

Resource update for the COVID-19 outbreak



Wednesday 15th July 2020

As schools break for the summer, we thought it would be nice to make our final resource update a family activity book themed on the five ways to wellbeing, with lots of ideas of things to do and also space to log what's been done so that it can be shared back at school in September. Please do share this with children and families. Take care all!



The five ways to wellbeing are five areas of our lives that we can build up to help ourselves feel better. Over the next few pages there are lots of ideas for each way to wellbeing that you could try to fit in over the summer holidays. It is really important that you put effort into looking after yourself. Try to do something for your wellbeing every day! Some ideas are big, and some are small. You might like to work through this booklet and the ideas on your own, or it might be nice to do some of it with your family. There is also space on each page for you to add notes, drawings, or photos around what you have tried and then you can share this back at school in September.

At the back you will find some information about apps and services that can help you with your wellbeing too.

Enjoy!



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



Connect with people – family, friends, neighbours – at home, work, school, your local community. Try to find ways you can reach out. Visit, message, call, video call (try playing some family games on your call like <https://tinyurl.com/family-games>), use social media, write a letter, send a card or design and send your own post card. Tell them about some of the fun things you've been doing during the holidays. Maybe you can watch the same film/show at the same time and message about it. Maybe you can encourage an older relative to get a gaming app like scrabble and play with them. Reach out to older people or those who are unwell. What about a game of 'Would you rather...?' to start conversation with friends or family online or in person? You can see some examples here <https://tinyurl.com/rathercards> . Can you come up with your ideas for 'connect' during the summer holidays?

I connected with...

We connected by...

This made me feel...





Follow a workout on YouTube. Do yoga, pilates or stretching. Can you try something new like Zumba or a hip hop workout (try <https://tinyurl.com/hip-hop-class>)? It could be a good giggle to follow a video together as a family. What about some energetic cleaning and tidying!? Can you wash the windows or clean a car with some adult help? How long can you hold a plank? Do some high knees or star jumps. Build an assault course. Get out to somewhere new. Check out <https://tinyurl.com/northyorksmoors> for some local ideas. What about building your own indoor/outdoor bowling alley? You can use a ball and paint some old plastic bottles for bowling pins. Make your own score cards and play as a family. Who will get the first strike?!

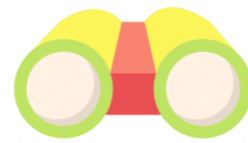
Find something you enjoy and suits your level of mobility and fitness. Just 10 or 15 minutes of physical activity a day can make a difference to your mental wellbeing. Try to keep getting up if you are sat down.

One way I got active was...

Another was...

My favourite was...





Be curious about what's around you. Notice the changing seasons. Think about how you can be creative. Be aware of your feelings and reflect on your experiences. To take notice is to be in the present, in the 'here and now', and to be aware and mindful of your surroundings, to be alert to what is happening around you. It can mean pausing, even for a brief period, to spend some time in silence and reflect on your experiences. Maybe you could concentrate on your breathing, try <https://tinyurl.com/handbreathing>

Can you focus your mind on a word search or crossword? Try this one, <https://tinyurl.com/wordsearchsummer> How about designing and making a bird feeder (check out <https://tinyurl.com/bfeeder> for ideas) and hanging it from a tree or near your window so you can keep a look out for which birds fly by (you can use a log like <https://tinyurl.com/birdcounter>). You can also have a go at the RSPB wild challenge - will you go for bronze, silver or gold? Check out <https://tinyurl.com/rspbchallenge> Or maybe you could try your hand at weather forecasting! Can you keep a weather diary and monitor the elements over a couple of weeks, how much rainfall comes in 24 hours or how strong the wind is? Check out some tips for weather watching here (<https://tinyurl.com/kidweatherwatch>); learn how to take measurements and make observations.

I have taken notice by...

When I do this I feel...





Try something new or pick up an old interest. Do a course to learn new information or a skill, pick up a musical instrument or get out some paints. Try some different art projects, check out <https://tinyurl.com/easy-art> or <https://tinyurl.com/home-art-room> How about learning to meditate (you could try this <https://tinyurl.com/kidmeditate>)? You could ask an adult to show you how to cook their favourite food or how to fix a bicycle. Download an app to learn a language. Learn some facts about the Premier League and practice your maths with this activity sheet <https://tinyurl.com/footymaths> You can learn from reading, listening to the radio, podcasts, watching television, YouTube videos, visits and even virtual visits (e.g. <https://tinyurl.com/VirtualGWOC> for the Great Wall of China or Buckingham Palace at <https://tinyurl.com/buckpalacetour>). Work with an adult to learn more about 'Black Lives Matter' and racism (you could try <https://www.bbc.co.uk/newsround/53149076>). Borrow some knitting needles! Start a project and research something you are interested in like feminism, climate change or architecture. Have a go at programming on <https://scratch.mit.edu/> or try your hand at coding or electronic design on <https://www.tinkercad.com/>

3 Things I Have Learnt this Summer





Do something nice for someone and notice how it makes you feel. Try some random acts of kindness (look at <https://tinyurl.com/act-kind> for inspiration). Thank someone. Make a gift or a card. Cook dinner. Make a drink. Litter pick or volunteer your time for a local group if you are able to safely. Help around the house. Work with an adult to make something to sell for charity (how about some baking? – recipes here <https://tinyurl.com/kidbake>). Do some weeding for a relative. Have a clear out and donate some items. Show you care to those who might be struggling. Paint some rocks and place them around your local area to make others smile. Be patient. Some people find giving easy, but don't find it so easy to receive – whether gifts or compliments. If you know it makes you feel good to give, then when you accept something you know it's good for the person who's giving to you too. Ask for help so that others can give to you.

This summer I helped
others by...

Helping others is important because...

Comment from
someone I helped:





Daylio is a free private journal app, without the need to type! Choose from emojis to represent your mood and activities you have been doing. Over time you can notice patterns and understand your habits better.



HEADSPACE

Headspace is a free app offering guided meditations, mindfulness, sleep advice, animations, articles and videos. Some of the content is only available to paid subscribers.

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18. Free.



Calm is a free app for meditation and sleep, including guided meditations, mindfulness, sleep stories, breathing programs, masterclasses and relaxing music. Some content is only available through an optional paid subscription.

MindShift is a free, scientifically based anxiety tool based on cognitive behavioural therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take change of anxiety.



MindShift CBT



The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness. Free for schools.



Worrinots is designed for children from the age of 5 and has been specifically created to tackle the mental well-being problems in young children. The app provides children with practical and fun coping mechanism for their fears using one of the four Worrinots characters. Home Edition is free.



Wellbeyond Meditation for Kids includes 5 short (3-10 minutes) meditations themed to focus on focus (focusing mentally on what is right in front of you), feelings, kindness, entering and sleep. Free.

Emotionary guide's users through five primary emotions to find the right category of feeling, with all definitions pared back to the essentials and displayed so they can be easily compared. Free.



Mindful Powers™ is a kid-first, holistic approach to building social-emotional learning through the power of play. Built on a skills-based methodology that helps children in early and middle childhood build a healthier relationship with life, stress, and anxiety, Free. In-App Purchases

Three Good Things: A Happiness Journal helps children focus on the positive and recognising what went well today (ages 6 and up). Every child gets to list three things daily that went well, which begins to train their mind to look for things to appreciate and begin a gratitude practice. Free.



A swirling bottle of virtual glitter to watch as you breathe. Users can change to colour and the time it takes for the glitter to settle. For ages 4+. Free.



Wellbeing Services



BUZZ US is a confidential text messaging service for help, information and advice about mental health and wellbeing for children aged 11-18 in North Yorkshire. To use the service text 07520 631168 or visit : <https://www.compass-uk.org/buzz-us/> to find out more.

Child Line is a free, confidential service for anyone under 19 in the UK, where you can talk about anything. The Calm Zone has fantastic tools/strategies/games for young people to help calm themselves down.



Beat is a website that provides information about eating disorders, recovery and support services. Beat also provide helplines for adults and young people offering support and information.

CBBC Newsround is a website which keeps young people up to date with the latest stories and events happening at home and abroad. There is a website page with stories and videos dedicated o mental health and wellbeing.



Young Minds are there to ensure young people get the best possible mental health support. They have an informative website and a parent helpline plus YoungMinds Crisis Messenger service for young people experiencing a mental health crisis.

NHS 111 is a service that you can use if you have an urgent medical problem and you're not sure what to do. They have a website and a helpline. You can ask for a translator if you need one.



MESMAC is a sexual health project that offers a range of services for different community groups, including young LGB&T people.