

WEEK 1 - Wellbeing Activities to Try

Try a wellbeing activity each day. Many of these are evidenced based to improve wellbeing although you might need to do them more than once a week to feel the benefit. Approach them with a curious and open mind, but if it does not feel safe for you to try it then don't – try something else. Do you feel any different after doing the activity? Is it something you can do again? Is it something to recommend to a friend or family member? We have tried to make sure these don't all require Internet or lots of resources. If you don't have access to what you need, try and modify the activity or try a different one.

Most importantly if you are really struggling with your wellbeing every day then ask for some help. Contact your school or go through these websites for extra help.

- <https://findgetgive.com/services?loc=brighton-hove>
- <https://youngminds.org.uk/>
- <https://www.childline.org.uk/> or call Childline on 0800 1111

Wellbeing information for all the family is here: <https://new.brighton-hove.gov.uk/supporting-your-wellbeing>

Day	Activity	Tick if you did this and note how it made you feel
Monday	<p>Flip your mood – Music - Calm</p> <p>Watch Dr Pooky talk about this and then compile a play list of music you can play to calm yourself down https://www.childline.org.uk/ You could share this with friends.</p>	
Tuesday	<p>Breathing technique – Triangle Breathing</p> <p>Breathe in for four and out for four for a minute. Or watch this YouTube visual and breath in and out in time with the triangle as it grows. https://www.youtube.com/watch?v=u9Q8D6n-3qw</p>	
Wednesday	<p>Get active – try yoga</p> <p>If you have access to the Internet, then try one of these websites or find one of your own. If you haven't done yoga before select beginners' videos and keep listening to your body. If something starts to hurt, then stop! Yoga with Adrienne - https://www.youtube.com/watch?v=v7AYKMP6rOE&t=2s Cosmic Kids Yoga https://www.youtube.com/user/CosmicKidsYoga If you can't access YouTube stretch your body in a range of ways that feel good. Can you remember any stretches from PE lessons?</p>	
Thursday	<p>Practice gratitude</p> <p>Make a list of all the things you have to be grateful for. These can be really small things like seeing blue sky from a window or a chat with a friend. If this list is really difficult for you can you find one thing you are grateful for and one thing you could do differently or change that might help? Ask for support if you need it.</p>	
Friday	<p>Get creative</p> <p>Do any activity that is not online or on your phone where you need to focus on something for half an hour. Think of the things you liked to do as a child, you don't need to be have talents to make something or create something. You don't need to show this to anyone. This could be writing a song or story, baking, painting or drawing, sewing or knitting or crochet, playing an instrument. This week's suggestion if you have the materials is origami... Make an origami boat https://www.youtube.com/watch?v=981t1yRjGFc Then practice belly breath with your boat! http://yoyoyogaschool.com/breathing-for-kids-belly-boat-float</p>	

WEEK 2 - Wellbeing Activities to Try

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Monday	<p>Flip your mood – Music - Happy or Energised</p> <p>Compile a play list of music you can play to increase feelings of happiness</p> <p>https://www.childline.org.uk/</p> <p>You could share this with friends.</p>	
Tuesday	<p>Breathing technique – Box Breathing</p> <p>Breathe in for four, hold for four, breathe out for four, hold for four and repeat for two minutes. Here Dr Pooky explains more about this breath and how it can help us.</p> <p>https://www.youtube.com/watch?v=JYytiS0ymZg&list=PL1HN98dJOCA-3Ja4pMKCpoiCgl0uYzLhN&index=22</p>	
Wednesday	<p>Get active – Keep Dancing</p> <p>Put on your favourite tune and dance, like no-one is watching. Some people find that doing this first thing in the morning really sets them up well for the day. Or search for dance lessons on YouTube and learn a new dance. For example, Oti Mabuse from Strictly Come Dancing is teaching a range of routines on YouTube. You may also find Zumba and Funkfit classes are available on Facebook Live or Zoom although these might cost money.</p>	
Thursday	<p>Practice gratitude</p> <p>Can you record three good things that you have to be grateful for each day for the next 7 days (could be small things such as a text from a friend)? Does this change anything?</p>	
Friday	<p>Get creative</p> <p>Do any activity that is not online or on your phone where you need to focus on something for half an hour. Think of the things you liked to do as a child, you don't need to be have talents to make something or create something. You don't need to show this to anyone. This could be writing a song or story, baking, painting or drawing, sewing or knitting or crochet, playing an instrument.</p> <p>This week's suggestion if you have the materials is colouring.</p> <p>https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals</p>	

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Monday	<p>Flip your mood – Window of Tolerance - Calm</p> <p>Our moods can go up and down. If we are aware that our mood is changing in one direction or another, we can sometimes interrupt it with something to change the mood. Dr Pooky talks about this here: https://www.youtube.com/watch?v=vYab1q5N9-U&t=7s List all the things you can do to calm yourself.</p>	
Tuesday	<p>Relaxation technique – Body scan</p> <p>A body scan involves lying down and starting at your toes going through each part of your body and reflecting on how it feels. Each time your mind wanders off you come back to your body. Here Dr Pooky explains in more detail. You can find example body scans on YouTube and elsewhere. https://www.youtube.com/watch?v=jaqbKbBF5Bs</p>	
Wednesday	<p>Get active – Joe Wicks</p> <p>Try a Joe Wicks or other workout that you have not done before. If you don't have Internet access can you remember some exercises from PE? Squats, jogging on spot, jumps etc that you could use to design your own 10-minute routine? https://www.youtube.com/user/thebodycoach1</p>	
Thursday	<p>Three funny things</p> <p>Can you record three funny things you have seen or heard each day for the next 7 days? Does this change anything?</p>	
Friday	<p>Get creative</p> <p>Do any activity that is not online or on your phone where you need to focus on something for half an hour. Think of the things you liked to do as a child, you don't need to be have talents to make something or create something. You don't need to show this to anyone. This could be writing a song or story, baking, painting or drawing, sewing or knitting or crochet, playing an instrument.</p> <p>This week's suggestion is singing</p> <p>Sing along to your favourite track or try a karaoke online session. Can you do this with friends via an online space?</p>	