

Safe and happy childhood



Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

Build Sound Minds Derby & Derbyshire

Waiting Well



Work in progress

Build Sound Minds Derby & Derbyshire

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Waiting Well: 5 Ways to Wellbeing

Mood boosting ideas to help whilst you wait for targeted support.

Keep Active

Keeping active is good for our mental and physical health. Finding fun, physical activities your child or young person enjoys will give them a feel-good boost of brain chemicals.

Go for a walk / jog / run Get on your bike
Join a sports club Play out with friends.
Keep moving!

Stay Connected

Human beings are designed to connect with one another. Finding ways to stay in touch with family and friends will help to reduce any feelings of isolation and give your young person another boost.

Eat a meal together Family movie night Make a call rather than text

Keep Learning

Learning is about more than what children do at school!
Learn a new skills, hobby, sport, language ... solve puzzles ... visit the museum ... cook something new ...
The list is endless and keeping your brain active helps with your well being as well as our knowledge.

"I have bounce class after this. It's really fun. "

Young Person, Advanced Minds Group

Take Notice

Our children's lives are often busy and it is easy to be focused on what is coming next. Take time to just be in the present moment and notice what is happening right now.

~Draw or paint what is outside the window - or put that phone to use and take some photos of what is around you.

~A game of i-spy or naming things around you that begin with the letter 't' (or any other letter!)

~Use your senses: what can you hear?

~ Check in with your body: scan down from head to toe and notice any sensations.



Give

Give time to help others; share a smile or say hello to a neighbour; hold the door for someone; have a sort out of toys and donate to charity. Giving doesn't have to cost money and will help with your wellbeing as well as those you support.

Type '5 ways to wellbeing' into a search engine to be inspired!