

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



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

Simply have a read of the New Year's Wellbeing Resolutions for Parents and have a go at the ones that suit you. These New Year's resolutions are designed to be fun, practical, mindful and cultivate a sense of optimism for the year ahead. Here's to a great start to the year!

## What skills does this practise?

Mindfulness

Perseverance

Communication

Self-Care

## Further Activity Ideas and Suggestions

You could even head over to our Twinkl Kids' TV channel on YouTube where you will find some lovely [mindfulness videos](#) or you can try out our [Surviving Parenthood: A Parenting Podcast YouTube channel](#).

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

# Winter Wellbeing: New Year's Resolutions for Parents

Try doing a random act of kindness every week

Take full deep breaths for a few minutes every day

Notice the joy of the moment with your children

Take up a new hobby or pastime

Look at how you can live more sustainably

Set up a monthly family budget and stick to it

Make time for friends that make you laugh

Practice gratitude every day

Reduce screen time and read more books

Declutter and donate unwanted items to charity

Connect with nature by getting outdoors

Be spontaneous and try something new

Practice self-care and do something just for yourself

Celebrate and feel good about personal successes

Stay fully present while eating dinner as a family

