



MENTAL HEALTH AND WELLBEING NEWSLETTER – SUMMER 2

We hope you enjoy reading our last Mental Health and Wellbeing Newsletter of the year. Our aim is to empower you with valuable insights, practical tips, and resources to navigate the various facets of your child's emotional well-being.

A MINDFUL MOMENT

Mind Bubbles

A simple activity to help your child find their 'calm'

- 1) Support your child to sit mindfully with their spine straight and their body relaxed.
- 2) Imagine they are holding a bubble wand.
- 3) Ask them to breathe in deeply, then breathe out as if they are blowing a bubble through a wand
- 4) Breathe in again and ask your child to notice their worry, to imagine what it looks like.
- 5) Ask your child to breathe out and blow through their bubble wand and imagine a bubble forming.
- 6) Then imagine the bubble pops and disappears.
- 7) Keep blowing out worries until your child feels ready to go on with their day.

TIP: YOU CAN TRY THIS WITH A REAL BUBBLE WAND AND BUBBLES

Pudsey's Pause

Children in Need have developed a quick and easy three-part tool, with the help of clinical psychologist Dr Julie, to help parents start daily conversations with the children in their lives in three easy steps- pause, spot and share.



Take a look at this month's Action for Happiness Calendar, attached below. 30 great ideas to help you have a Joyful June!

ACTION FOR HAPPINESS

Men's Mental Health Week



According to the BUPA Wellbeing Index "50% of men have struggled with mental health difficulties at some point, yet fewer than half have sought medical advice". This week is **Men's Mental Health Week** and we're taking this opportunity to draw your attention to a couple of great resources for Dads.

Families First's 'Support for Dads' webpage has practical advice, guidance and local support available for dads and male carers. Take a look at [Families First News - Support for Dads webpage](#) Mates in Mind is a charity that has empowered hundreds of organisations across the UK to tackle the silence surrounding mental ill-health and embed a positive culture change within workplaces. Their website has a wide range of information and resources and they also offer a free contact line, where you can speak to someone, in confidence to get support. [Men's Health Week 15-21 June 2026 resources | Mates in Mind](#)

Let's keep the conversation going, break down stigma, and remind all dads that looking after your mental health is just as important as looking after your family.

Conversation Starters

When you want to talk to children about their wellbeing, it can be difficult to know where to begin. The BBC have also put together a great webpage that suggests conversation starters that make it easier to have a chat.

- What was the most difficult part of your day?
- Where's your happy place?
- What would your perfect day be like?
- Tell me about something that you're looking forward to
- Is there anything coming up that you're not looking forward to?
- How are you feeling about...?
- Tell me about a memory that makes you smile
- What colour / animal represents how you feel today?

BBC
CHILDREN
IN NEED

[CONVERSATION STARTERS - BBC CHILDREN IN NEED](#)

Supporting you to be the best father

Being a father is extremely rewarding and wonderful, but at the same time it comes with many challenges and can be a big learning curve, particularly for new dads.



With so many resources being aimed at mums, Hertfordshire County Council have collated a collection of places to go for advice, guidance and support especially aimed at dads and male carers to support you to become the best father you can be.

View the page at www.hertfordshire.gov.uk/familiesfirstdads or by scanning the QR code above.



PUDSEY'S PAUSE

PAUSE

PAUSE, breathe, and focus on something you can see, hear or touch

SPOT

SPOT any feelings you notice - and where you feel them in your body

SHARE

SHARE the feelings you've noticed with a grownup you trust

Give your mental healthiness a boost with Pudsey's Pause

Joyful June 2026

MONDAY

1 Decide to look for what's good every day this month

TUESDAY

2 Say positive things in your conversations with others

WEDNESDAY

3 Re-frame a worry and try to find a helpful way to think about it

THURSDAY

4 Take a photo of something that brings you joy and share it

FRIDAY

5 Think of 3 things you're grateful for and write them down

SATURDAY

6 Get out into green space and feel the joy that nature brings

SUNDAY

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together