Waverley Education Foundation

My Wellbeing Journal

KS4/5

This journal belongs to:_____

learning from home pack

NAME:

Teacher:
Class:

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Mindful Colouring

30 Day Wellbeing Challenge

learning objectives

LIFE SKILLS & WELLBEING

tootoot

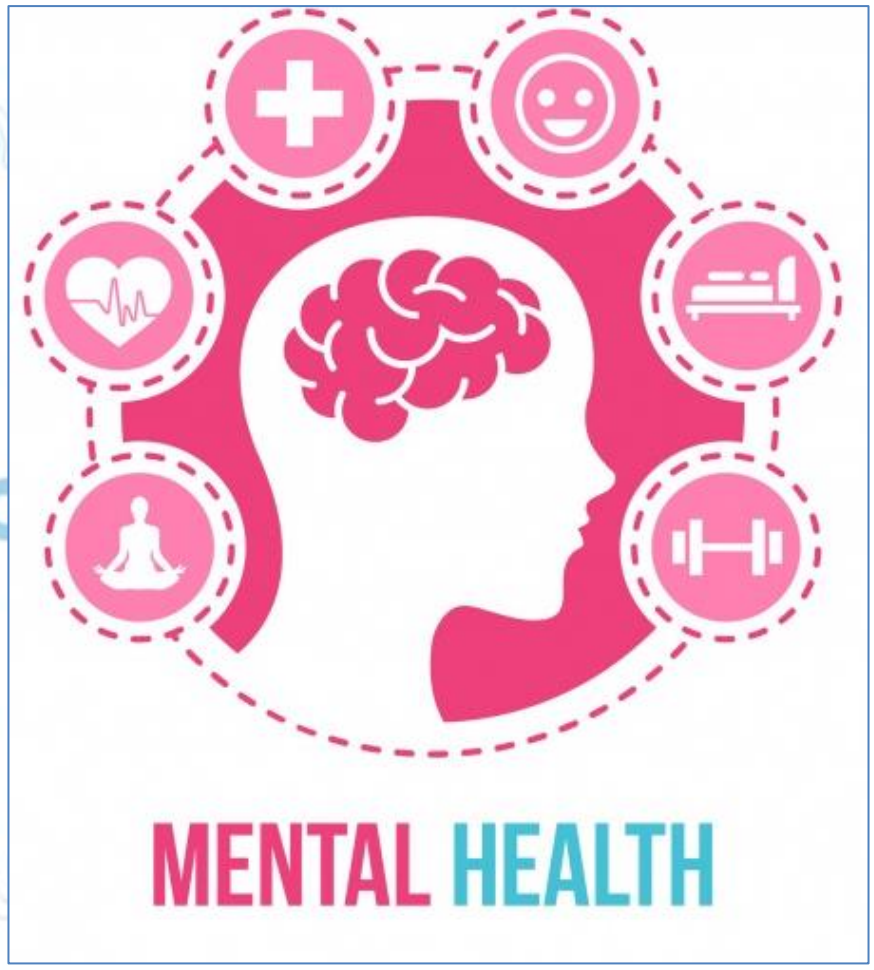
- To understand what mental health is and how it can affect everyone around us
- To explore the impact anxiety can have on us and those around us and, learn some tips on how to manage it
- Explore practical steps you can take to look after your mental health with a focus on talking to a trusted adult and getting a good nights sleep



mental health awareness

What is mental health?

mental health awareness



"The state in which your mind is from a psychological wellbeing perspective"

Mental Health vs Mental Illness

Mental Health is *a person's condition with regard to their psychological and emotional wellbeing*

Mental Illness is *a clinically diagnosable illness, affecting how a person thinks and feels, behaves, and interacts with other people*

Good mental health indicates a balanced, stable mind where there isn't any prolonged negative states, no long-term emotional imbalances or dysfunction, you can appropriately express how you feel or manage your emotions or, seek the appropriate help where needed.

Poor mental health indicates a feeling of; not being in control with your emotions, long term negative emotions, difficulty expressing yourself emotionally, feeling alone or isolated, extremes of emotional states such as rage, suicidal thoughts, feeling disconnected. Mental health can affect your physical health.

Mental health is something that can **affect anyone**, our environment and bodies are changing constantly and **sometimes it can be stressful**. It's important to **find a trusted adult** you can confide in during the difficult times and celebrate the stress-free moments.





progress passport

TARGET SETTING 2020 -2021	
Target 1 Target I would like to set myself that is linked to my school life	E.G *I will try to focus more in my music lesson*
Target 2 Target I would like to set myself the is linked to my home life	E.G *I will try to do more chores around the house or keep my bedroom tidy*
Target 3 Target I would like to set myself that is linked to my personal wellbeing	E.G *I will take time to enjoy watching either the sunrise or sunset once a week*

Who can help you to achieve these targets?





Attach or draw a phot of yourself

SURNAME:
FORENAME:
PREFFERED NAME:
DATE OF BIRTH:
NATIONALITY:
AGE:
FAVOURITE SPORT
FAVOURITE FOOD:

Attach or draw School logo

How are you feeling?	
What are you most excited about this year?	1
	2
	3
Best friends name(s)	
What are you most nervous about?	1
	2
	3

ACADEMIC PROFILE	
Favourite Subjects	1
	2
	3
Strongest subject	
Subjects you would like to improve	1
	2
	3

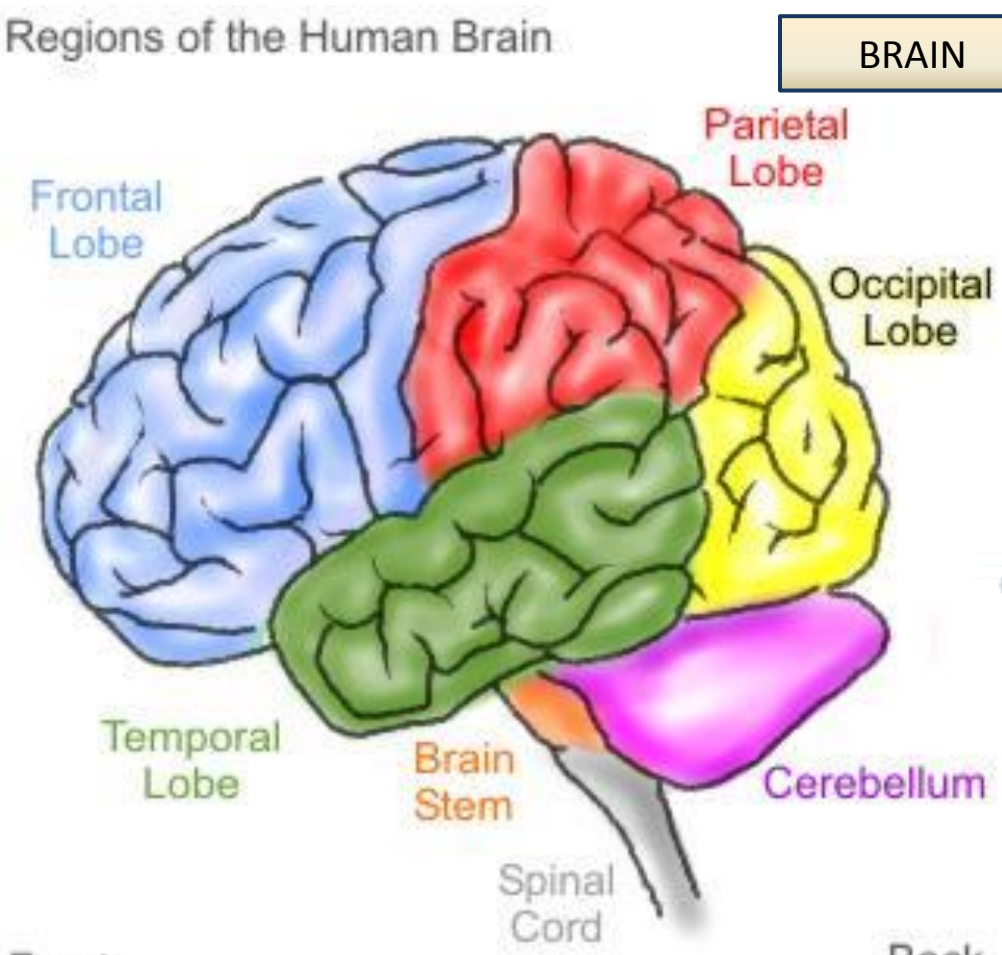
Who does mental health affect?

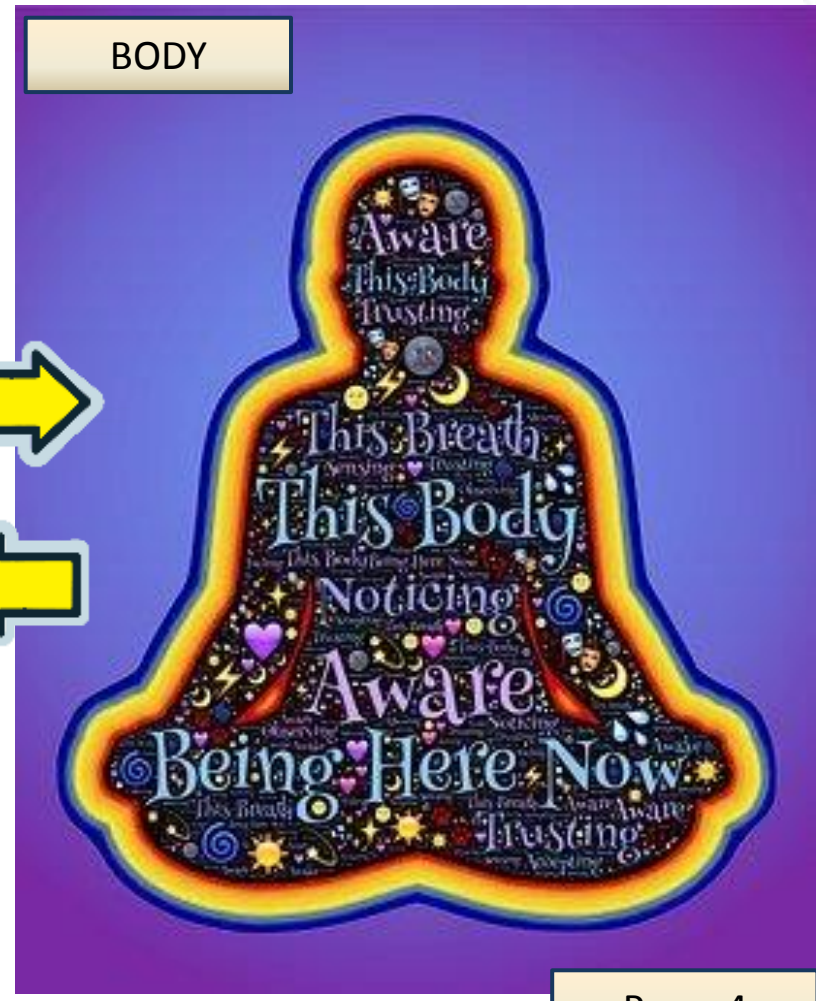
mental health awareness



"**Everybody can be affected** by mental health imbalances. The brain and the body have a lot of information they are processing and sometimes it can be a little too much and we need a little outside help or advice. **It's nothing to worry about or be ashamed of**. This is part of the human experience. It allows us to connect with others, learn, grow and help someone else in the future when they are in a similar situation."

Choosing what is correct for you to feel good and maintain overall good health, is just as important as your physical health. The body and the brain are one and both play equal roles in keeping us alive, healthy and well. One cannot do the job without the other. The body and the brain talk to each other via the nervous system and endocrine system (hormones), they are both always receiving information from the other (like a computer and a server) and that information is always trying to keep you, safe, happy and healthy.





What is Sleep?

sleep & mental health



"Sleep is such an important part of our lives, yet many of us don't pay much attention to it. It is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. As well as humans, other mammals, reptiles and birds all sleep, while fish, amphibians and insects do not (although they may rest). Some animals sleep in many short bursts, while others, like humans, prefer to sleep in one long block.."

Sleep is essential to humans, just like air, water, and food. When necessary, people can cope without sleep for periods of time, but the longer we are awake the stronger the urge to sleep becomes. Sleep is important for general physical health, restoring energy, repairing injuries or illness, growth, psychological well-being and mood, concentration, memory, work performance, and getting along with others.



Did you know?

Adequate sleep is 7 hours for your body to regenerate, promote healthy cell/tissue growth. It boosts and restores our immune system.

8-9 hours is ideal but everyone has their own normal.

Having enough sleep allows your brain to think more clearly

Having enough sleep allows your body to work efficiently

Mental health is something that can **affect anyone.** Our environment and bodies are changing constantly and **sometimes it can be stressful**. It's important to **find a trusted adult** you can confide in during the difficult times and celebrate the stress-free moments.

""Sleep is the best and least expensive anxiety medicine."

Ellen Vora, MD

Sleep and Relaxation



Activity: Complete the sentence starters

- ❑ Sleep is……..
- ❑ My sleep is ……..
- ❑ …… and ……. disturbs my sleep
- ❑ I sleep well when I ……







Did you know?

When we have had a good nights sleep we can think more positively, we have the energy.

Did you know?

Tiredness can make us feel more anxious. Negative thoughts and circulating thoughts can happen in our brains when we are tired. It's like our default setting. They are there because we needed this anxiety for survival when we were cavemen. Anxiety kept us alert and safe from predators because we were constantly aware of our surroundings. In this modern age, we don't have any predators so this constant state of alertness to protect us is not necessary and we now have to actively and consciously make thoughts and decisions to think positively. When we have had a good night's sleep we can think more positively, we have the energy.

GETTING A GOOD NIGHTS SLEEP

Will not help

Copy ideas here:

:



Will help

Copy ideas here:

:



Turning your phone off

Eating a balanced diet

5 portions of fruit and vegetables a day

Curtains open letting light in

Smoke cigarettes

Worrying about things before bed

Meditation and mindfulness exercises

Regularly getting 60 minutes of exercise a day

Spray a nice scent

Tidying your room

Drinking Red Bull and other energy drinks

Being in lots of WhatsApp groups

Reading a book before bed and not playing on phone

Spending lots of time on social media and in front of screens

Having electronic standby lights on

What is sleep hygiene?

sleep & mental health



"Sleep hygiene' is a term used to describe good sleep habits. Considerable research by many doctors and other sleep experts has gone into developing a set of guidelines and tips which are designed to enhance good sleeping. There is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties"

10 ways to boost sleep hygiene

1. Get regular with your bedtime routine. Go to bed and wake up at the same time every day

2. Avoid caffeine in any form (energy drinks, tea, coffee, and chocolate) before bed

3. Try not to use your bed for anything other than sleeping so that your body comes to associate bed with sleep

4. Avoid taking naps during the day, to make sure that you are tired at bedtime

5. Develop your own rituals of things to remind your body that it is time to sleep

6. If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again

7. Regular exercise is a good idea to help with good sleep - But don't do it just before bed -

8. A healthy, balanced diet will help you to sleep well, but timing is important - heavy meals before bed are not good -

9. Ensure your bed and bedroom are quiet and comfortable for sleeping

10. Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy

Some tips for getting a good nights sleep!

Going to bed at the same time every night – before 10pm ideally! In eastern philosophy they believe it is good to sleep between **9-11pm**

This helps to keep us in our circadian rhythm – the right hormones being released in our bodies at the right time. Sleepy hormones for bedtime and wake up hormones for the morning. Going to sleep when the sun goes down (or a few hours after) and waking up when the sun rises (or a few hours after)

Reading – tires brain and eyes, they want to close so you naturally fall asleep, reading takes you away to a far of place – this state is very relaxing to the body, your heart rate slows down and your body starts to feel sleepy. The pages of a book are a relaxing, non-stimulating colour.

30-60 minutes no screen time before bed – screens are very entertaining, stimulating and engaging – bright colours – connections to friends or celebs – keeps our brains active. You need some quiet time for the brain to have a relaxing/restful sleep

Blue light off mode on devices – turning your phone, tablet or laptop off blue light can help the brain relax
Blue light exposure may increase the risk of macular degeneration. The fact that blue light penetrates all the way to the retina (the inner lining of the back of the eye) is important, because laboratory studies have shown that too much exposure to blue light can damage light-sensitive cells in the retina.
Source: ***https://www.allaboutvision.com/cvs/blue-light.htm***

Take a bath
Relaxes the nervous system. Adding Epsom salts allows magnesium to pass into the blood stream – magnesium relaxes muscles – relaxes muscles = relaxed person – adding essential oils can help relax –
Essential oils on your pillow, temples of your head, wrists or with an essential oil diffuser:
Lavender
Frankincense
Clary Sage
Sweet Marjoram
Roman Chamomile
Bergamot
*There is evidence that magnesium helps with anxiety.

Stop Eating 3 hours before
Eat 3 hours before you want to sleep, no snacking and only drinks that are water-based (no milk) ideal is a cup of Chamomile tea. Used for centuries to help calm the mind and body before bed.
An empty stomach is a quiet stomach, so it won't disturb you when you are sleeping. Digestion needs energy to happen and energy in your stomach can keep you awake

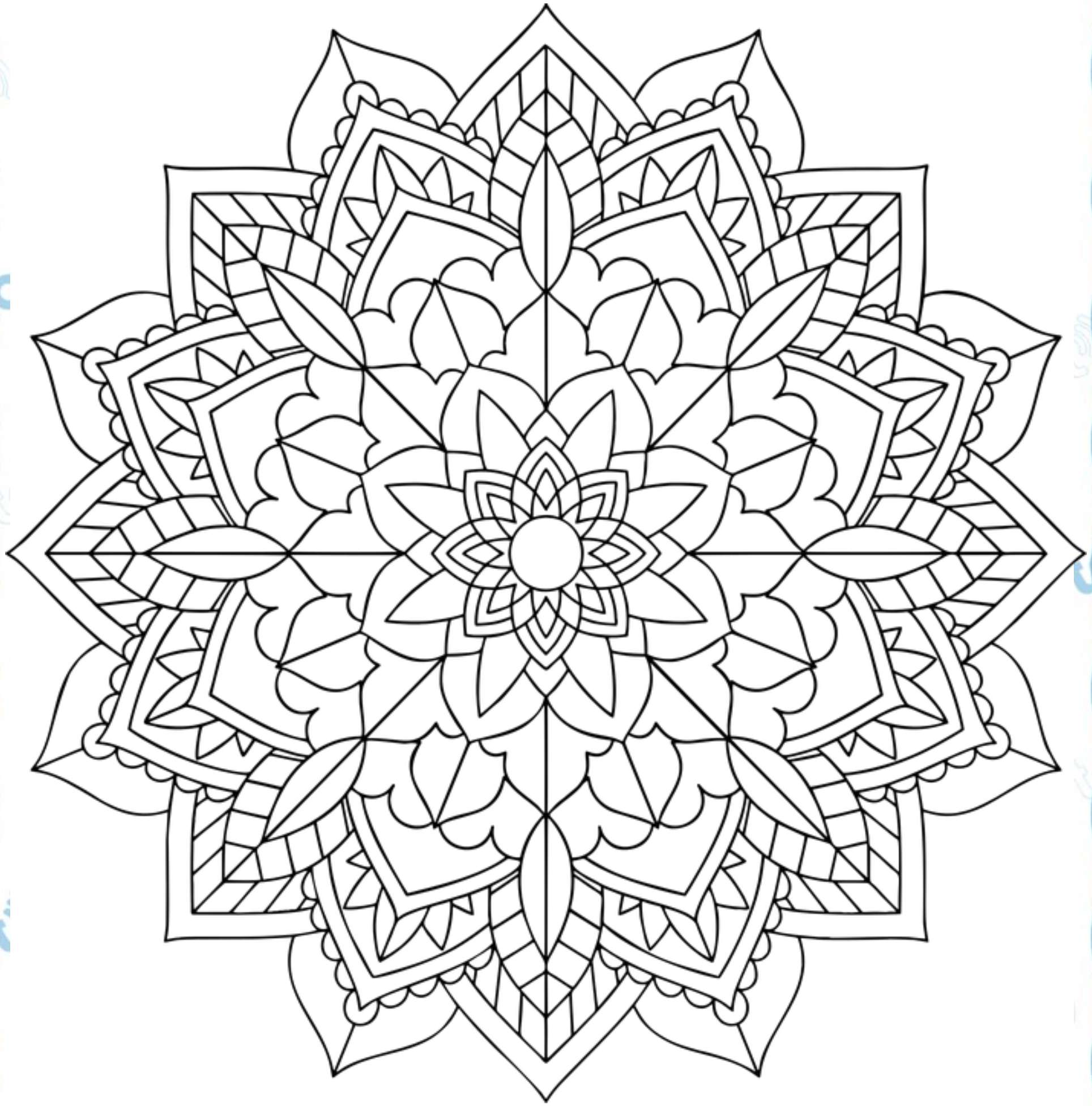
Stay away from sugar
Sugar before bed will give a boost of energy (spike your blood sugar levels), you don't want that before bed. Just a normal dinner is best. Ideally a mix of protein, a complex carbohydrate, and veggies.

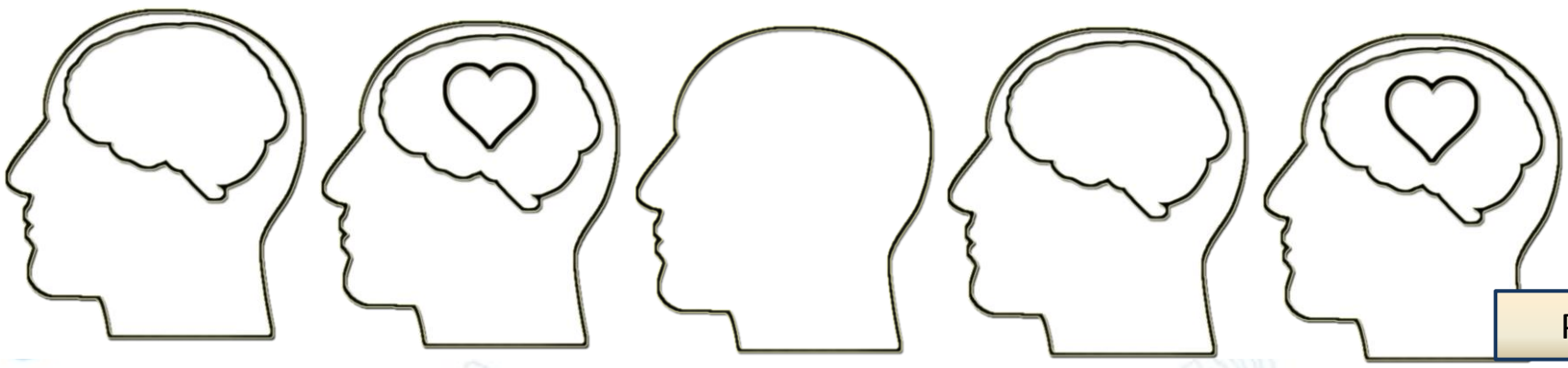
Meditation
Relaxes the body, decreases heart rate and blood pressure
Focuses your mind on the breath which allows the mind to rest, process all the information from your brain
Puts you into your body, when your attention is in the body you can feel want it needs more

Gratitude
Practice gratitude before bed
Saying or writing down what we are grateful for puts us in a great mood. A mood full of appreciation fills us with Joy and love for life and the people around us who are supporting us. The happy hormone of Oxytocin is released and relaxes us making us feel at peace before we sleep conditioning the brain for happy dreams.

tootoot

mindful colouring





wellbeing activity

Health & Wellbeing Question Tree
SELF ESTEEM

reflection questions

LEVEL 1

-Start at the top of the tree

-Pick a question and **colour in the arrow.**

-Answer the question in the triangle **then pick the fruit** and **add to trolley**

-Continue taking **one path down** the tree answering questions and picking as much fruit as you can.

-You must try to **collect all 10 healthy fruits and then reach the peace dove**

Use the arrows to track your movement

Add Picked Fruit To Trolley

1.
2.
3.
4.
5.
6.
7.
8.
9.
10. Peace or Conflict

Bonus Fruits

1.
2.
3.
4.
5.

Answer Here

What is self esteem?

What is self love?

Name 3 things you enjoy

How can you ensure you get a good nights sleep?

What is your favourite food?

When awards or certificates have you won?

Name your two favourite school subjects

What are the disadvantages of social media?

What are the advantages of social media?

Which is more influential: Facebook, Twitter or Youtube?

How can body image impact self esteem

What sports do you enjoy playing?

Name 2 role models you have

What 3 jobs might you consider when you are older?

Name 2 ways to boost self esteem

What are social influencers?

Why is it good to give compliments?

What is disinformation?

LEVEL 2

Come up with **three bonus questions** of increasing difficulty that **link to this topic** and identify which three additional fruit can be won!

Answer another students bonus Questions to **win more fruit!**

Explain the importance of boosting your own self esteem

Explain the importance of boosting your own self esteem

LEVEL UP

LEVEL 2

Q1.

Reward Fruit-_____

Q2

Reward Fruit-_____

Q3.

Reward Fruit -_____

mental health awareness

What is emotional health and wellbeing?

mental health awareness

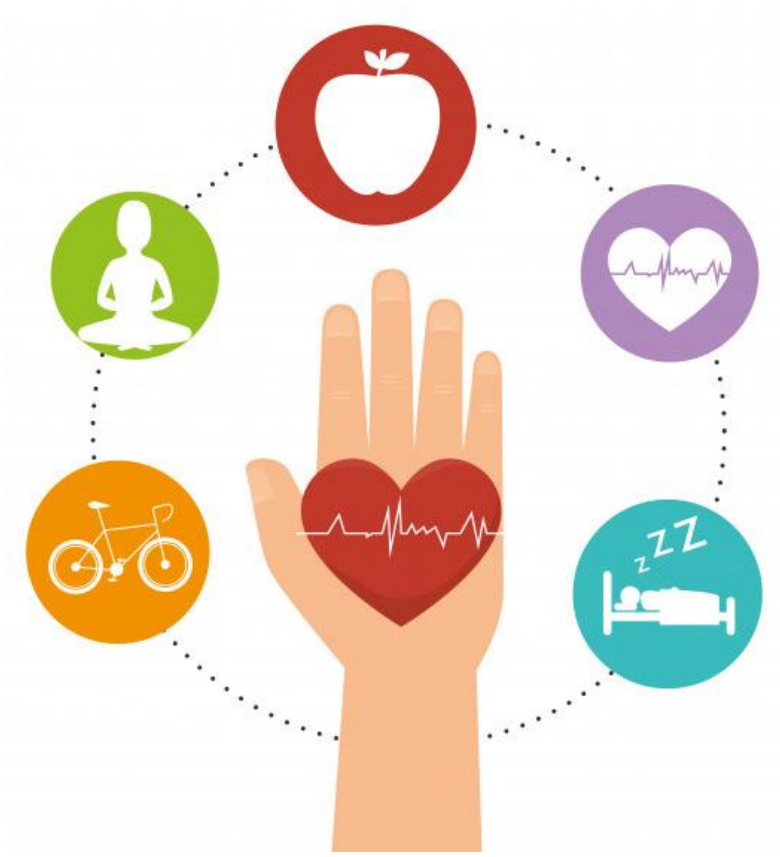


"Having balanced mental health is to **allow emotions to be present** in your mind, **witness them**, **accept them** and understand that they all **will pass in their due time**. The balance of our thoughts and emotions will allow you to choose the actions that support your physical wellbeing, emotional wellbeing and mental wellbeing "

What is Positive Wellbeing?

It is a state of overall good health in both body and mind and can include:

- ✓ **Intellectual** (cognitive stimulation such as problem-solving puzzles)
- ✓ **Spiritual** (understanding a sense of purpose beyond your own existence, can be through prayer or exploration of a higher power, etc)
- ✓ **Social** (building relationships and community support through friends and family and neighbours etc.)
- ✓ **Physical** (movement, whether in sports or walking, movement that brings joy.)



If you do something beneficial to your mind it will respond in a positive way that the body will react to by also releasing these same hormones.

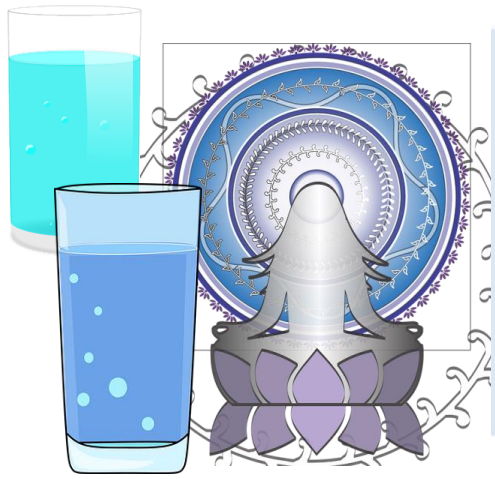
Things that are beneficial to your mind (and spirit) are doing things that you really enjoy!! Things you are passionate about and/or good at. Making and spending time on these passions will help you keep happy.

Did you know?

Approximately 1 in 4 people in the UK will experience a mental health problem each year

1 in 6 people report experiencing a common mental health problem (such as anxiety, depression, etc.)

Psychologist Robert Leahy said that the average teenager has the same level of anxiety that a psychiatric patient would have had in the 1950s







mental health awareness

Boosting your emotional health and wellbeing

mental health awareness

Scale 1 = Not Ok ---------- 10 = Great

How do you feel today?

How did you feel last week?

How do you feel about the future?





WHAT DO I THINK ABOUT MYSELF….										
MY SELF ESTEEM	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
	NEVER			SOMETIMES			MOST OF THE TIME			
I like the way I look										
I take responsibility for my actions										
I like the body that I have										
My feelings matter										
I am happy										
I feel confident in making new friends										
I am positive about the future										
I use positive self talk instead of putting myself down										
I try my best										

What is emotional health and wellbeing?

_____

_____

How can you boost self esteem?

_____

_____

_____

_____

_____











TOPICAL DEBATE

"Imitating people by doing whatever is regarded as cool and trendy is the best way to boost your confidence"

Arguments For	**Arguments Against**

Your personal opinion :

Tell me all about you!

✓ Fill this page with everything your classmates and teachers should know about you for next year

You must create the following:

1. A picture of you
2. Your favourite saying
3. Tell us what issues you are passionate about
4. Favourite games and apps
5. Mind map of your favourite films, TV programs and apps
6. List of all your favourite books, songs, or games
7. What are the four things you would like to be better at?

1

4

5

3

6

2

“----------

---“

7

---.-

---

10 ways to boost it

Take care of your basic physical needs first (Food, Water & Sleep)

Spend time with the people you care about

Accept peoples' compliments and kind words

Treat yourself to something nice & help others when you can

Spend more time doing things you enjoy (hobbies & leisure time)

Don't be too hard on yourself – forgive yourself for mistakes

Positive self talk in the mirror

WHAT IS SELF ESTEEM?

Self esteem reflects an individual's overall emotional view of his or her own worth. It is the decision made by an individual as an attitude towards the self.

It is yourself that you love, care for and feel proud of. When children believe they are valuable and important, they take good care of themselves. They make good decisions about themselves which enhance their value rather than break it down

Be true to yourself and your values

Reward your success and always be proud of them no matter how small

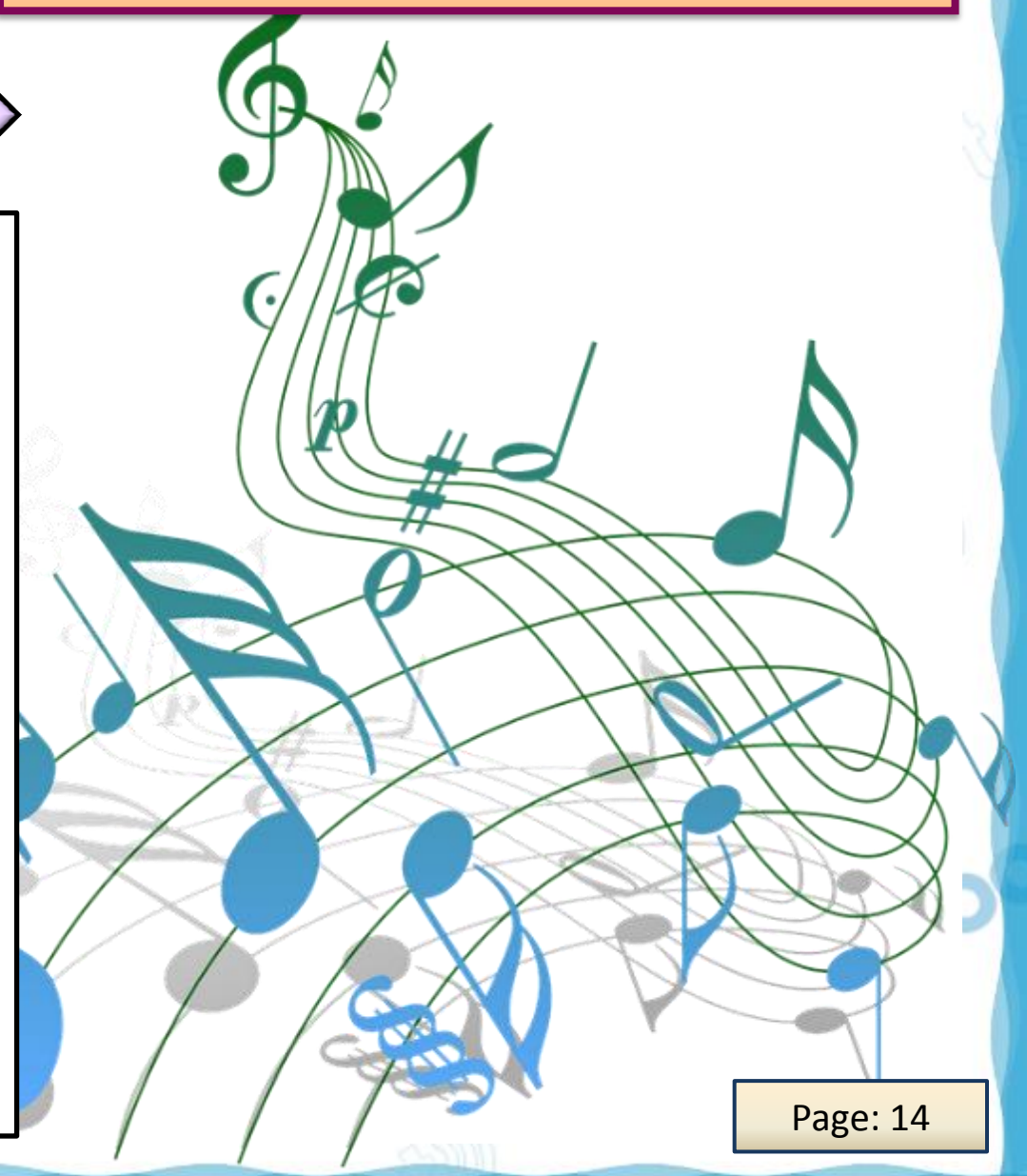
Ignore those that put you down and surround yourself with positive influences

Ways to boost self esteem

- ❑ Listen to positive music that creates or inspires a body positive image

"Beautiful" by Christina Aguilera "You are beautiful, no matter what they say. Words can't bring you down."

- ❑ Write five things you love about yourself and add more to the list when you're feeling down or reread to remind yourself of all of your positive qualities.
- ❑ Let go of negative self-talk and replace it with positive self-talk.
- ❑ When you find yourself stuck in a negative self-talk pattern, stop and focus on taking deep breaths, count your inhale 1-2-3-4, hold your breath for 1-2-3-4, exhale for 1-2-3-4 count and repeat until you feel calm.



Coping Strategies

Everyone has mental health. It's on a spectrum as such, everyone has good mental health days and bad mental health days with everything else in between as well. Emotional well-being is our coping and resilience in relation to situations that may impact our mental health and is therefore unique to the individual.

Being aware of our coping strategies and how certain situations affect us shows that individuals are in tune with their emotional wellbeing and therefore promoting and increasing improved mental health and vice-versa when we use bad coping strategies showing negative emotional well-being and promoting bad mental health.

Reaching out for support. It's important to have a community or someone to confide in that you trust with your thoughts and feelings. Nothing you think or feel should be used to bully you or belittle you. If you don't have anyone, there are free helplines you can call or chat lines to get support

Tracing your thoughts

Trace your negative thoughts and feelings back to where they began. Was it something someone said? Was it a recent event or particular aspect in your life that is creating a negative response?

Taking breaks from technology



It can create a strain on the eyes, disrupt sleep, overstimulate your brain and normally, technology is linked to a lack of movement.

Deep breathing exercises

Breathing in for four seconds, holding for four, releasing for four is one way of helping us deal with the physical effects of stress and helps to calm our nervous system and bring more oxygen into the body.

Emotional resilience

This comes into play when we can't control the stress that is coming in from the outside. To gain a wider perspective, write a list of all the things that are going well and good in your life, what are you grateful for?

Eating well

In recent years, the gut has been linked to depression, our emotions, and behaviour. It has been nicknamed "our second brain". Eating fresh fruit, vegetables and whole grains, lean meats, and healthy fats will help alleviate your body from digestive stress and feed your body with what it needs to be happy and healthy.

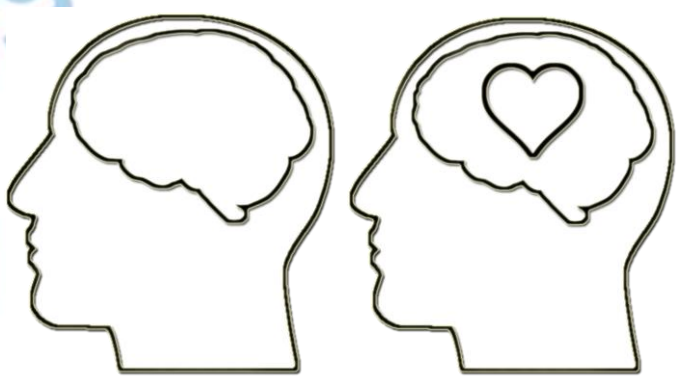
Keep a diary of your days

Write down what went well each day, what didn't go well and you feel about it. Then write down what you plan to do differently tomorrow. Reading back on this will help you gain a clearer perspective on how things are going inside.

Did you know?

If you do something beneficial to your body, your mind will appreciate it and release a hormone – for example releasing dopamine when we are exercising. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body, similar to that of morphine

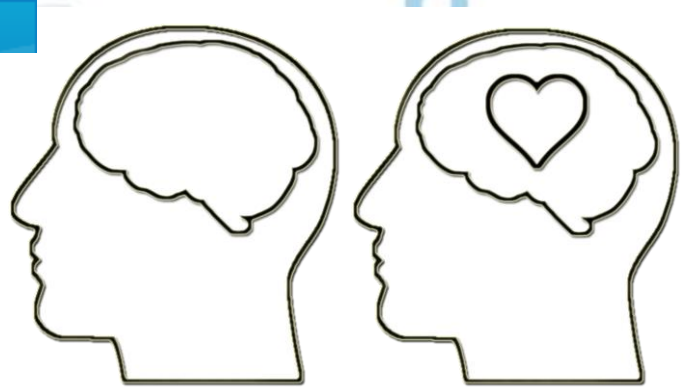
These positive feelings from your endorphin release will make you talk positively to yourself for making a good choice that keeps you healthy, happy, safe or all three! Endorphin releases are a little bit addictive in a good way so it makes it easier to build exercise into your life more – we suggest a little every day or every other day.



mindful

tootoot

mindful



Wellbeing & Mental Health Cube

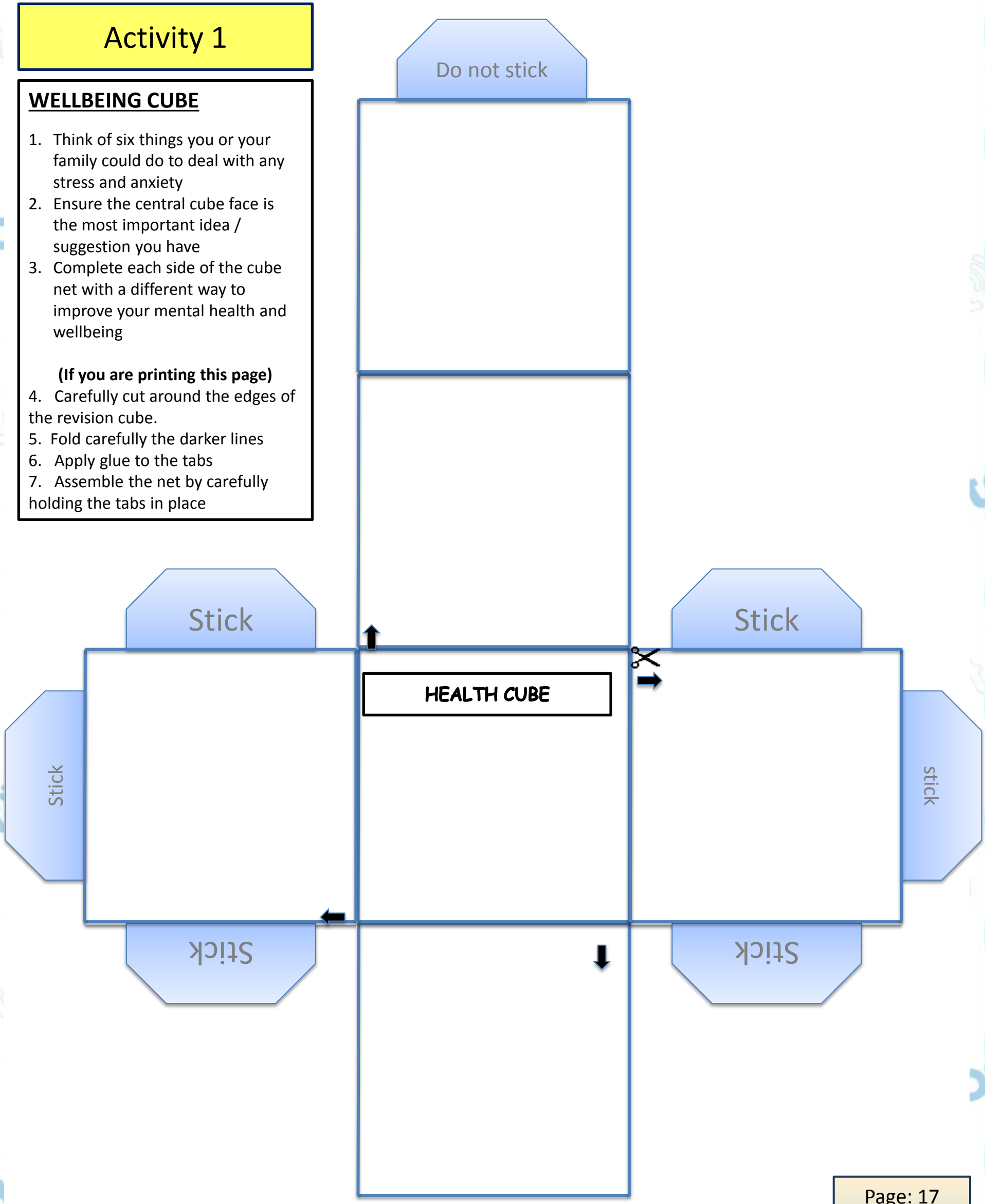
Activity 1

WELLBEING CUBE

1. Think of six things you or your family could do to deal with any stress and anxiety
2. Ensure the central cube face is the most important idea / suggestion you have
3. Complete each side of the cube net with a different way to improve your mental health and wellbeing

(If you are printing this page)

4. Carefully cut around the edges of the revision cube.
5. Fold carefully the darker lines
6. Apply glue to the tabs
7. Assemble the net by carefully holding the tabs in place



Your brain in a powerful thing!

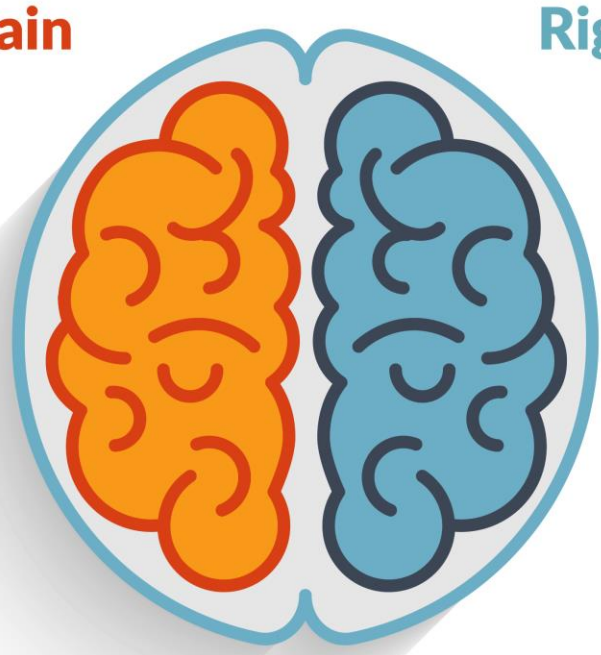
mental health awareness

BRAIN INFOGRAPHICS

Left brain

Right side of body control

- Number skills
- Math/Scientific skills
- Written language
- Spoken language
- Objectivity
- Analytical
- Logic
- Reasoning



Right brain

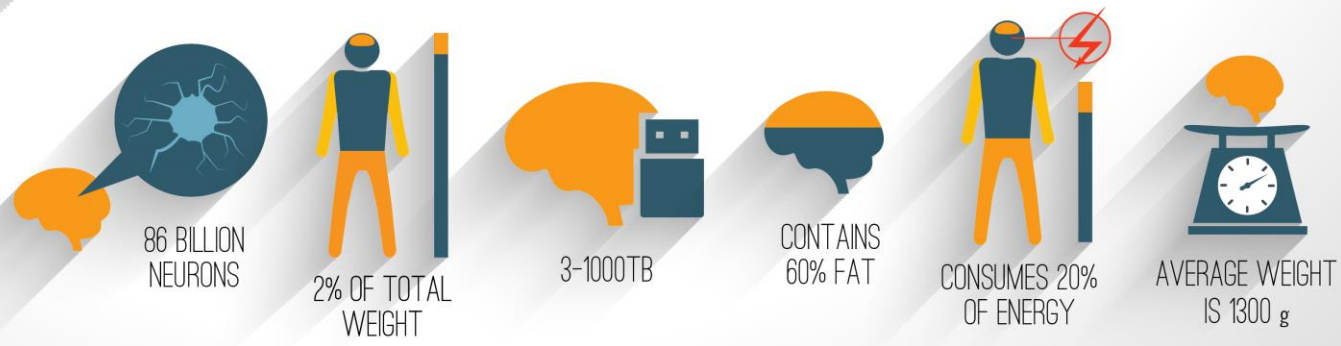
Left side of body control

- 3D shapes
- Music/Art awareness
- Intuition
- Creativity
- Imagination
- Subjectivity
- Synthesizing
- Emotion
- Face recognition



PARIENTAL	Intelligence, language, reading, sensation
FRONTAL	Behaviour, intelligence, memory, movement
OCCIPITAL	Lobe, vision
TEMPORAL	Behaviour, hearing, speech, vision, memory
CEREBELLUM	Balance, coordination
BRAIN STEM	Blood pressure, breathing, heartbeat, swallowing

Amazing facts about the brain:



"Try to be a rainbow in someone's cloud"
Maya Angelou

"Success is not final, failure is not fatal: it is the courage to continue that counts." *Winston Churchill*

"If I cannot do great things, I can do small things in a great way."
Martin Luther King Jr.

"One small positive thought can change your whole day"
Zig Ziglar

mental health awareness

What is anxiety?

mental health awareness

Managing Anxiety during the pandemic

Sometimes the information we receive every day is too much for us to process. When there is a little bit of fear mixed in with this then anxiety can be present.

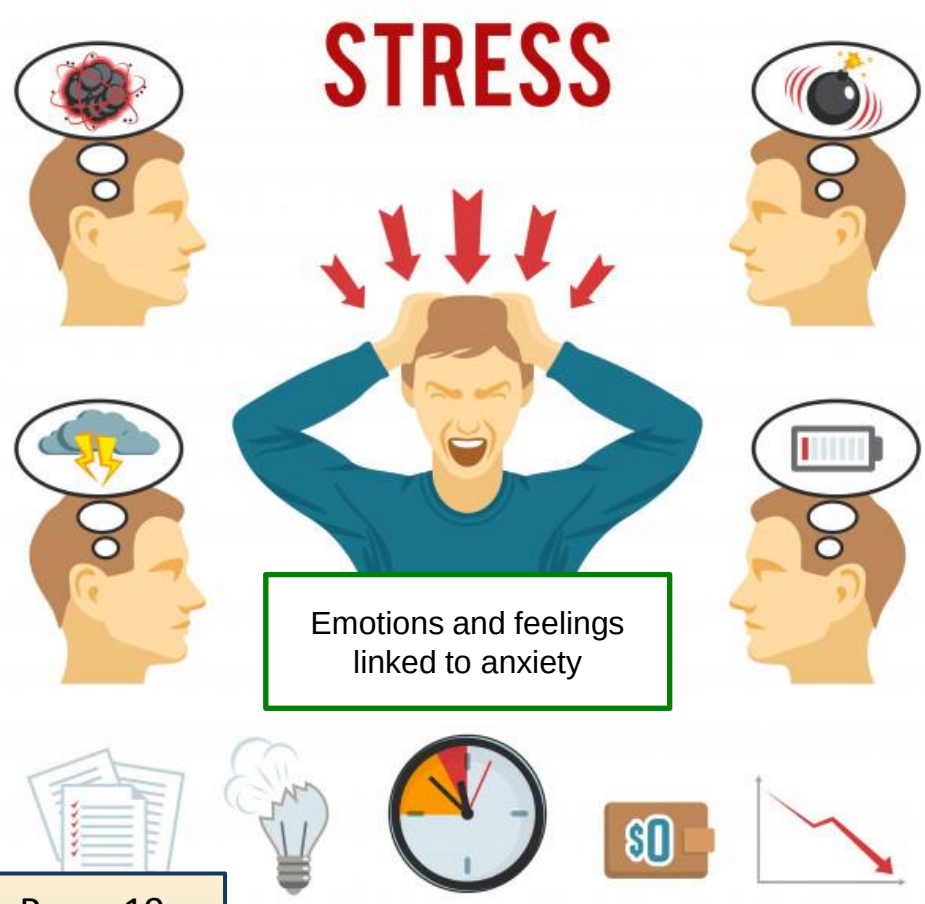
Anxiety is normal, everyone will experience some anxiety in their life as negative thoughts and circulating thoughts happen in our brains (especially when we are tired) It's like our default setting and it's evolutionary. It has developed out of a need for safety.

They are there because we needed this anxiety for survival when we were cavemen. Anxiety kept us alert and safe from predators, we were constantly aware of our surroundings having eyes everywhere. So our brains were processing a lot of information as our senses where heightened and we had that little bit of fear inside us switching on our stress response so we could fight, flight or freeze.

Did you know?

Sometimes the brain goes into overdrive with this response (excessive fear) and creates excess physical responses; increased heart rate, palpitations, sweating, stomach aches, constipation or loose stools – this is still anxiety, it is common and normal to happen occasionally but if it is constant then we need look at ways of coping with this.





Emotions and feelings linked to anxiety



Did you know?

If at any time you don't feel great, you're worried about what's going on, or you just need to talk to someone, it's important you don't keep it inside.

Talk to your family, if you have any concerns about how you or someone else is feeling.

There are also lots of places you can get support online:

- ✓ *www.youngminds.org.uk*
- ✓ *www.childline.org.uk or call 0800 1111*
- ✓ *www.mind.org.uk*

Sometimes all it takes is for somebody else to listen.

top tips

Tips for managing anxiety with Covid-19 (Coronavirus)

mental wellbeing

TALKING TO SOMEONE

Talking to someone, a problem shared is a problem halved. Having a trusted person; an adult, a parent, a close relation, teacher, or doctor. Someone you trust will listen to you without judgment and will have your best interest in mind.





UNDERSTAND YOUR EMOTIONS

Understanding our emotions will help with anxiety and life! Sometimes it's hard to name our feelings or emotions but taking 5-10 minutes every day to ask ourselves 'how am I feeling today?' will gives us the time we need to slow down and feel what's going on inside

WRITING THINGS DOWN

Writing can also REALLY help, start writing just anything. Sometimes we need to release other thoughts before we can find a name for what we are feeling. See what thoughts come to your head write them down. Use the emotional wheel to help you.



This is not an exhaustive list but just some suggestions that may be helpful!
Please keep up to date with government guidance and take care of yourselves.

top tips

Tips for managing anxiety with Covid-19 (Coronavirus)

mental wellbeing



WRITING A DIARY

Keeping a diary can help a lot, you can also track if you have a pattern. Maybe every week, month or year you have similar feelings and emotions. Or you can match your emotions to certain things you are doing in life, certain activities or people you are spending your time with. You could consider planning small timeframes where you allow yourself to worry, or use a form of expression (e.g. writing, art or talking) to let out these thoughts. Giving yourself a space to allow this can help contain worry so that it does not feel all-consuming all of the time.

EXERCISE

Exercise helps to manage anxiety and releases some of the anxious energy in the body. YouTube has loads of workouts you can do at home, try the Body Coach, search for home workouts, home yoga or any home alternative to the exercise you enjoy! Follow the guidance from the government.



Did you know?

The positive side of stress and anxiety

Without a little stress, fear or anxiety we may not be motivated to do something that would benefit us like studying/reading for our exams, training for that sports event or match, creating that project we have been assigned to, it's the same for adults! Humans have a tendency to be complacent and we can get into routines that are very sedentary because that can make us feel safe. Sometimes we need to step outside of our comfort zones and explore the wide world and the opportunities available to us. The new can seem fearful but it's just the brain trying to protect us from the unknown.
Everything was unknown before and look at how wonderful life is now!

This is not an exhaustive list but just some suggestions that may be helpful!
Please keep up to date with government guidance and take care of yourselves.

tootoot

mindful colouring



wellbeing activity

30 Day Wellbeing Challenge

wellbeing activity

Day 1 – Leave three happy notes for someone else to find in your house. ☐	**Day 2** Make a card for someone's birthday/celebration coming up ☐	**Day 3** Call a relative or friend who is far away and have a chat with them. ☐
Day 4 Visit a virtual museum! Go online and explore the collections online. ☐	**Day 5** Get in contact with a local care home and arrange to send a letter to one of the residents. ☐	**Day 6** Go on YouTube and try searching 'People are Awesome' ☐
Day 7 Do a chore in the house without being asked to do it. ☐	**Day 8** Send a positive text to ten of your friends. ☐	**Day 9** Listen to your favourite song and dance around the room. ☐
Day 10 Think about two role models in your life. Why do they inspire you? ☐	**Day 11** Create a postcard for somewhere you have previously visited ☐	**Day 12** Play a card game or board game you haven't played in a while ☐
Day 13 Write a blog about something you enjoy doing. ☐	**Day 14** Search on YouTube a "Tedx talks by kids" ☐	**Day 15** Watch a film with a family member and make sure you turn your phones off. ☐
Day 16 Write down five things you are grateful for. ☐	**Day 17** Research three jobs / career paths that interest you. ☐	**Day 18** Download a mindfulness App (CALM) on your phone. ☐
Day 19 Look at the last 20 photos on your phone and think about how they make you feel. ☐	**Day 20** Say something positive to everyone in your household today. ☐	**Day 21** Do something helpful for a friend or family member today. ☐
Day 22 Stay off social media for >3 hours straight and keep yourself occupied. ☐	**Day 23** Take a selfie and note down 5 things you like. ☐	**Day 24** Play a game that you haven't played in a while. ☐
Day 25 Sit down in a silent room and focus on your breathing for 5 minutes. ☐	**Day 26** Email one of your teachers to say thank you for something ☐	**Day 27** Write down 5 things you are thankful for in your life. ☐
Day 28 Make sure you get >8 hours sleep tonight. Note how you feel the next day. ☐	**Day 29** Draw a picture of what you see in your garden or out of your window. ☐	**Day 30** Make breakfast for another family member ☐

THINGS TO DO AS A FAMILY



Family is important at the best of times, so it is especially important that you spend quality time with each other now. To help with this while you spend longer periods of time indoors, we've come up with a list of things you can try together as a family. For most games, all you will need is paper and some pens. So, gather round and have a good ol' fashioned round of family fun!

WHO KNOWS WHO?

This game is simple. Every member of the family gets a pen and piece of paper. All you have to do is read out the questions below. Each player writes down their answer, but they must not show others what they have written down. At the end of the game compare answers and find out 'Who Knows Who?'







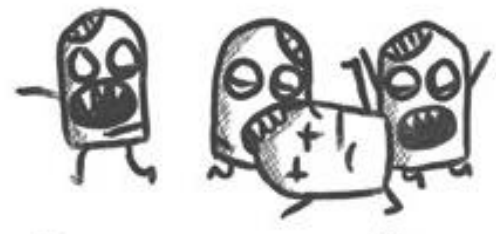


1. Who is most likely to run from a spider?
2. Who is the bravest?
3. Who does the most housework?
4. Who is the funniest?
5. Who is the best dancer?
6. Who is the strongest?
7. If there was a kick-up tournament, who would win?
8. Who is the best cook?
9. Who is best at computer games?
10. Who is the fastest runner?
11. If there was a zombie appocalypse, who would be the leader?
12. Who is the best singer?









THINGS TO DO AS A FAMILY



Here are four more fun things to do as a family. We especially like the riddle list - very tricky. See if you can solve them all!

RIDDLE ME THIS!

1. What is in the middle of Paris?

2. David's father has 3 sons – Snap, Crackle and _____?

3. A doctor and a boy were fishing. The boy was the doctor's son, but the doctor was not the boy's father. Who was the doctor?

4. It starts out tall, but the longer it stands, the shorter it grows. What is it?

5. What comes once in a minute, twice in a moment, but never in a thousand years?

6. What belongs to you, but is used more by others?

7. A plane crashes on the border of the United States and Canada. Where do they bury the survivors?

8. What type of cheese is made backwards?

9. Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?

10. A woman has six daughters and they each have a brother. How many children does she have?

PAPER PLANE CHALLENGE



Here's an easy one. Every family member gets a piece a paper and has five minutes to make a paper aeroplane. Whichever plane goes furthest is the winner!

FAMILY COLLAGE



Feeling arty? Grab some paper - the bigger the better. You are going to make a family collage together, full of words and doodles. The only rule is that everyone must add at least one thing.

TREASURE HUNT



Time to get hunting. Take it in turns to hide an object around the house. Then, the person who hid the item has to write three clues to help the hunters. No other hints!

Here's some more useful stuff to keep the kids content. We've also included a few links to learning websites, so you can keep expanding their little minds - plus, it's a lot of fun too!

positive words

J	F	A	N	A	V	H	A	P	P	Y	K	C	L	V	Q	D
S	L	E	R	P	M	V	J	B	G	C	B	O	A	N	S	Y
F	T	F	J	M	Q	R	X	O	F	Y	H	B	U	K	M	R
P	K	R	R	Q	E	E	D	L	T	U	U	F	W	Z	N	C
L	A	U	O	V	B	P	Q	D	L	L	M	W	R	Y	R	F
O	I	P	E	N	U	O	U	N	X	C	B	F	I	H	T	X
Y	R	L	F	F	G	S	I	E	U	E	L	E	D	X	G	B
A	C	G	S	U	L	I	C	K	Y	Q	E	B	V	N	R	K
L	W	J	C	A	P	T	K	E	M	M	N	B	I	A	V	M
I	L	U	D	W	H	I	W	P	R	E	L	V	V	H	U	A
L	W	N	A	Y	N	V	I	Q	J	A	I	E	R	F	H	G
L	Y	I	R	O	B	E	T	T	J	G	W	W	Z	T	M	I
G	B	Q	I	W	P	A	T	Q	S	L	I	A	B	W	X	C
W	P	U	N	O	Q	P	E	O	I	S	L	U	T	F	C	A
A	I	E	G	T	S	W	D	Z	E	S	M	A	R	T	O	L
J	C	R	E	A	T	I	V	E	B	I	D	G	F	T	J	Q
C	D	F	U	X	R	V	X	P	W	Q	R	U	K	I	N	D

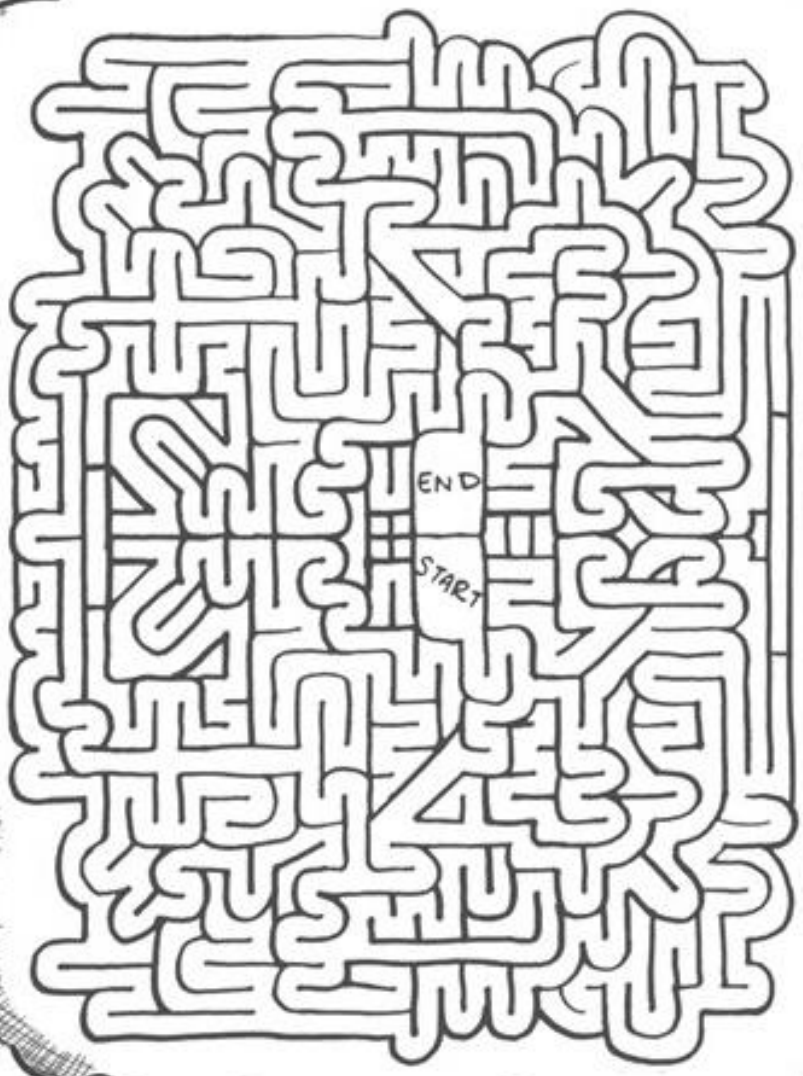
aware, bold, brave, clever
creative, daring, fun, giving
happy, humble, kind, loyal
magical, positive, quick-witted, smart
strong, unique, wise

SUDOKU STYLE!

2	3	4	1		
3	4	1	2		

	1	4		5	
2		5	1	3	
		3		6	
	4		3		
	5	1	6		3
	3		5	4	

MAZE MADNESS



KEEP ON LEARNING

Here's a couple of websites to keep the little ones busy. An hour a day will help keep their brains active and their boredeom levels low. Studies show that learning a new topic can help to combat boredom in young children and it boosts confidence too!

www.bbc.co.uk/bitesize/primary
www.classroommagazines.scholastic.com
www.primaryresources.co.uk
www.amazingeducationalresources.com
www.coolmath.com
www.howstuffworks.com

Another great idea is to let your child teach you something they have been learning about at school. This helps to keep learning fresh and also will make them more likely to remember lessons when they return to school.

ADVICE FROM THE NHS AND FITNESS

Whilst it is vital, we limit our movement outside of the home at this time, there is no reason why our movement at home should not increase. Exercise is a scientifically proven mood booster, decreasing symptoms of both stress and anxiety. Physical activity kicks up endorphin levels, the body's famous "feel good" chemical produced by the brain and spinal cord that produces feelings of happiness. Even moderate exercise throughout the week can improve the way you feel.

No matter your age or ability, there is something out there for everyone. Lots of home exercises can be found on YouTube, below are links to some of our favourites. Lets get that blood pumping!

HEALTHY LINKS

PRIMARY CHILDREN - www.youtube.com/watch?v=d3LPrhI0v-w

TEENS - www.youtube.com/watch?v=-TGEdzRzSbw

ADULTS - www.youtube.com/watch?v=fHfTCd2q-rg

CHAIR EXERCISES - www.youtube.com/watch?v=8BcPHWGQO44

DE-STRESS STRETCHES



THINGS TO HELP YOU KEEP CALM



Let's start with taking a deep breath - ahh, that's better. There has been a lot going on recently and life has been affected in ways that may seem out of your control - it's totally normal to feel like that. But the truth is, you have got this! We are passionate about mindfulness and the calming effects it can bring, so we wanted to share with you some helpful exercises and activities that you can try straight away to take the stress out of life a little and start feeling back in control. So, get comfortable, take the weight off your feet and get ready to relax - you've earned it.

WHAT IS MINDFULNESS?

In short, Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Mindfulness meditation can be an extremely helpful tool when dealing with feelings of stress and anxiety.



BENEFITS OF MINDFULNESS

- LET'S YOU UNDERSTAND ANY MISTAKES YOU MIGHT MAKE
- HELPS YOU STEP BACK FROM STRESS
- ALLOWS BALANCE IN YOUR LIFE
- SEE SITUATIONS MORE CLEARLY
- RESPOND BETTER TO DIFFICULT SITUATIONS
- MAKES YOU BETTER AT LEARNING
- MAKES YOU HAPPIER
- HELPS YOU BE MORE CREATIVE
- HELPS YOU FOCUS ON THE PRESENT MOMENT

THINGS TO HELP YOU KEEP CALM



Here are 3 exercises that you can use straight away to help keep stress at bay and start practicing mindfulness today. For some, mindfulness is something that can take time to master and benefit from. With that in mind, we have included three activities that vary in difficulty. Start with the beginner activity and then work your way up!

BEGINNER - POSITIVE BREATHING EXERCISE

Positive breathing is a really easy way to begin your mindfulness journey. Check out this link for a useful breathing exersise that you can try right now!

https://www.youtube.com/watch?v=SEfs5TJZ6Nk

INTERMEDIATE- MY 'HAPPY PLACE' MEDITATION

If you are looking for something a little more in-depth, try this 'Happy Place' meditation from our website - it's great for kids to try too!

https://www.strengtheningminds.co.uk/meditation

ADVANCED- FULL BODY SCAN

For a more complete mindfulness experience, try a full body scan. These can take a while to complete, so make sure you are somewhere comfortable. Here's a great example to try out.

https://www.youtube.com/watch?v=i7xGF8F28zo

Nuffield Health

SWAP

How I feel

Think about three good things that made you happy today.

Write your three good things below:

HOW I FEEL

How I move

Make up an exercise or dance routine to your favourite song and teach it to friends by making a video. Challenge Mum and Dad to join in… can they keep up!?

Which song did you choose and what was your favourite exercise or move you included?

HOW I MOVE

How I sleep

Create a reading list and set aside 30 minutes before bedtime to replace screens and phones with a book. How many books can you read this week?

List the books you read below and write a summary or draw a picture of your favourite story.

HOW I SLEEP





How I eat

Make sure you eat vitamin-packed fruit and veg to boost your immune system and stay healthy – aim for a variety of colours each day. On the plate, draw your food rainbow.

Did you eat a full rainbow of colours today? Did you miss any colours out and can you include these tomorrow?

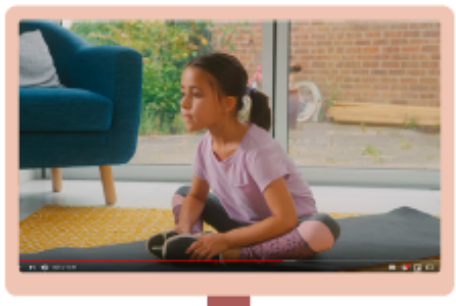
HOW I EAT

Nuffield Health

SWAP

How I move

Take part in an online exercise video and encourage friends to do the same – compare notes afterwards to share your favourite and least favourite exercise. Here's one to get you started



Which workout did you do? Did a friend do a different one you could try? Write down your favourite exercise here.

HOW I MOVE

How I feel

What negative thoughts have you had today or heard others saying? How could you think about these more positively? Challenge your thoughts by seeing the current situation differently.

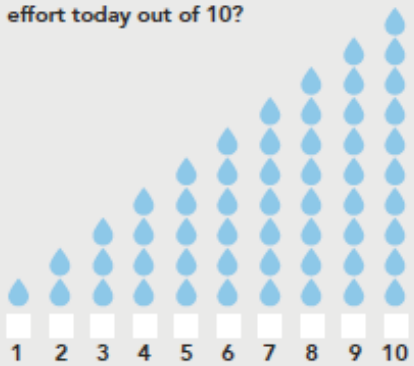
Write down a different thought that could improve your emotions (how you feel) or behaviours (what you do).

HOW I FEEL

How I eat

Think of new ways to drink enough water every day by adding ingredients which are low in sugar but high in vitamin C and other nutrients. Examples could include lemon slices, fresh mint, ginger.

What other ingredients did you come up with? What was your favourite flavour? How would you rate your hydration effort today out of 10?



HOW I EAT

How I sleep

Keep your routine and go to bed at a similar time to a school night so you can get up and enjoy outdoor activity. Morning sunlight helps you to produce your sleep hormones for later in the evening.

Here are some common facts relating to your sleep. Can you identify which are true and which are false by ticking the boxes below?

Young people who get enough sleep are more likely to do well academically at school.

☐ True ☐ False

Sunlight during the daytime disturbs the quality of our sleep.

☐ True ☐ False

The ideal temperature for a good night's sleep is room temperature (20-22°C).

☐ True ☐ False

Using phones, iPads or other digital or electrical devices in the bedroom will interfere with our ability to fall asleep.

☐ True ☐ False

HOW I SLEEP

Nuffield Health

SWAP



How I feel

Learn a new skill to impress your friends with when you return to school.

Which new skill have you learned and how long have you spent practising today?

HOW I FEEL

How I move

Support family members by completing three tasks that use your muscles – carrying shopping bags, mowing the garden, walking the dog. These should involve movements such as standing, lifting, carrying, pushing, pulling.

What activities did you complete and which muscles did you use to complete them?

HOW I MOVE

How I sleep

Aim for 10-11 hours of QUALITY sleep every night to stay healthy and to support your immunity cells to fight germs.

Was your sleep good quality? Rate it on the scale of 1-10 below by ticking a box. Why did you give yourself this score?



HOW I SLEEP



How I eat

Invent a delicious smoothie using your rainbow foods as a guide to keep your body healthy. Write down your ingredients and share with friends to give them a boost!

Give your smoothie a name and draw the ingredients in the blender above.

My smoothie is called:

HOW I EAT

Nuffield Health

SWAP



How I move

Complete at least one hour of physical activity each day that makes you breathless to keep your heart and lungs healthy. Do you have a garden to play games in? E.g. football, skipping, stuck in the mud with parents or siblings.

Here are some exercise facts. Can you identify which are true and which are false by ticking the boxes below?

HOW I MOVE

Ballet improves football skills. ☐ True ☐ False	Regular exercise cuts your risk of depression. ☐ True ☐ False
Exercising outside has no more benefits than exercising inside. ☐ True ☐ False	Hopping makes your bones stronger. ☐ True ☐ False

How I feel

Perform a random act of kindness today such as cleaning a room in your house without being asked, making something or writing a card for a member of your family.



What act of kindness did you do? Write below how it made you feel?

HOW I FEEL

How I eat

Learn about a anti-oxidant rich 'super food' you can include in your diet that contains a vitamin or mineral to protect your cells and body against damage and keep you healthy.

Which super food did you eat today and what vitamin or mineral does it contain? Research what benefit this nutrient has for your body and record your findings below:

HOW I EAT



How I sleep

Try three new ways to help you relax and recommend them to others. This could be meditation, mindfulness, yoga, progressive muscular relaxation (tense a muscle and hold for five seconds, work through the body from head to toe), tai chi or deep breathing for example. Find an app to learn a relaxation exercise but remember not to use your phone in bed!

My favourite app to relax to is:

Which new relaxation activities did you try and how did they make you feel? Which one worked best for you?

HOW I SLEEP

Nuffield Health

SWAP



How I feel

Can you reflect on yourself today – how mindful were you of your own emotional wellbeing and those of others?

List one thing that you did or said that made you or someone else feel better.

HOW I FEEL

How I move



Set time limits for sitting down with an alarm to remind you to move for 10 minutes every hour.

What activities did you do to move? Can you create your own gym using things in your home or garden?

HOW I MOVE

How I sleep

Spend time to rearrange your bedroom to de-clutter and make the best environment you can in order to play, exercise and sleep well.

Which items did you tidy up or what did you change in your room? Did you sleep better after doing this?

HOW I SLEEP



My recipe ingredients:



How I eat

Come up with an immunity boosting meal recipe that uses rainbow colours for different nutrients and covers the main food groups. Try a new combination of foods you haven't tried before. Make this with your family in the evening.

What nutrients did you include in your recipe?

HOW I EAT