

10 WAYS TO PROMOTE **GOOD MENTAL HEALTH & WELL-BEING IN KIDS**

- 1** MODEL GOOD **MENTAL HEALTH HABITS**
- 2** MAKE SURE THEY GET **ENOUGH SLEEP**
- 3** **ENCOURAGE** KIDS TO EXERCISE
- 4** GIVE THEM **CREATIVE** OUTLETS
- 5** PROVIDE A **SPACE** OF THEIR OWN
- 6** **TALK** ABOUT THEIR TROUBLES
- 7** HELP THEM TO **RELAX**
- 8** HAVE TWO **ROUTINES** -
WEEKDAY AND WEEKEND
- 9** FOSTER **VOLUNTEERING** AND
HELPFULNESS
- 10** BRING **FUN AND PLAYFULNESS**
INTO THEIR LIVES



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