

Are your kids feeling blue?
Let them paint it pink!





Mandala

- After drawing them, they can color them in!
- It can help kids focus their attention and calm down.



Make art with nature

- Encourage children to work with natural materials, take a walk outside. Make flower collage, paint leaves, or rocks.
- It helps them feel calmer, happier and more grounded.

Draw your anger monster



- Allow children to draw what best describes their anger, the most misunderstood form of emotion.
- Let them express themselves freely without feeling scared.

Draw yourself as a superhero



- Inspire them to think about their traits, superpowers, friends, and costumes.
- It helps develop their confidence, communication, and problem-solving skills.

Scribble and giggle



- Play music and let them scribble mindlessly.
- It helps reduce stress and regulate emotions effectively.

Let your child's imagination run wild and wellbeing run high with **Wellbeing on the Web (WoW)**



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & videos



POSH training



e-pharmacy



Lab tests



Physios



Email support



Newsletters



Branded comms



Monthly reports