

# Parent Guide



@twinklparents

We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

**SEND Support**



**Subject Guides**

**Pregnancy & Baby**



**Health & Wellbeing**

**Supporting Learning**



## What is this resource and how do I use it?

World Mental Health Day celebrates looking after our wellbeing. Connecting with others is a great way to increase positivity and mental health. Sometimes the little connections are the best ways to gently increase your health and positivity.

## What is the focus of this resource?

Connecting with Others

World Mental Health Day

Positive Mental Wellbeing

## Further Ideas and Suggestions

You can find other resources to celebrate World Mental Health Day in our [Wellbeing for Parents](#) area, whether you want to do some activities at home or celebrate with others. Look out for:

- [Positive Affirmations for Parents](#)
- [Wellbeing, Mindfulness & Meditation Ideas Jar](#)

Parents Blog



Parenting Wiki



Parenting Podcast



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Parents  
Hub

# World Mental Health Day

World Mental Health Day encourages us to connect with others to increase our mental health and wellbeing. The people we are connected to matter in our lives. Whether it's friends, family, pets or people who are no longer with us, our connections still matter and help make us who we are. Use this web of hearts to acknowledge and celebrate the close connections you value today. Name each heart and colour in a way that suits this connection. You can add more as you wish.

