

6 ways to smile

The '6 ways to smile' are six tried and tested ways to increase wellbeing for you and your child.



This booklet has ideas for parents and carers on how to use the '6 ways to smile' with young children when out and about and at home.



Brighton & Hove
City Council

What are the '6 ways to smile'?

The 6 ways to smile are

Speak and **S**ign

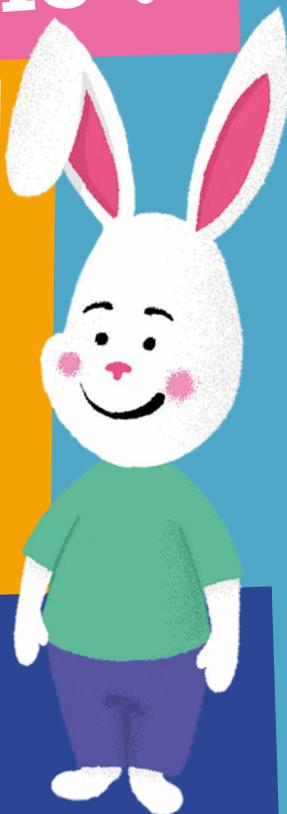
Move

Imagine and play

Learn

Enjoy

Help someone else smile



The 'Ways to smile' are based around the '5 ways to wellbeing', which are 5 steps you can take to improve your mental health and wellbeing. The '5 ways to wellbeing' are: Connect, Be active, Take notice, Keep learning, Give. Trying these things can help you feel more positive and able to get the most out of life.

The '6 ways to smile' translates the '5 ways to wellbeing' into child-friendly ideas and activities. In this booklet, you will find some ideas for how you and your child can use each of the '6 ways to smile' in your everyday life. You'll also have your own ideas for trying to use the '6 ways to smile'.

To find out more about the '6 ways to smile', and why they work, please see: www.brighton-hove.gov.uk/smile-project

There is also an illustrated story called The Smile Book. You can download a copy on the link above to read with your child. Join Ravi the rabbit as he meets a different friend each day on the journeys he makes, and find out how his friends help him smile!

Books to read with your child...

There are lots of books you can read with your child to help you explore the '6 ways to smile' together. Here are some suggestions, but you will have your own favourites!

Title	Author	Age	Theme
All the Ways to be Smart	Davina Bell	4+	L
Bathroom Boogie	Clare Foges	3 – 8	M
Bear Moves	Ben Bailey Smith	3+	M
Car, Car, Truck, Jeep	Katrina Charman	0 – 7	M
Everybunny Dance	Ellie Sandall	3+	M I
Hidden World: Ocean	Libby Walden & Stephanie Fizer Coleman	3 – 9	I L
How to Say I Love You in Five Languages	Kenard Pak	3 – 6	LS
How to Train the Perfect Parents	Rebecca Ashdown	2+	S
Juniper Jupiter	Lizzy Stewart	4+	I
Oi Duck-Billed Platypus	Kes Gray	3 – 6	E
The Pirates Next Door	Jonny Duddle	3+	E
Raj & The Best Day Ever!	Sebastien Braun	4 – 7	M E
Ruby's Worry	Tom Percival	3 – 6	S
Scoot!	Katie Blackburn	3+	M
Sophie Johnson: Unicorn Expert	Morag Hood	3+	I
The Tiger Who Came to Tea	Judith Kerr	3 – 6	I
Today I Feel an Alphabet of Feelings	Madalena Moriz	2 – 5	S
When Sadness Comes to Call	Eva Eland	3 – 6	L H

You can discover lots more books on these themes, and others, with the Booktrust Bookfinder www.booktrust.org.uk/bookfinder

Key

S Speak and Sign, **M** Move, **I** Imagine and play,
L Learn, **E** Enjoy, **H** Help someone else smile

Speak and Sign

Making time to talk and listen is one of the most important things you can do for your child's well-being.



When you're out and about

Talk about your child's day: Talk on the journey to and from school or nursery. Here are some ideas - what they did today; things they can see around them; what they'd like to do tomorrow.

Eye-spy: Take turns to pick something you can see, give a clue to the others and see if they can guess what it is.

Count together: Count things e.g. yellow cars, red cars, Minis, bikes, scooters, buses, dogs, cats, post boxes etc. You can make this into a fun competition between you and your child.

Scavenger Hunt: Before a journey, make a list of 5 to 10 things to look for on the way e.g. squirrels, leaves, a bike...

'The Shopping game': This is fun and improves memory. One person starts by saying 'I went to the shops and bought...' something beginning with 'A' (e.g. 'apple'). The next person says 'I went to the shops and I bought an apple and...' something beginning with 'B' (e.g. banana). Continue taking turns through the alphabet. You can buy anything in this game – a castle, a dinosaur, an elephant.

Name Five (or Ten): Name a category e.g. fruit, ways to travel or animals, and your child needs to come up with 5 things in that category e.g. dog, rabbit, guinea pig, cat, hamster. You can also do this with letters/the sound of a letter.

I'm Suzie the sheep. I like to speak and sign.



At home

Storytelling box or basket:

Make a basket full of storytelling things to help make up a story or re-tell a favourite story. Use items from around the house like small toys, clothes, wooden spoons etc.

Read a story with your child:

Talk to them about the characters and how they are feeling or what they are doing. It's really good for children's well-being to talk to them about their feelings and worries and let them know that you are there to listen and help. Books can be a great way to talk about things that might be worrying them. **See p.1 for suggestions of books to read with your child.**

Eat together: Sitting down to eat together is a good opportunity for sharing time and talking about each other's day.

Remind your child about the importance of talking to adults about their worries: Encourage your child to talk to you or a teacher if they're worried about the past, present or future.

Move



Getting active is an important way to keep children feeling good about themselves in body and mind. Let them know that their body is clever as it can do all sorts of things and it belongs just to them!

When you're out and about

Counting steps: This is a great way to teach your little ones how to count and it can be fun to see if you can beat how many steps you took the day before.

Follow my leader: Your child does an action and then you copy it.

Silly walks: See who can come up with the silliest walk.

Chase my shadow: The aim of the game is for one person to keep moving while the other tries to step on their shadow.

Bubbles: Blow bubbles and chase them!

I'm Mickey the monkey. I like to move.



At home

Change 4 Life 10 minute shake up www.nhs.uk/10-minute-shake-up

With lots of great ideas, these 10-minute bursts of Disney-inspired activities will get your kids moving and count towards the recommended active minutes they need every day.

Turbocharge story time: When reading a story, choose a word that is repeated (e.g. 'green' if you're reading 'Green Eggs and Ham') and encourage your child to stand up or sit down each time they hear it.

Dramatisation: Act out stories as you read them.

Keepy-uppy with a balloon: Count how many keepy-uppys you can do with your feet, hands, and head.

Cotton-ball crawl: Put a pile of cotton balls on the floor and place an empty bowl on the floor somewhere else. Set a timer and encourage your child to move all the cotton balls into the bowl—using a spoon and crawling on their hands and knees.

ABC dancing: Show your children how to form letters with their bodies (like for the 70s song 'Y.M.C.A.') Work together to create letters or form their names or short words. Take pictures of their letters so they can see how great they look.

Walking on pillows: Gather all the pillows and cushions you have at home and line them up along the floor. Then try to get from one end of the pillows to the other – it's not as easy as it sounds! Watch out for anything they can hurt themselves on.

The Laundry game: Use rolled up socks for balls and the washing basket for a hoop! How many socks can you get in the basket?!

Imagine and play

Play is a key way that children learn and getting creative is a great way to have fun together.

When out and about

Scavenger Hunt: If you are walking, have a list of 5 to 10 objects that might be found along the way e.g. squirrels, leaves, a bike.

A-Z Scavenger Hunt: Go through the alphabet and see if you can pick out items along the route that start with each letter of the alphabet.

Wild art: Use leaves sticks, stones, flowers, shells, sand etc. to make puppets, hats, masks, collages and pictures. Google Andy Goldsworthy for inspiration.

Cloud watching: Look at the clouds, and decide what you think it looks like. Watch the cloud, and see if the shape changes into something else.

Record it: If you trust your children with your phone or a camera, get them to record their trip. You can also use a mobile phone which records sound to make a 'sounds diary' of your journeys.

Simon Says: One of you is 'Simon', the others are the players. 'Simon' tells the players what they must do. However, the players must only obey commands that begin with the words 'Simon Says'. If Simon says, 'Simon says touch your nose', then players must touch their nose. But, if Simon simply says 'jump', not 'Simon says jump', players must not jump.



I'm Immy the iguana. I like to imagine and play.



At home

Teddy Bears' Picnic: Have a picnic for toys or teddy bears inside. Use toy food or draw pictures together to make 'food'.

Make a pretend café or restaurant: Use or make toy food and menus.

Sock matching: Help match socks together and make it a race!

Shadow drawing: Trace the pattern of shadow and light made by the sun or a lamp onto paper. Try using different household objects to create different shadows.

Make recycled musical instruments: You can make rain sticks, maracas, drums, matchbox guitars, bells, and xylophones all from the recycling.

Make a bug hotel (or garden): See www.buglife.org.uk for lots of bug related ideas!

Visit www.wildlifewatch.org.uk/activity-sheets for more things you can make and do.

Learn



Learning is a good way to share something new together and try things that might be a bit out of our comfort zone. This helps build children's confidence and coping skills.

When out and about

Learn about nature and wildlife together: Visit the park, forest or beach and see what birds, trees, insects, animals and flowers you can identify. Lots of places have information boards with pictures of things you might spot.

See www.wildlifetrusts.org/discovery for ideas.

Pond-dipping and rock-pool exploring: Use a small fishing net and a bucket to scoop out some water and see what you can find! Use a magnifying glass to look closer.

Learn to scoot: Scooting is a brilliant way for anyone of any age to get about. See www.brighton-hove.gov.uk/early-years-scooting for tips and ideas.

Learn to ride a bike: The easiest way to learn to ride a bike is with a balance bike (or an ordinary bike with the pedals taken off). See www.sustrans.org.uk/what-you-can-do/children-and-families for how to teach your child to scoot or ride a bike.

Teach simple safety messages, like road safety: Always cross the road safely and carefully with your child, as they copy your

behaviour. Talk about safer places to cross, and show them how to use different types of crossings. Use key words such as kerb, vehicle and traffic. Talk about fast, slow, noisy, loud and emergency vehicles, and quieter things such as bikes and electric cars to help build their awareness. See www.brake.org.uk/educators for more tips on teaching road safety.

Learn to skip, balance, throw, catch and bounce: YouTube has lots of videos to help!

I'm Leo the lion.
I like to learn.

At home

Pass on your own skills:

Cooking, woodwork, DIY, gardening, sewing or photography skills can all be adapted for young children, for example with cooking, even little ones can help with mixing, measuring and cleaning up afterwards!

Cooking together:

Let your child choose a recipe from a few options See www.bhfood.org.uk/recipes for simple, seasonal recipes.



Enjoy



Focussing on the things that we like and give us pleasure can be a good way to develop a positive outlook on life. Simple techniques to help children relax can also help them learn how to calm down and feel safe.

When out and about or at home

Point out things that make you smile and encourage your child to do the same: These can be very small things such as a sunny day, flowers in the park, a cup of tea, clouds, a quick sit down on the sofa! Make saying what good things happened to you today part of regular conversation.

Enjoy the local area: Trips to places like parks, woods, the beach, even different parts of town can all help children to 'spread their wings'.

What's your favourite.....?: Simply talk about your favourite colour, food, sport, drink, animal, weather, books, songs, anything!

Use the 5 senses: Ask your child what they can hear, smell, see, taste and touch. For example, what does the bark feel like on a tree? What does it look like? Can you smell it?

I'm Elsie the elephant. I enjoy lots of things.



Muscle Squeeze:

Squeeze muscles, then release them to help feel relaxed, starting with toes, then feet, then lower legs etc. all the way up to the head.

Mirror walking: This is best in a wood or in the park under trees. You need a small mirror. Hold the mirror in front of you, mirror side up towards the sky. Use the mirror to look at the tops of the trees/the sky. You will have an unusual view of the world, feeling like you are walking in the tree tops! Supervise your child so they don't trip up.

Paint colour matching: Use paint charts from paint shops – chop them up, and take a handful of different colours – then try and find things to match the colours.



Help someone else smile!

Kindness is a key ingredient that helps children feel good. Even small acts of kindness create feelings of self-worth and belonging. Helping others to smile increases energy and gives a wonderful feeling of optimism.

When out and about or at home

Encourage your child to help someone else smile: They don't have to do something for them or buy them a gift, they can always just listen when their friends are sad, or invite someone who is sitting on their own to sit with them at lunchtime.

Share a smile: See how many smiles you can spread by smiling at people you know and counting your successes!

Be kind to animals: Teaching children to be kind to animals is a good way to teach empathy and kindness.

Say 'please' and 'thank you': Use these words with your children as early as possible to role model. If your child shares their half-eaten food with you, give them a nice smiley 'thank you'!

Help at home: Children love to copy adults which means they can genuinely enjoy helping at home especially if you make a game of it. For example they can help wash up with their own small washing up bowl. They might not always get much done but it sets good habits. When you cook, explain to them what you're doing and let them help.



Make a card or a gift: Encourage children to make cards or gifts for friends and relatives on their birthday, or if they are unwell.

Sharing toys: Not always easy, but encourage them to share some of their toys with friends and siblings.

Smiley picture: Draw a picture together of all the things that make you smile. Give it to someone else to make them smile too!

Send a postcard to a friend or a relative: Receiving a nice postcard could help someone smile!



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Look inside for ideas for using the 6 ways to smile with your child!

See www.brighton-hove.gov.uk/smile-project for more information and contact details

This leaflet was jointly created by

Public Health & School Travel, Brighton & Hove City Council, Brighton and Hove City Libraries and Safety Net.

Safety Net is a local children's charity who have been working in Brighton and Hove for the last 25 years, delivering services to help children, young people and families feel safer.

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The 'Smile PSHE Project' - Winner Best sustainable travel initiative – Education, Modeshift National Sustainable Travel Awards 2019

