

Supporting children's mental health through storytelling

A story is a powerful way to engage children, to help them switch off from any worries or stresses and be swept into a world of imagination.

Here are some top tips for supporting children's mental health and well-being through storytelling;

- Dedicate time to sharing books and stories with children. This will show children you want to spend quality time with them
- Where possible, spend some time sharing stories one-to-one or in small groups so children feel comfortable and relaxed enough to open up and talk about things if they want to
- Use books and storytelling to introduce new and relevant topics that may be concerning children in your care. For example, if children are experiencing worry or anxiety, a book like 'The Worrysaurus' by Rachel Bright can help children see things from a different perspective, helping them to make sense of their emotions and to develop empathy for others
- Ask open-ended questions after the story to help start a conversation with children
- Use books where you can, add in silly voices or actions and really have fun with children to lift everyone's mood
- Provide props so children can have a physical role in the story
- Support children to create and act out their own stories which will help to develop their confidence.

