



Mental Health in Schools Team Tips For Wellness



Keep Learning

Learning doesn't just happen in school! Encouraging your child to explore, discover, and try new things helps their brain grow, boosts confidence, and builds resilience. Here are some practical ways you can support learning at home and beyond. Learning boosts self-esteem and confidence, encourages curiosity and creativity and strengthens social and emotional skills.

Our tips for learning at home:

1. Explore Interests Together

- Ask your child what excites them and encourage hobbies or projects.
- Try new activities like cooking, gardening, or a science experiment.

2. Read, Read, Read

- Share books, stories, or articles that interest them.
- Make reading fun – explore comics, graphic novels, or audio books.

3. Ask Questions & Encourage Curiosity

- Stimulate thinking by asking “why” or “how” questions.
- Support them in finding answers, experimenting, and reflecting.

4. Learn Through Play

- Games, puzzles, building projects, or coding apps make learning enjoyable.
- Encourage creativity through drawing, music, or role-play.

5. Celebrate Small Wins

- Praise effort, not just results.
- Recognize achievements, even if it's learning a new skill slowly.

6. Explore the world

- Go on nature walks, visit local parks, museums, or libraries.
- Ask questions like, “What do you notice?” or “Why do you think that happens?”

Quick Ideas to Get Started Today

- Start a “family challenge” to learn something new weekly
- Visit local museums, libraries, or nature reserves
- Set aside a daily “curiosity time” for experiments or crafts

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.