



10 ways to get kids in a good mood

1 Take a breathe...take a few actually

Deep breathing is the simplest way for a child to feel better, settle nerves and relieve anxiousness.

2 Picture yourself...

Looking at a picture of a favourite thing, person, pet or holiday is a simple way to bring a smile to their face.

3 Let me entertain you...

Watching a movie, reading a book and playing a favourite game are great ways to move moods to more desirable places.

4 DO something...

Lethargy, boredom and other passive emotional states too can be shifted through physical activity.

5 Listen to the music...

Playing and listening to music helps kids feel better, more relaxed, or even more inspired.

6 They get by with a little help from their friends...

Seeking the support of family and friends is always good for the soul.

7 Think yourself to a different mood...

Thinking about happy times, happy places and happy events is a great mood changer.

8 Talk to yourself...

Sustained positive self-talk is one of the best ways to move from a place of anxiety to a place of optimism and hope.

9 Mind the meditation...

Turning down the mental chatter through mindfulness always makes kids feel good.

10 Get a good night's sleep...

The world always seems better after a good night's sleep.

For more great ideas to reduce anxiety and promote good mental health in kids visit www.parentingideas.com.au Our Parenting anxious kids online course puts the tools in your hands to assist your child to reduce anxiety and feel good about themselves.