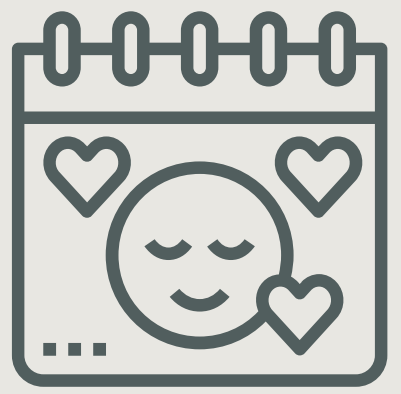


SHAPE'S

WAYS TO



Wellbeing



WAYS TO

Wellbeing

1 Connect

ALTHOUGH 'WELLBEING' DOESN'T HAVE ONE SET MEANING, WE OFTEN USE THE TERM TO TALK ABOUT HOW WE FEEL, OR HOW WELL WE FEEL THAT WE ARE COPING WITH DAILY LIFE. HAVING GOOD MENTAL WELLBEING DOES NOT NECESSARILY MEAN THAT YOU ARE ALWAYS HAPPY OR SEEMINGLY UNAFFECTED BY DIFFERENT EXPERIENCES. THERE ARE A NUMBER OF EXPERIENCES THAT CAN, AND DO AFFECT A PERSON'S WELLBEING WHICH CAN RESULT IN FEELINGS OF STRESS AND ANXIETY. DOING THINGS SUCH AS EATING HEALTHY, EXERCISING AND ENSURING THAT YOU GET GOOD QUALITY SLEEP ALL HELP TO SUPPORT WELLBEING.

Creating and maintaining good relationships with others is important for your mental wellbeing. These relationships help to build a sense of belonging, boost our self-esteem and self-worth, provide emotional support and gives you an opportunity to share your experiences. It can be difficult to build strong relationships, so here are some tips:

- Wherever possible, set some time aside each day to be with your family or others who are important to you i.e. arranging to eat dinner together
- Arrange to meet with your friends who you have not seen in a while, this could be outdoors or virtually
- Think about your friends and family who might need support, and consider ways that you are able to provide that support
- Try not to rely solely on technology and social media to build relationships – technology can be wonderful, especially over the past year however it is easy to get in to the habit of only communicating via text/message. Pick up the phone and speak to your friends!

Be Active 2

Not only is being physically active good for your physical health and fitness, it can also improve your mental wellbeing by raising your self-esteem, helping you to set and achieve goals and causing chemical changes within your brain which can have a positive impact on your mood. Here are some tips to help you to get more physically active:

- Find free activities that are local to you to help you get fit
- Download an app such as the "couch to 5k" to help you start running
- Find and download some podcasts that you enjoy, and listen to them when you exercise
- Don't feel that you have to spend hours at the gym! Find activities that you truly enjoy, and incorporate them into your routine

3 Learn

Learning something new can improve your mental wellbeing by helping to create a sense of purpose, helping to connect with others and boosting self-confidence. Sometimes it can feel that we don't have a lot of spare time to learn new skills, so here are some things that you could try to include:

- Look for some new recipes and practise your cooking skills!
- Try talking to your teachers at school to see if you can take on any new responsibilities such as mentoring
 - Work on a DIY project or some upcycling - there are lots of free video tutorials online
- Try new hobbies that challenge you, such as taking up a new sport, writing a blog or learning to paint
 - Don't force yourself to invest time in something that you don't get any enjoyment out of

Give 4

Acts of giving and kindness can help to improve your wellbeing by helping you to connect with others, promoting a sense of purpose and reward and increasing levels of self-worth. Some examples of things to try include:

- Making a conscious effort to say thank you to someone for something that they have done for you
 - Asking the people around you how they are, and really taking notice of their answer
 - Offering to help someone you know with a project
 - Volunteering in your community, or at school
- The most valuable thing that we can give to people is our time, spend time with the people who are important to you

5 Take Notice

Being aware of the present moment, including focusing your thoughts and feelings on the world around you is often called "mindfulness" and can help you to enjoy life a little more as well as helping you to understand yourself better. When we start to become more aware of the present moment, we are able to experience things that we may have previously taken for granted. This awareness also helps to be better able to notice signs of stress or anxiety, so that we are able to deal with them earlier and find ways to manage our stress.

Here are some tips on how you can be more mindful:

- Notice the everyday. Take time to notice the sensations of things, how things feel or really think about the food we're eating and how it tastes. This sounds small, but doing this helps to interrupt our "autopilot" mode
- Keep it regular. It could be helpful to pick a regular time, perhaps on your journey to or from school, during which you make a conscious effort to be aware of the things around you
- Try something new. Even trying small things like sitting somewhere different in the lunch hall, or reading a new book can help you to notice the world in a new way.
- Watch your thoughts. If you feel that your mind is over-busy, try doing some gentle yoga or go for a walk to help to cope with the thoughts.
- Name thoughts and feelings. In order to develop a real awareness of thoughts and feelings, it can be useful to name them

WHAT IS Anxiety?



Anxiety is a normal, human feeling of fear or panic. When we face stressful situations, it can set off our brain's in-built alarm bell system, which tells us something isn't right and that we need to deal with it. Our brain wants the difficult situation to go away, so it makes us feel more alert, stops us thinking about other things, and even pumps more blood to our legs to help us run away. So anxiety is a natural human response that can be helpful as it can keep you safe from danger.

Most of us worry sometimes, particularly about things that are about to happen, or which we think could happen in the future. But afterwards we usually calm down and feel better

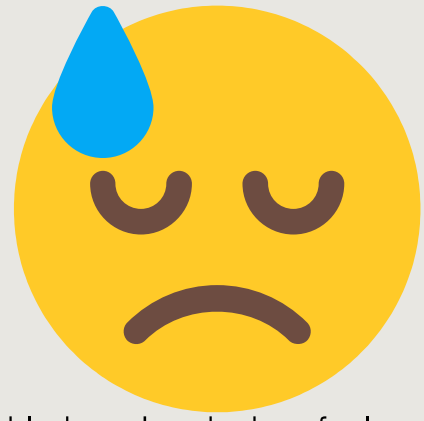
But when you're not in a stressful situation, and you still feel worried or panicky, that's when anxiety can become a problem. Especially when these feelings are very strong or last a long time, the worries are out of control in proportion to the situation and these feelings are hard to control.

WHAT ARE THE SYMPTOMS OF ANXIETY?

You might start out just feeling generally anxious, but if your symptoms get worse or last longer than they should, it could be time to get some support. Symptoms include:

- feeling nervous, on edge, or panicky all the time
- feeling overwhelmed or full of dread
- feeling scared, worried and having negative thoughts
- feeling out of control
- having trouble sleeping or having bad dreams
- low appetite
- finding it difficult to concentrate or focus
- feeling tired and grumpy; outbursts; overly emotional
- heart beating really fast or thinking you're having a heart attack
- having a dry mouth
- trembling
- feeling faint or nauseous
- stomach cramps and/or diarrhoea/needing to pee more than usual
- sweating more than usual; blotchy or flush
- wobbly legs; trembling
- getting very hot
- being clingy
- headaches
- engage in risky behaviour
- appear very shy or refuse to engage in experiences
- tingling in the hands and feet
- feel like people are always watching you
- things appear to speed up or really slowed down

WHAT IS Anxiety?



Physical – sweating, chest pains, breathing difficult, heart racing, blushing, headaches, feeling sick, panic attacks, vomiting, dizzy, shaking,

Mental – anger, sadness, feeling worried or nervous, aggression, helplessness, concentration difficulties, feeling numb, negative thoughts, feeling criticised constantly

Others – worries that seem out of control, unable to relax, avoid people and places like school, withdrawing, restless, difficulties sleeping or having bad dreams

If you experience any of these symptoms above, it doesn't mean you definitely have an anxiety problem. But if any of them are affecting your everyday life, it's a good idea to tell someone you trust about how you're feeling.

WHAT THINGS CAN MAKE YOU ANXIOUS?

- Taking exams
- Meeting new people
- Speaking in front of others
 - Going to school
- Having too much caffeine
- Not getting enough sleep
- News about coronavirus
 - Job interviews
- Life at home (including parent's divorce)
 - Friendships
 - Money
- Going into hospital
- Moving house/school

ANXIETY DISORDERS

Anxiety disorders are mental health conditions that involve excessive amounts of anxiety, fear, nervousness, worry, or dread. Anxiety that is too constant or too intense can cause a person to feel preoccupied, distracted, tense, and always on alert.

Anxiety disorders are among the most common mental health conditions. They affect people of all ages – adults, children, and teens. There are many different types of anxiety disorders, with different symptoms. They all have one thing in common, though: Anxiety occurs too often, is too strong, is out of proportion to the present situation, and affects a person's daily life and happiness.

Symptoms of an anxiety disorder can come on suddenly, or they can build gradually and linger until a person begins to realize that something is wrong. Sometimes anxiety creates a sense of doom and foreboding that seems to come out of nowhere. It's common for those with an anxiety disorder to not know what's causing the emotions, worries, and sensations they have.

WHAT IS Anxiety?



MANAGING ANXIETY

You may also find it helpful to have some grounding techniques you can use when you're feeling really anxious or having a panic attack. For example, think of a real or imaginary place that makes you feel safe and relaxed and go through your senses – what can you see, what can you hear, what can you taste etc. If you often find yourself struggling with feelings of anxiety or panic, a 'self-soothe box' is a great way to manage those feelings and help you feel more grounded and relaxed. You should include touch (fidget toys, spinners, playdough), memories (such as photos, smells to help you focus (these can be whatever you prefer), calming and relaxing music, water to drink, calming technique cards, positive affirmations or quotes, activities (colouring, knitting, word searches etc)

Keep a journal – let your feelings out, you can see what you have written and think about things differently, helps to learn what makes you anxious and when, and what helps, and new ways to cope or different things to do

Talk – with an adult or friend you trust, you may find they have had similar experiences; or counsellors
Set aside some time each day where you are allowed to focus on your worries, think of as many worries as you can and write them down for 15–20mins; decide which is the biggest and write down small ideas you can do to help that day/tomorrow

Practise mindful awareness – staying with feeling anxious and not avoiding it; think about what was happening when you felt anxious, what happened just before, who were you with, how do you usually react to anxiety, is there anything you could have done differently

Self-care; be kind to yourself, connect with friends

Exercise – going for a run can help take some time to yourself, away from the things that cause anxiety

Eat and sleep well – avoid caffeine and sugar; a healthy diet can help you to manage anxiety better

Breathing strategies – for example, breath in for 4 through your nose, hold for 4, exhale for 4; and repeat!



WHAT IS Stress?

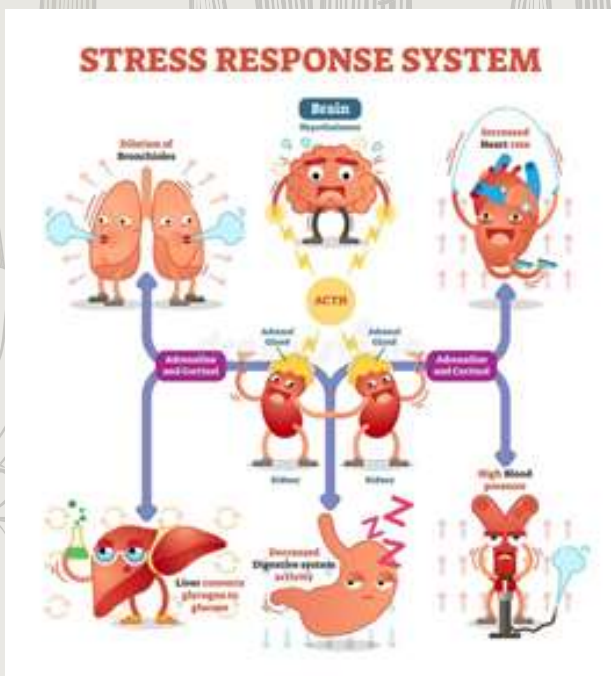


Stress is a biological and psychological response to a real or perceived pressure or threat. When we feel stressed we experience feelings of nervousness, tension and anxiety but the stress response is also physical.

WHAT CAUSES STRESS?

When your body feels under stress, it starts to produce hormones such as adrenaline and cortisol which prepare the body to take urgent action. This is known as “fight, flight or freeze”, which is an automatic response that helps us to deal with danger. This danger does not always have to be something physically dangerous, everyday pressures can activate the stress response too. For example, you might begin to feel stressed in the time leading up to an important exam, or before you give a presentation in class. Even though we wouldn't exactly call these situations “life or death”, they can activate the stress response.

Our bodies will judge a situation and decide whether or not it is stressful, using sensory input and processing as well as drawing from our memory i.e. whether we have encountered the situation before, and what happened. If the situation is judged as being stressful, a part of our brain called the hypothalamus is activated; this is the part of the brain that is in charge of the stress response, and it sends signals to two other structures within the brain: the pituitary gland and the adrenal medulla. Stress can come from many different places, and it is important to remember that your experience of stress is personal – some things might cause feelings of stress for you but not for others and vice versa, but your experience is valid and completely personal to you.



WHAT IS Stress?



WHAT DOES STRESS LOOK LIKE?

When this surge of adrenaline kicks in, you might feel your heartbeat getting harder and faster, your palms might start to get sweaty, your breathing might get faster and your knees might start to get a bit shaky. These are all normal physical responses to stress.

IS ALL STRESS BAD?

The purpose of this fight, flight or freeze response is to allow the body to perform well under pressure – alongside the other physical symptoms, this response can actually help you to rise to a challenge and meet it with alertness, focus and strength – which is exactly what you would need if you were facing a tough opponent in a sport, or going on stage for a live performance! Facing these challenges is an important part of learning and growing, and therefore stress isn't always a bad thing. Generally, when the challenge is over the body will return to a sense of calm and allow for relaxation and recharging!

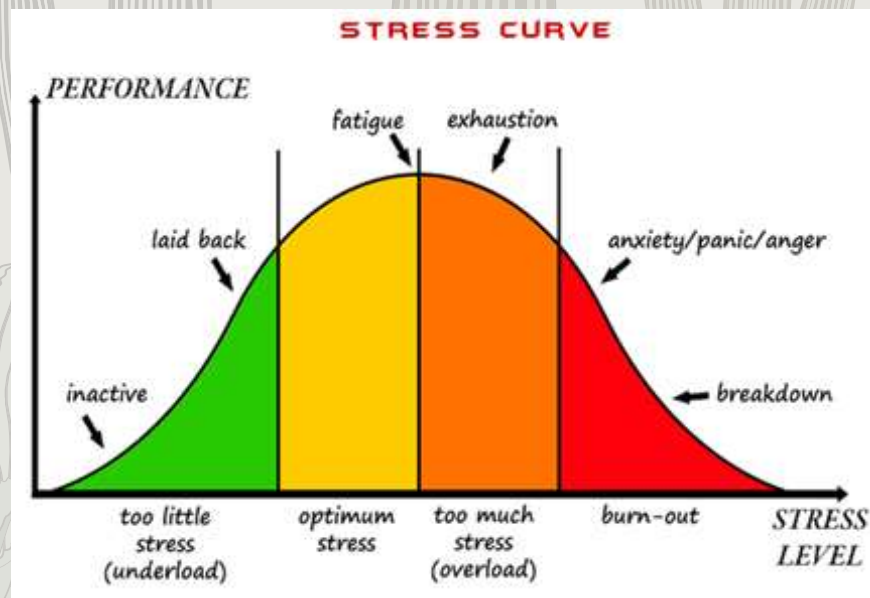
However, stress doesn't always happen in response to immediate situations such as giving a class presentation. Some long-term or ongoing events such as coping with a divorce or moving schools can cause stress too. These long term stressful situations can produce a lasting, low level stress response which can result in the person feeling tired or overwhelmed.

TYPES OF STRESS

“Eustress” is what is known as a positive stress, where a person's stressor falls within their perceived coping abilities. This type of stress can motivate, focus energy and improve performance. Importantly, eustress is usually short term.

On the other hand, “distress” is how we refer to negative stress. This causes anxiety or increased levels of concern and can be longer term than eustress which can have significant effects on the body. Distress occurs when a stressor is outside of our perceived coping abilities and feels unpleasant.

This stress curve shows how some stress can help to improve performance, and the point at which it becomes distress:



WHAT IS Stress?



WHAT DOES STRESS DO TO OUR BODIES?

There are a number of side effects that are associated with the body's stress response, including anxiety, depression, concentration problems, weight gain/loss, dizziness and sleep problems. A lot of these side effects can actually, in turn cause more stress which creates a stress response cycle.

Sudden and severe stress generally produces an increase in heart rate, increase in breathing, decrease in digestive activity (don't feel hungry) and a release of glucose from the liver, for energy.

PHYSIOLOGICAL SIGNS	PSYCHOLOGICAL SIGNS	BEHAVIOURAL SIGNS
<ul style="list-style-type: none">• sweating• allergies• headaches• chest pains• indigestion• palpitations• aches and pains• constant infections• irritable bowel syndrome• feeling "under the weather"	<ul style="list-style-type: none">• becoming irritable• reduced concentration• sleeping difficulties• making mistakes• poor memory• taking offence• lack of humour• inability to relax losing self-esteem• forgetting what you are looking for• repeating yourself	<ul style="list-style-type: none">• moodiness• nervous habits• talking, eating, walking quickly• procrastination• obsessions• being uncooperative• increasing smoking, drinking, eating• being disapproving and critical• dropping personal standards

MANAGING STRESS

Everyone copes differently when they are under stress. There are some people who react by shouting and throwing things, and others who retreat into themselves and hide away. Some people experience feelings of frustration, anger and/or sadness. It takes a lot of practise to deal with stress, and you will continue to develop different coping strategies that work for you across your lifetime.

The first thing that is important is to try and recognise what triggers your stress response – look for patterns in how you reacted, and what was happening when you felt stress. Sometimes we might not know what is causing us to feel stress, so it is useful to keep a track. One of the key things when dealing with stress, is to be kind to yourself. Above anything else, stress is a human experience – and something that we can connect with friends or trusted adults over to help one another develop good coping strategies.

Some activities such as meditation, yoga and deep muscle relaxation which involve deep breathing exercises can be helpful in returning our body to a sense of 'equilibrium'. Also, things that we take for granted such as eating and sleeping well can help to reduce our body's response to stress as the better rested and energised we are – the better able we are to cope with pressure.

WHAT IS Resilience?



Resilience is being able to manage stress, challenges and adversity that life brings and bounce back from it.

It is the ability to cope when things go wrong and recover quickly. It does not mean you are immune to stressful situations but that you can deal with them.

It is an ongoing process between an individual and their environment, and it is more likely that young people are provided with the resources they need to navigate stress and challenges. Resilience can vary over time within the same person, and can vary between different people; one person's final straw may not necessarily upset another person.

A resilient person is able to manage adversity, learn from their experiences and confidently cope with challenges in the future.

But, it's ok if you don't feel resilient all of the time.

COMPONENTS OF RESILIENCE

- Optimism – having a positive attitude and looking on the brighter side of life
- Emotional awareness and control – having the ability to understand how you feel and how to regulate emotions
- Impulse control and self-regulation – having the ability to not rush into making decisions; but sit back and think
 - Empathy and connection – having empathy towards others; to reach out and help others
- Self-efficacy – having the confidence and belief that you can achieve and learn from your mistakes; failure is a form of helpful feedback
- Flexible and accurate thinking – having the ability to be proactive, seeking multiple solutions to problems included seeking help with needed

WHY IS RESILIENCE IMPORTANT?

Resilience is at the heart of wellbeing, success and long term mental health, as we navigate our way through the inevitable stresses, challenges and failures that occur as part of life, especially during teenage years.

Having resilience can help you to gain the skills needed in life to deal and managing these challenges or changes in life, rather than be overwhelmed by them. It can make a real change to outcomes and success in life, enabling individuals to thrive and flourish.

WHAT IS Resilience?



Challenges include:

- Illness
- Change in schools or transitioning from primary to secondary school
- Managing workload
- Exam stress
- Changes in family such as divorce
- Changes in friendships
- Conflict with family
- Loss and bereavement

Resilience also helps young people to cope with unexpected traumatic events, such as the COVID-19 pandemic.

STRATEGIES TO BUILD RESILIENCE

Five key ways to build resilience, include:

1. Staying connected to your friends and family, and talking about how you feel is a great way to help your emotional wellbeing
2. A healthy balanced diet can improve your mood and increase your energy levels.
3. Stay mentally active is also important; you can do this by completing any work set by your teachers and accessing online resources too
4. Exercise is important because your physical health has a big impact on how you are feeling
5. Getting enough sleep can help improve your mood

WHAT ARE SOME OTHER THINGS YOU CAN DO TO BUILD RESILIENCE?

- Think positive thoughts: recognise strengths and look for positives in situations
- Work towards your goals and learn from your mistakes
- Learn to manage emotions
- Accept that change happens all the time
- Work on your problem solving skills; ask yourself:
 - oWhat can I do to get back on track?
 - oI can't control everything, so what is in my control?
 - oCan I change something I'm doing to make things better?
 - oWhat can I learn from this?
 - oWho can help?
 - oHow can I move forward?
- Find things that help you feel calm; use deep breathing to give yourself control
- Seek support if needed.



1) List:- What would you like to do once the pandemic is over (big and small things - when we can meet friends / family / visit places together? Can you create a list for what you want to do as both an individual and with your family and friends?



2) Good news stories:- With all of the news about Coronavirus and the changes in our lives, it is sometimes really hard to realise all of the good things that are also happening! Scan the QR code at the top of the page to find out where you can get these good news stories from!



3) Turn-off:- Think about what is making you feel anxious, under pressure, worried or unhappy.

- If it is the news (but you still want to hear what is going on): watch it once a day - the 6pm news on BBC or ITV (or 7pm on Channel 4) will often show stories and use language that is less scary than the lunchtime or 10pm news shows. Newsround is also a great place to view the news.
- Social Media: Delete or snooze feeds that are making you feel unhappy; agree a cut-off time with your friends so that they won't contact you (or you them!) after a point in the evening or part of the day.



4) Finding ways to reduce conflict:- Instead of waiting for the argument to surface, choose a time when everyone is calm and reasonably rested.

- Find a quiet, comfortable spot and deliberately call the argument to mind.
- You must now change places - that is, each must imagine the other person's point of view.
- Argue from the other side, say for 10 minutes, or until you feel you have covered all angles.
- Finally, tell them what you have learned. Now that you understand their point of view more clearly, offer new and better ways to respond the next time the argument resurfaces.
- Ask the question "If you weren't arguing about X, what would you enjoy doing instead?"



5) How do you feel? Think about how you feel just before an argument takes place; does this feeling happen most times?

- These are your warning signs.
- If you feel this way, talk to someone that you trust about what you could do before you get angry so that you don't. It could be one of the activities above or moving to another room or space in the house.



6) When A Disagreement Has Happened:- Use Restorative Conversations to try and unpick what has happened to stop it happening again.

- Sharing is caring: remember to tell someone about how you feel. These questions can help you to do this safely:- What happened? What were you thinking at the time? What have you thought about since? Who do you think has been affected by what you did? In what way? What do we need to do to make things right? How can we make sure this doesn't happen again? What can we do to help?



7) Write a letter, poem or rap to a friend or a family member telling them why they are a good friend/relative to you and what you miss most about not been able to spend time with them. You could also share your favourite memories of times you spent together. Parents can post letters when they do the essential shop.



8) Create a collage of photos of your friends and families; if you don't have any photos draw them instead!



9) Arrange to watch things on TV or on line with your friends and then call them to chat about what you thought of it on phone or gaming device



10) Set up a weekly challenge (remember to stay safe online!):- Create a list of activities between your friends and yourselves. Share the photos and vote for the best response. Some examples could include:-

- A weekly bake-off challenge and then post pictures of your efforts.
- A garden / home treasure hunt. Have a start stop time and post pictures of the things you have found.
- Have an online karaoke party
- Hold a book club and choose one book to read each week. Think of one question each about the book and have an online discussion.
- Choose a time to all visit an online zoo and then talk to one another about your experience.



11) Make a list of your family members and all come up with a positive thing about them and write it next to their name or draw it. You can do this with your friends on social media too.



12) Create a timeline scrap book physical or virtual showing the friendship journey of you and your friend(s)



13) Choose a day to have a family picnic in the garden or a carpet picnic in the house and ask your other family members to do the same and share the fun on your video phones.



14) Put your hand in a fist. Lift each finger as you identify a worry; using your other hand and waving goodbye.



15) Put your hand in a fist. List each finger as you think about 5 different people in your life that you can talk to about your worries and then wave hello to start the conversation with them!



16) Find out what your families favourite tv programme / book / piece of music, etc was a child; could you watch this together



17) Watch some TED Talks and learn some new things about different topics. Scan the QR code at the top of the page to find our recommendations of the best TED Talks!



18) Detox your email box / phone / social media - Remind yourself of different people who you haven't spoken to in a long time!



19) Teach a family member something new (for example a poem, nursery rhyme, a song, a dance, an activity.)



20) Become a whizz at random facts! Scan the QR code to find some fab random fact websites!

Be Active

Scan Me!



1) Try out Couch to 5K:- A beginners running plan of 3 runs each week over 9 weeks



2) Go to a local park for a run

NEW



4) Try out some YouTube workouts. Scan the QR code at the top of the page to find our recommended YouTube Workouts!

5) Ball Bearings:

- Mime (act out without speaking) different ways to use a ball; remember to pay attention to the timing to make it look realistic. You could bounce a ball, throw and catch, bowl, shoot at a net, kick, dribble, throw and kick or act out the moves from a ball game e.g. basketball, rounders, netball, cricket or netball. Think about all of the actions you might make playing these games.

-Additional Challenge:

Imagine that you are robot following these instructions. What sort of movements would they make?

6) Family "climb to the top of the mountain" Challenge:- Remember to walk up and down the stairs; you could set yourself the challenge of climbing up a variety of different buildings as a family. Remember only the steps going up the stairs count in the challenge!

7) Circuit challenge:- Organise exercise circuit for family or just siblings e.g 5 minutes running on the spot, 1 minute of star jumps, 20 squats, 20 reps of bean can lifting, 2 minutes jumping on the spot etc. You could exercise differently in different rooms.

8) It's a Strictly Dance off" / Lip Sync Battle Family Style:- Have a 30 minute crazy dance off each person chooses a song and everyone has to do the maddest dance to it. You could get other family and friends to take part and video share. Why not sing along to (or pretend to sing to the lyrics) and provide a score for each family member!

9) Family Choice:- Take it in turns to choose a YouTube exercise activity for the family each day and all take part. You could record yourselves and share.

10) Mini-Marathon challenge:- Do a mini marathon by running up and down your garden each day. Measure the distance and record how many times you complete it. Convert the distance to miles see how many you can do over 2 weeks or more. Create a chart to record your achievement each day. You could get friends and family to sponsor you and raise money for charity.

11) Family Olympics / "Old Fashioned" Sports Day:- Organise a garden Olympics for your family or siblings set up a series of activities for example:-

-Bean bag race collect items to put in bucket (you could swap for balled up socks), Speed-walk around the garden (1 foot has to stay on the floor at all times)

-Mini-gymnastic display Egg and Spoon race

-3 Legged race

-Hopping on one leg race

-Tunnel Race (place chairs with a gap between them and place a blanket over the top) -Slowest walk - whoever comes last comes first!

-Wet sponge race (2 buckets and sponge are needed; give a set amount of time for each competitor) Tin can challenge (empty tins placed in a pyramid - throw a ball to knock them off the table)

-Skipping rope challenges Slalom race dodging around different household items

-Target toss: create a target on the ground and throw or roll a ball into the target. Add points to make it into a competition.

- Standing long jump: Each child takes a turn at a long jump. Add markers to the floor to measure how far they've jumped, gaining points for each marker reached.

12) Minute to Win It Games:- Lots of quick challenge games with everyday household items. Scan the QR code at the top of the page to have a go at some of the games!

13) Obstacle course:- You could place various items around the room / garden and race one another e.g. ball of socks could be thrown up in the air and caught, sit and stand up in a chair without using the arms etc.

-Additional Challenge: Blindfold the person doing the obstacle challenge or ask them to pretend to be a robot (you must give really clear instructions!)

14) Ice Sculptures:- Imagine that you are an ice sculpture standing up straight and tall; you could either be a block of ice or have been frozen in ice. Imagine that the sun comes out and slowly starts to melt you. You could slowly start to melt into a puddle (if you have been a block of ice) or slowly start to move parts of your body as it melts.

15) Feeling Tired and Heavy:- Start by moving around. One at a time and allowing enough time to do the action, call out a body part concentrate on it becoming tired and heavy until your whole body stops moving.

16) Playing with your pets: spending time with animals, stroking their fur slowly and repeatedly really helps to reduce stress.

17) Go for a walk (ensuring you are following Covid-19 Guidelines)

18) I can design an exercise routine for my family and show them how to do this; make a training circuit around the house or garden. At each station, complete a different exercise for 30 seconds, for example; bunny hops, star jumps, lunges, stepping on and off a step. Then move on to the next.

19) I can research, plan and deliver a meditation / tai-chi / mindfulness / yoga session for my family.

20) Have a dance party

Learn

Scan Me!



1) Getting a good nights sleep:- Lots of people have said that they are really struggling to get a good night sleep for lots of reasons; this could be because they are feeling stressed and worried or not able to get as much exercise as normal. Scan the QR code at the top of the page to see our tips for getting a good nights sleep!



2) Learn to sew: - Could you create items for good causes? Or could you learn how to cross stitch/ crochet/ knit? Scan the QR code at the top of the page to find some 'Sewing For Good Causes' groups and ways to learn these new skills.



3) Design your own chocolate bar and make it:- You could include your favourite sweets, other types of chocolates... anything you want! If you taste test it and you like it, could you even make them as small gifts for family members? Or even, write to Cadburys about your new chocolate idea for them to try!



4) I can write / draw / explain to another person a list of the things that make me happy. Why do they make you happy?



5) I know how to make a simple meal such as (pan of soup, sandwich). Scan the QR code at the top of the page to find some links to recipes that you can use!



6) Create a playlist to suit different moods - music that helps me to feel calm, make me feel happy, etc.



7) Have a go at a colouring book:- You can also download colouring book apps on to your devices to have a go with.



8) Cluster writing: take a fresh page and choose a word / phrase in the centre of a page and then write down each connection that comes into your head - let the words or phrases fan out from the middle like a branch. When you have exhausted a particular chain start another branch. Stuck on how to get started? Try Happy, healthy, sad, frustrated, purpose, feeling good, excited, rediscover, challenge etc.



9) Create a stop motion animation. Scan the QR code at the top of the page to find our stop motion animation instructions!



10) Learn a new word each day:- This could be in another language, British Sign Language... the possibilities are endless!



11) Do a word search or a brain teaser puzzle. Scan the QR code to find some online puzzles!



12) Listen to a podcast or read a journal article:- you can learn something new, or you can listen to your favourite celebrities on their podcasts.



13) Start reading a new book. Scan the QR Code at the top of the page to find some clever ways of finding new books to read!



14) Watch some TED Talks and learn some new things about different topics. Scan the QR code at the top of the page to find our recommendations of the best TED Talks!



15) Take a Barclays Life Skills Course. Scan the QR code at the top of the page for more information and how to sign up to a course!



16) Take a free Open University course. Scan the QR code at the top of the page for more information and how to sign up to a course!



17) Take a Google Digital Garage course. Scan the QR code at the top of the page for more information and how to sign up to a course!



18) Take up a new hobby. Scan the QR Code at the top of the page to take a look at Wikipedia's list of hobbies... there are plenty for you to choose from!



19) Become a whizz at random facts:- Scan our QR code at the top of the page to find some random fact websites!



20) Work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online on YouTube for you to explore.

Give

Scan Me!



1) Sign up for volunteer week in your community



2) Give yourself time:- Make a timetable for my day/time



3) Help out around the house:- "I can help..... with a household job"



4) I can take the dog for a walk



5) Say thank you to someone, for something you have done



6) Phone a friend or relative who needs support or company



7) Ask a peer or friend how they are and really listen to the answer



8) Arrange a day out (or something virtual) for you and a friend/ relative



9) Try and do one kind thing everyday



10) Recycle your waste to help the environment



11) Hold the door open for someone



12) Go to a charity shop and donate something you don't use anymore



13) Bake something for someone, or make them a handmade, thoughtful gift



14) Take some food to a food bank to help others



15) Send someone a message/ card telling them how much you love and appreciate them



16) Offer to help your parents or people you live with around the house



17) Give yourself some time to relax and do what you want to do



18) Give others your time and teach someone how to do something



19) Create something that will make people smile:- such as a funny compilation video or a compilation of old photos of you and your friends and family



20) Give yourself a good nights sleep:- Give yourself an hour off screens before you go to sleep



21) Give someone you love a hug (or a virtual hug)



22) Give someone a small present to cheer up their day



23) Smile at someone: - If one million people smile at 300 people each, every person in Britain will get smiled at 5 times



24) Be friendly in sign language and give someone the gift of being inclusive. Scan the QR code at the top of the page to learn some sign language!



25) Love where you live - map can be full of places that everyone knows. This is your map - fill it with stuff that only you know. Give someone the gift of time to visit these places with the people you love. Scan the QR code at the top of the page to find some of the best places to visit in Sandwell!

Take Notice

Scan Me!



1) Keep a diary of 3 things that made you happy / smile each day - think about these things when you are feeling down



2) Human Mirror:- Stand face to face; one person leads and the other person acts as a mirror image copying the actions of the first person. Start slowly to warm up your muscles and then add more and more actions. Make sure you mirror everything; facial expressions, finger movements etc



3) Car Counting:- Choose a colour and try and spot cars that have this colour as they are walking around. Registration numbers. Different types of vehicles (cars / vans / lorries / motorbikes / cyclists)



4) Human Dodgeball:- Challenge yourself to spot others around you.
- If you are in a group, whoever sees someone first gets the points.
- Award 1 point if they are in-front of you and 2 points if someone is behind you.
- You could keep a daily tally and reward the most observant at the end of the week with a small reward.



5) Rating other properties:- If you live in an area where there are gardens, which house has the nicest front garden - you could pop a thank you card through their door to say thank you. Or you could count the number of bins you see at the front of someone's houses.



6) Weekly observations:- Choose one garden or part of a park: Keep a weekly diary to see what changes have happened in that space from one week to the next (for example trees developing leaves, change of bark colour, flowers or grass growing).



7) Orienteering:- Decide on a length of the walk and using a map of the area (for example Google maps), ask children to work out how far they will need to walk and ask them to navigate their way around the walk.



8) Calm Jar:- A great way to help you to feel calm, relax, help you to fall asleep and to give your chance to have a break and to help you to focus. You will need: a jar or a bottle, PVA glue (liquid), fine glitter, a paper funnel to help to get the glitter in, warm water, food colouring (optional), glue to seal the lid. To make your calm jar:-

1. Fill your bottle about 1/8 to 1/3 full with glue. The more glue you add, the longer it will take for the glitter to settle after shaking.
2. Add glitter, start with a tablespoon or so.
3. Fill the bottle the rest of the way with warm water. Leave about 2.5cm or 1 inch at the top of the bottle, cap it, and shake it to see if you want to add more glitter, more glue, or just more water.
4. When the bottle is full up to the neck with water, glitter, and glue, cap it. I recommend using a hot glue gun to seal the cap closed

9) Recognising and recording your emotions:-

- Keep a diary of how you feel during the day and what you were doing; is there a time when you often feel happy or sad? What are you doing at that time - can these things be changed or adapted to make you feel happier?

- Also, draw pictures of lots of different emotions; at the start of the day tell someone that you trust how you feel. You could put a marker (like a post-it note) to show them.

- If this changes during the day then move the marker during the day.

- What can we do to change the things you hate? E.g. I hate vacuuming so when I do this I will sing loudly and out of tune!



10) Emotion picture-board / emotion traffic light system:- Draw pictures of subjects that you are studying, jobs/tasks that you need to do, things that you enjoy doing. Talk to your family about which activities make you feel happy, sad, frustrated etc. Use these to help you to form a timetable so that you know what is going to happen during the day. Can you choose some things that make you feel happy?



11) I'm grateful for ... At some point each day spend some time with your family or someone that you trust, and give time for all you to answer these three questions:-

- What have I done today to make someone else happy?
- What has someone else done today to make me feel happy?
- What have I learnt today?



12) Keep a journal:- just a sentence or a picture a day about how you feel, what you did so you can share it with friends or family later.



13) Explore your neighbourhood - is there something on offer that you didn't know about?



14) Down tools and listen to your favourite songs for half an hour - dance, sing or simply sit and listen, music is a great way to focus your mind.



15) Take creative photos of your favourite things in your house - are your houseplants creating unusual shadows? Can you find a new angle to your favourite corner of the house?



16) Cook your favourite meal:- baking or cooking is a good way to pass the time, and you'll feel a sense of achievement after you've finished.



17) Plant something:- seeds, plants or cress in the kitchen, planting something and watching it grow is good for our mental health.



18) Listen to the sounds of nature



19) Look after pets/animals



20) Try some meditation or yoga. Scan the QR code at the top of the page to find some of the best yoga and meditation!

WHAT ARE THE BEST Breathing Techniques?



BACK TO BACK BREATHING

Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want too. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.



TUMMY BREATHING

Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.



ELEPHANT BREATHING

Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.



BUBBLE BREATHING

Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.



BALLOON BREATHING

Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.



SHOULDER ROLL BREATHING

Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.



TAKE 5 BREATHING

Sit comfortably, resting one hand in front of you with fingers outstretched like a star. Use the index finger on your other hand to trace the outline of your star hand. Take a deep breath in as you move to the top of your thumb. Breathe out as you move down between your thumb and first finger. Take another breath in as you move to the top of your index finger. Breathe out as you move down between your first finger and second finger. Repeat until you have taken five slow, deep breaths.



BUMBLEBEE BREATHING

Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

WHAT ARE THE BEST Breathing Techniques?



LADDERING BREATHING

Lie down comfortably in your bed. Breathe in gently through your nose four seconds. Breathe out through your nose for four seconds. Next breath in for 5 seconds and breathe out for 5 seconds. Keep increasing the length of your inhales and exhales until you get to 10 seconds.



DRAGON BREATHING

Imagine that when you are stressed you are a dragon. You are full of heat, fire and smoke. You need to get the fire out of your body. Imagine you are blowing the heat out of your body through your mouth. Blow long and slow. The more you get out, the calmer you will feel.



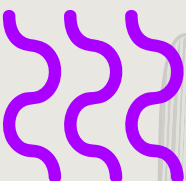
SQUEEZE AND RELAX

Cut an orange into segments and squeeze the segment as hard as you can to get as much juice out as possible. Try squeezing for the count of 10 seconds without stopping. Use your whole body to squeeze. When you stop squeezing your body begins to relax. You can practice this with playdough as well.



WORRY BUBBLES

If you are worrying then use bubbles. Imagine a worry as you blow your bubbles. Fill the bubbles with your worries and watch them float away. You do not need to carry these worries around with you.



SMELL AND RELAX

Find something you like the smell of (chocolate, lavender, perfume etc). Close your eyes and use your nose to smell the item. Take the smell deep into your nostrils and think about how wonderful it is. How calming and relaxing it is. It might bring back lovely, happy memories. Think about those memories. Breathe in long and slow through your nose. And then out through your mouth.



COOLING OFF

Run the tap and run your hands under the cold water. Feel the refreshing water running over your fingers, your palms and the back of your hands. Keep turning your hands. Imagine this cool feeling spreading over your body until you feel calm.



CLAP IT OUT

When you feel tense, clap your hands together as hard and as fast as you can. Then stop. That fizzy feeling in your hands is all the stress leaving your body.



PAINT IT OUT

Close your eyes and imagine where the anxiety is in your body. Choose a colour that you like best and paint all over those anxious feelings.



PUSH THE WALL

When you are feeling stressed, push the wall. Feel all the stress run down your arms, through your hands and into the wall.

Useful Links

STRESS GUIDE:

<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:fe654143-eb7f-430e-b873-f90159ed6fcd>

GUIDED MEDITATIONS AND SLEEP STORIES TO EASE STRESS AND IMPROVE SLEEP:

<https://www.calm.com/>

REDUCES DAILY ANXIETIES AND STRESSES BY TRAINING YOUR MIND TO BE HEALTHIER AND HAPPIER:

<https://www.headspace.com/>

PORTABLE STRESS MANAGEMENT TOOL:

<https://apps.apple.com/gb/app/breathe2relax/id425720246>

COPING WITH YOUR FEELINGS:

<https://www.childline.org.uk/info-advice/your-feelings/>

8 RELAXATION TIPS FOR YOUR MENTAL HEALTH:

<https://youtu.be/cyEdZ23Cp1E> - how to relax

YOUTH MENTAL HEALTH:

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

GENERAL ADVICE:

JUST YOUTH WEBSITE:

SCAN ME



SCAN ME

