

Activities Can Help Your Child

When children feel sad, down, upset, or cranky, they may withdraw from activities that used to make them feel good. They may feel too tired to do the fun things they once enjoyed, or believe that these activities are now pointless or uninteresting. When this happens, they miss out on opportunities to feel better – just when they need these opportunities most! It will help your child prevent getting stuck in bad moods if he or she will deliberately schedule pleasant activities every single day – making sure that these are activities he or she really enjoys.

What Kinds of Activities Will Help?

Here are four simple, inexpensive kinds of activities that can lead to good feelings:

1. **Doing activities that we have enjoyed in the past.** For nearly all of us, there are some activities that are almost guaranteed to make us feel better.
2. **Doing things with someone we like.** Activities we do with a friend can make us feel really good. Even something simple, like talking on the phone or eating lunch together at school, may help a lot.
3. **Staying busy by getting involved with a group or club.** Joining a group or a club can help us stay