



How to use your well-being cards

Life is so busy and sometimes we can forget to reconnect. Rise and Shine for Childline is the perfect opportunity to take the time to sit, listen and enjoy each other's company over breakfast.

Use your well-being cards to encourage conversations and check in with the young people in your life.

The questions on these cards were provided by the Childline service team.

Our service team has spent countless hours listening to children and teenagers on the phones through webtext, through our children therapeutic supports and from our school outreach programmes. They have expert knowledge on the issues facing children today.

We hope this guide will support you when asking our well-being questions.

Q1: How do you show *kindness* to others? How do others show *kindness* to you?

Support: Recognising what kindness looks like is a great well-being activity! Putting kindness into words can be difficult – but it helps us understand how we should receive kindness and how we can do better at showing our kindness to others.

Please see further support on this topic here:

<https://www.childline.ie/simple-ways-to-show-kindness-every-day/>
<https://www.childline.ie/listening-to-friends/>

Q2: Do you ever feel overwhelmed with feelings like *sadness, anger, fear or loneliness*?

Support: It's important for children to be able to express these emotions but also recognise what it is that is making them feel this way. Ask children what you can do in their lives to help them feel less overwhelmed.

Please see further support on this topic here:

<https://www.childline.ie/safe-ways-to-vent-your-frustration-at-the-world/>
<https://www.childline.ie/what-to-do-if-you-feel-sad-or-stressed-all-the-time/>
<https://www.childline.ie/what-to-do-if-you-are-lonely-or-feel-like-you-have-no-friends/>

Q3: What is your favourite thing about *yourself*?

Support: Being kind to yourself by saying words of affirmation or recognising good things about you and your personality is a great way to build self-esteem and confidence. If the children in your life are struggling to answer this question, tell them your favourite things about them and about yourself.

Please see further support on this topic here:

<https://www.childline.ie/five-simple-ways-to-improve-your-mental-wellbeing/>
<https://www.childline.ie/draft-how-to-learn-to-love-the-way-you-look/>



Kindly supported by



Q4: If you had a **big worry**, what can we, as adults, do to help it feel like a **small worry**?

Support: Worries come in all shapes and sizes. But knowing the adults in your life can reduce your anxiety around these worries – is a big relief for most children. When we speak to over 2,000 children every week – we do our best to reassure them and make the big worry, turn into a small worry.

Please see further support on this topic here:

<https://www.childline.ie/3-ways-to-stop-worrying-about-what-people-think-of-you/>
<https://www.childline.ie/7-simple-things-you-can-do-to-improve-your-day/>

Q5: How do you think childhood is **different** now, compared to what you think it was like for your parents?

Support: This activity will help parents and teachers get the children’s perspective on what challenges they have now that they believe you didn’t have.

Q6: When you hear of ‘**self-esteem**’, what does that mean to you and what do you think good **self-esteem** looks like?

Support: It’s important for us to promote a high-level of self-esteem in the children around us. It will help them take better care of their own well-being and encourage confidence. A high self-esteem can also make children more resilient to negative actions and comments.

Please see further support on this topic here:

<https://www.childline.ie/how-to-deal-with-low-self-esteem/>

Q7: If you could choose a perfect ‘**yes day**’, what would that look like?

Support: A fun question to ask the children in your life to see how we can incorporate more of what they love into their lives.

Please see further support on this topic here:

<https://www.childline.ie/5-things-every-family-can-do-to-spend-quality-time-together/>

Q8: What do you wish adults **knew** and **understood** about children?

Support: This question will allow the children and young people in your life feel heard and that they are supported by their parents/teachers.

Q9: Have you ever seen something online that has made you feel **uncomfortable** or **confused**? If so, what was it?

Support: Unfortunately, many children have seen adult content online and feel embarrassed to share or ask questions. Hopefully the children in your life will take this opportunity to share with you what it is they have seen.

Please see further support on this topic here:

<https://www.childline.ie/what-to-do-if-you-see-upsetting-or-graphic-content-online/>
<https://www.childline.ie/how-to-protect-yourself-from-inappropriate-content/>

Q10: What does it mean for you to **feel safe**/What does **safety** mean to you? What could we do to make you feel **safer**?

Support: It can be difficult to explain the feeling of safety but giving examples of what makes you feel safe as an adult might help prompt the young person in your life to explore these feelings.