For your child

🧠 1. Keep Routines Steady
Regular meals & sleep help balance mood.

Maintain school, chores, and downtime schedule.

🚶‍♀️ 2. Move Every Day
Dance breaks, stretching, or outdoor walks.
Sunlight boosts mood + energy.

☀️ 3. Let the Light In
Open blinds in the morning.
Sit near windows for homework.

🎮 4. Replace Doom-Scrolling with Something Engaging Not “no screens”—just better screens:
Creative video games
(Minecraft builds, rhythm games, Mario Maker).
Skill-building apps (drawing, music, coding).
Set a “make something cool once a week” goal—digital art, short video, craft, etc.

Engaged brains = less blues.

Supporting Emotions

💬 5. Talk About Feelings
- Ask open-ended questions.
- Listen more than solve.
- Normalize ups and downs.

👫 6. Stay Connected
- Encourage safe social time with friends, clubs, or volunteer work.
- Plan family game nights or mini outings.

😌 7. Teach Real Stress & Mood Skills (They Can Handle It!)
- 4-7-8 breathing
- Five-senses check-in
- Keeping a gratitude or photo journal through the winter.

These build coping skills they’ll use for years.

Beating the Winter Blues – With ESS

A Family Guide

“Simple ways to brighten the season for you and your middle schooler.”

Why Winter Can Be Tough

- Shorter days and less sunlight can lower energy and mood.
- Kids may feel tired, irritable, or withdrawn; parents feel it too.
- Small, steady actions can lift everyone’s mood.

For you the parent!

Get sunlight, movement, rest.

Try journaling or quiet gratitude.

Connect with other parents.

☕ Make Home Feel Cozy
Use light, scent, and music to lift spirits.

Family rituals: movie night, Sunday pancakes, or “no phones” dinners.

When to Seek Help

- If your child’s low mood lasts more than a few weeks or they lose interest in activities, contact yours student’s school counselor .

Important numbers

*Immediate assistance, please contact 911,
*Mobile Response (877.652.7624)
*PreformCare 1-877-652-7624

You’ll never find a rainbow if you’re looking down.
~ Charlie Chaplin

Quick Mood Boosters

- Sunshine jar (family writes daily positive moments)
- Indoor plant or herb garden
- Dance to upbeat music while cooking
- Plan a fun activity to look forward to

Remember: Winter doesn’t last forever — warmth, connection, and simple habits make all the difference.