10. Reflect and Set Goals:

At the end of each week, reflect on the activities and experiences related to skill development. Encourage your child to set goals for the following week to continue their learning journey.