

Back to School Booklet

For Age 11+
Secondary School

Introduction

This workbook has been produced by Coventry and Warwickshire Mind Children and Young People's Service. If you feel you might need some additional support, please see the two pages titled 'Information Page' on how to access support.

We would recommend starting this workbook 14 days prior to your return to school, with one activity allocated to each day.

These have been designed to help you prepare for your transition back to school after the summer holidays.

Who is this workbook for?

This workbook is for any young person who will be in secondary school from September.

The aim of this workbook is to support young people back into the school environment and help them to feel more prepared on how to manage their feelings at this time.



Information Page

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

Information Page

If you feel that you need further support, please check out our dedicated young people section on our website for more resources and support.

<https://cwmind.org.uk/children-and-young-peoples-services-temporary-service/>



You can find resources, helplines and a Mental Health Survival Kit on our website by following this link:

<https://cwmind.org.uk/category/children-young-people-resources/>



Within this workbook, there are a large variety of different coping strategies and activities. For the maximum benefit, it is important to complete each day in sequence in the 14 day lead up of your return to school.

Day 1 - Relaxation

Relaxation is really important for us to stay healthy and happy. We know this summer has been a little strange and some of us have maybe found it hard to be able to relax.

What is Relaxation?

Relaxation is when our body and mind feel completely calm. We all need a little bit of calm in our day so we don't feel as stressed and we can complete the tasks of the day better.

Relaxation is an individual experience. To be able to achieve a true state of relaxation, we would encourage you to engage in an activity that you enjoy.

It's also important that you find it calming; where you are in control.



Some ways to relax could include:

- Meditation
- Breathing exercises
- Reading a book
- Light exercise
- Gardening
- Mindfulness

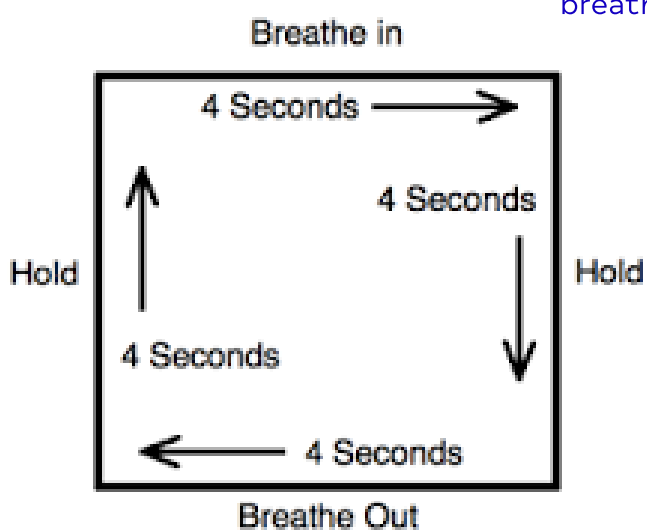
Can you think of any activities that help you to feel relaxed?

For more information on Mindfulness and relaxation check out the link below:

<https://cwmind.org.uk/mindfulness-relaxation-resources/>

Day 1 - Relaxation

When we feel angry or anxious you may notice that our breathing may change. It may become very fast and shallow, this can lead to us feeling perhaps faint, dizzy or even more anxious. By taking back control of the rate that we breathe, we can start to gain control back over the uncomfortable feelings in our body. The technique shared with you below is called "The Breathe Box" and it will help, with practice to change the fast/shallow breathing into a slow, deeper and more regular pace of breathing.



How to use the Breathe box:

1. Lay down in a quiet comfortable place on your back, and breathe in only through your nose.
2. Inhale for 4 seconds, whilst feeling your belly fill up like a balloon.
3. Hold the breath for up to 4 seconds or whatever feels most comfortable for you.
4. Exhale out of your mouth, controlling the air flow so your lungs empty after 4 seconds and your belly deflates.
5. Take a 4 second pause after the exhale.
6. Repeat as many times as you feel necessary.

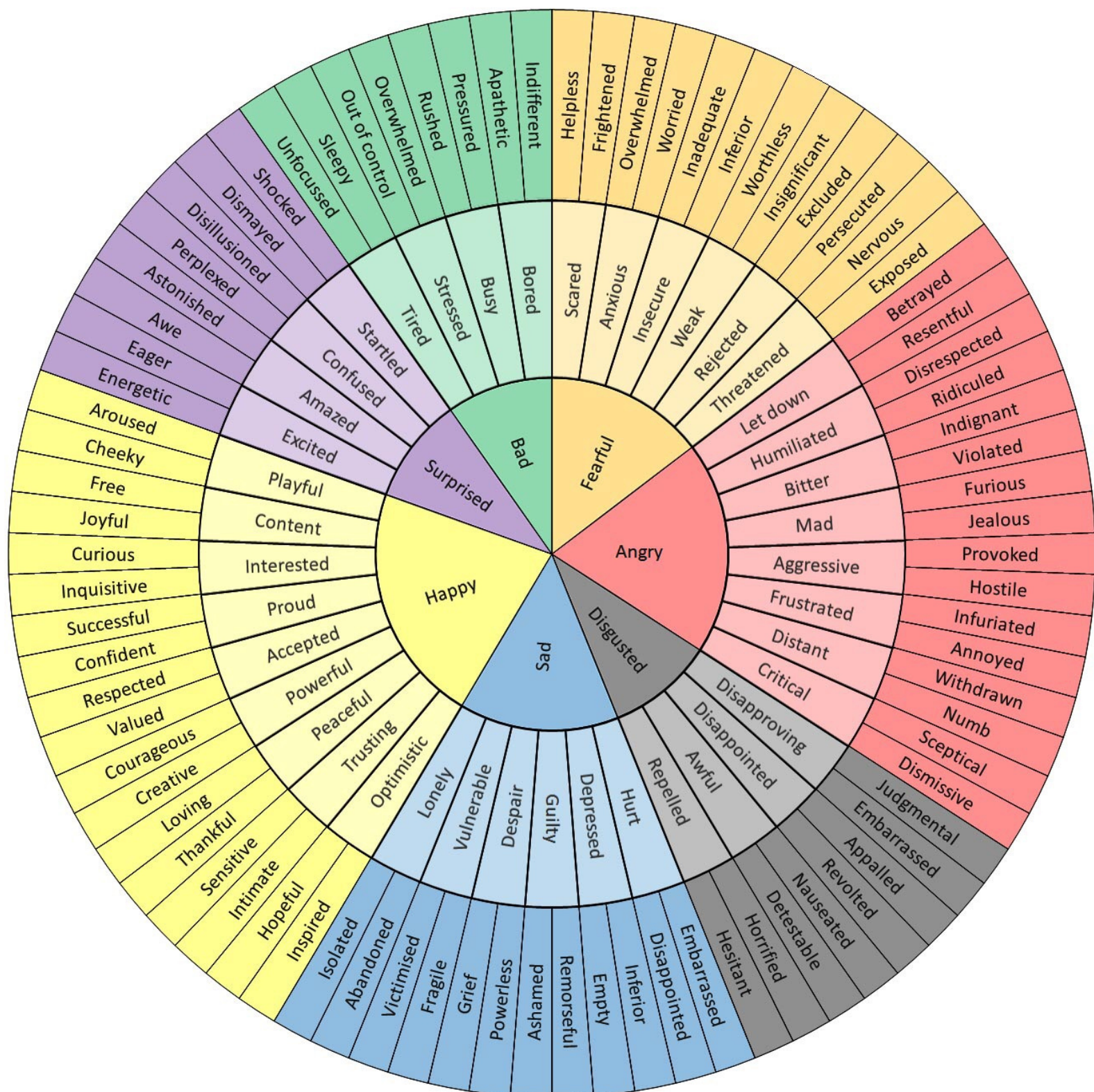
TOP TIP:

Make personal copies of the breathe box, leave a copy in your purse or wallet, or in your blazer pocket and homework diary. Making them easy to get hold of, we are more likely to use this technique when our feelings start to become overwhelming



Mind
Coventry and
Warwickshire

there are lots of emotions you might feel.



Day 2 - Emotions

Activity-

We would like you now to explore your personal emotions. In each box we would like you to name an emotions that you feel, using words, pictures or something of your choice that represents that emotions for you. Think about these emotions and describe what situations have led you to feel them.

HAPPY



I feel Happy
when I try new
things and find
out that I really
enjoy them,
even if I was
nervous to try
them

Day 3 - Research + Relaxation

In September you will be going back to school. There will be some things that stay the same and some things that will be quite different. It's okay to feel anxious when you don't know all of the facts however, finding out what you can may help you to feel a bit more prepared.

ACTIVITY- Research

It may help you feel more relaxed and prepared if you can find the answers to some of your questions you may have about returning to school.

Task:

1. Write down any questions you have about returning to school.
2. Try to find out some of the answers. You can do this by:
 - Asking your family.
 - Looking at the school website or school letter.
 - Asking your teachers.



IMPORTANT - You may not be able to answer all of your questions at the moment. We can still learn techniques to cope when we don't have all the information.

Here are some examples of questions you could have.

What will my bubble be like?.....

What time will I start school?.....

What time will I have lunchtime and breaktime?.....

Will I have to keep my distance from my friends?.....

Will I have to wear a mask on the bus?.....

Will I still have all the lessons I had before?.....

Day 3 - Research + Relaxation

It is normal to worry about things that we are not sure about. You may not have all the answers because your school might be waiting for more information from the government before they tell you what changes there will be. While this can be annoying, it is something we have to learn to accept.

ACTIVITY - Why not try some relaxation or meditation videos? These can be a great way to help look after our minds and de-stress. It can feel strange at first however, can be a really useful skill to have for stressful times so make sure you give it a go.

Why should
I try these
videos?

Learn a new
skill

They can help you
understand your
thoughts and
feelings better

Improve
your focus

It can
reduce your
anxiety



Headspace provides lots of mini meditation videos that you can try and tips/tricks on how to meditate and be mindful. Click the picture to access their YouTube channel or search for it yourself.

ThinkNinja looks at common difficulties like stress, anxiety and unhelpful thoughts. Their app and YouTube channel have some really good videos that explain a lot of the common problems and provide strategies to help with difficult times.

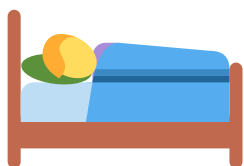
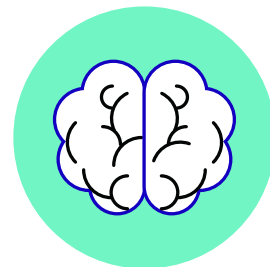




Day 4 - Sleep Hygiene

Why is it important to sleep well?

Firstly, sleep hygiene does not mean being clean before you go to sleep. Sleep hygiene is a term for getting enough **GOOD QUALITY** sleep every night. Sleep plays a vital part in your health and happiness. Sleeping well at night helps your brain to function effectively during the day, you are better able to learn new skills, remember information, solve problems and make decisions.



Now everyone is different and that is perfectly normal. But when it comes to sleep, teenagers and young people need between 8-10 hours of sleep every night because your bodies are still developing which takes extra energy.

How sleep can help us?

Sleep helps us to not feel tired in the daytime

Reduces stress

Helps our bodies to develop

Sleep helps us to focus in our lessons and our hobbies

Sleep helps us to organise all of our memories in our mind

Sleep helps us with our appetite and to keep a healthy weight

Sleep helps us to stay healthy

Tips to have a good night's sleep...

Avoid watching TV or using screens right before bed.

Spend time outdoors during the day

Do something relaxing before bed

Make your room nice and tidy to sleep in

Try not to eat or drink sugary too close to going to bed

Go to bed at the same time each night to establish a sleeping pattern

Day 4 - Sleep Hygiene

This is a personal sleep diary. Filling this in, can help you make sense of your sleep patterns and make improvements. Each day, fill out the table, rate your sleep (e.g. good, okay, bad) and think about what sort of things you were doing in the day that may have helped you sleep better or made it worse. Try and fill in this diary for 7 days to see what things may help you sleep better and what things make your sleep worse e.g. temperature of your room, being on technology, noises, etc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How well did you sleep?							
Time you went to bed							
Time you woke up							
Did you wake up in the night?							
Activity you did before bed							
How was the room? (Hot, cold, just right, loud, quiet)							
Anything else that may have had an effect?							

Day 5- Self Help, Applications and Websites

As the world changes, technology is becoming better and better for us to be able to access some additional support for ourselves without even having to leave our own homes. We want you to look through the pages below and have a think if any on the applications or websites could help you to manage how you feel about both going back to school in September and your everyday life.



Think Ninja

Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential.



SAM

SAM is an application to help you understand and manage anxiety.



Calm Harm

Calm Harm is an app to help teenagers manage the urge to self-harm.



ChillPanda

Play your way to a calmer day with ChillPanda



Daylio

Keep a free private diary and capture your day without writing down a single line!



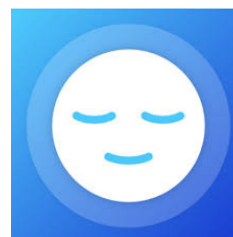
MeeTwo

MeeTwo makes it easy to talk about difficult things.



Worry Tree

WorryTree's mission is to help make a positive difference to your daily life, providing supportive, useful tools for you to manage your worries in a better way



Mind Shift

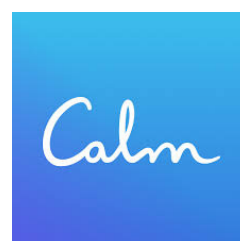
Get the tools to tackle:

- Worry
- Panic
- Perfectionism
- Social Anxiety
- Phobias



Headspace

Live a healthier, happier, more well-rested life in just a few minutes a day with the Headspace app.



Calm

Find Your Calm
Sleep more.
Stress less.
Live better.

Day 5- Self Help, Applications and Websites

 **mind**
Coventry and
Warwickshire

 **mind**
Coventry and
Warwickshire

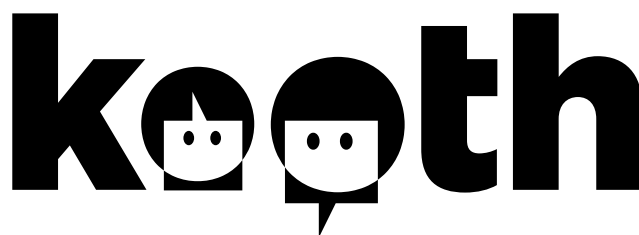
We're Coventry and Warwickshire Mind. We understand mental health and wellbeing. We're here if you need us for support and advice. We help everyone understand mental health problems, so no one has to feel alone.

<https://cwmind.org.uk/category/children-young-people-resources/>

Your online mental wellbeing community

Free, safe and anonymous support

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



"We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you. Our tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace!"

<https://www.childline.org.uk/>

The Mix is the UK's leading support service for young people. "We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service."



Essential support for under 25s

<https://www.themix.org.uk/>

**student
minds**

Student Minds is the UK's student mental health charity. "We empower students and members of the university community to look after their own mental health, support others and create change. Together we will transform the state of student mental health so that all in higher education can thrive."

<https://www.studentminds.org.uk/>

Day 5- Self Help, Applications and Websites



"We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties."



<https://youngminds.org.uk/>



Supporting teenagers with their mental health

<https://stem4.org.uk/>

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Rise aims to build resilience and empower children and young people to know where to go for help and advice.

Rise is made up of a number of different services, each led by mental health specialists, who work with other local services such as schools to support you.



<https://cwrise.com/>



Heads Together is a mental health initiative spearheaded by The Royal Foundation of The Duke and Duchess of Cambridge, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.

<https://www.headstogether.org.uk/>

If you're going through a difficult time or are struggling with how you're feeling, it can be really scary and upsetting. Mind are here to help you understand you're not alone and to help you find the support you deserve.

<https://www.mind.org.uk/information-support/for-children-and-young-people/>



Day 6- Physical Activity

What is Physical Activity?

Physical activity is defined as any movement in the body that works your muscles and requires more energy than resting. Physical activity is recommended to be incorporated into your daily routine in many different ways, exercise is only one type of physical activity.

Being physically active is really good for our bodies but it's also great for the mind as it releases chemicals that can massively improve your mental health.

Benefits of being more physically active?

- Feeling less stressed and less mentally tired
- Improved sleep quality
- Feeling less anger or frustration
- Improved appetite
- Improved self esteem and confidence
- Improved focus and motivation



Everyone can benefit from being physically active; it could be really simple from taking a walk around the park to running the "Couch to 5km" app to build up to being able to run for 30 mins!

Day 6 - Physical Activity

Click on the image to see our top 5 tip to becoming more physically active



If you can't click on the image, search: 5 ways to get moving and feel better in YouTube



Ways of being more physically active?

- Sitting down less at home
- Walking or cycling rather than driving or using public transport
- Doing housework
- Dancing
- Gardening
- Doing an exercise you like
- Try a motivation app your phone, like the NHS's Strength and Flex or Couch to 5K



From today, try to do at least 1 bit of physical activity EVERY DAY!

TOP TIP:

When we are more physically active, we lose water from our bodies as sweat.

It is important to stay hydrated; when you do your physical activity have a glass of water near by to drink during your physical activity and after.



Day 7 - Puzzle Page

WORDSEARCH - Find all of the words in the grid below
(they can go across, down or diagonally and be
backwards).

BRAVE
CALM
CHALLENGE
CONFIDENT

CREATIVE
DETERMINED
EMOTIONS
HAPPY

HOBBIES
MINDFUL
MOTIVATE
NATURE

POSITIVE
PREPARE
RELAX
SCHOOL

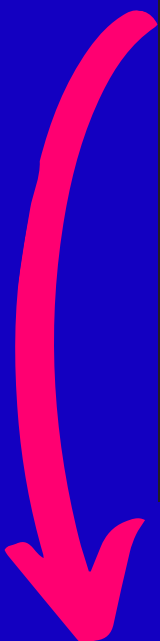
SKILLS
SLEEP
STRONG
YOGA

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

Day 7 - Puzzle Page

SUDOKU - Complete the sudoku below. Each large box must include the numbers 1-9. Each row and column must also contain the numbers 1-9.

5				8	6			1
		2	7		1	6		
	7	1				2	5	
9	1			2			7	
3			1	4	5			6
	6			9			2	4
	5	3				4	6	
		8	9		3	5		
2			5	1				7



9	1			2			7	
3			1	4	5			6
	6			9			2	4

EXAMPLE - If we are looking at where '1' will go in the right box we can see that the left and the middle box already have 1s. Following the rule that you can only have one of each number per row, it eliminates all of the options but one in the right box. Therefore, 1 must go in the bottom row of the right box next to the 2.

Day 8 - Positive Self-Talk

Our brains chatter away to us all day day long. This internal voice is simply our own thoughts. When we are thinking about things like meeting friends or thinking about what we are going to have for dinner, we often have conversation with ourselves in our heads. Everyone does this and it is called self-talk.

Self talk can be positive ...

I am great at this.

I am really proud of myself.

Or self talk can be negative , like

I am an idiot

I am rubbish at this game

Sometimes the negative self talk becomes too much and too regular, we can eventually start to believe all of the negatives as fact. This can be really harmful to our mental health

Positive Self-Talk

Self- talk is completely in our own control and we can change the way we talk to ourselves at any time.

But just because we can change the way we talk to ourselves doesn't always mean that it is easy!



Negative self-talk may have been happening for a while and it may just happen without even thinking about it, because it has become habit. The best place to start when we change the way that we talk to ourselves is to reduce the criticism. Try being kinder to yourself, think about the way that you speak to your friends and family, try building yourself up in the way that you would speak to them.

Replace the Negative Self-Talk

It might seem really strange at first, but if we catch ourselves saying negative things about ourselves then we need to take a step back and reanalyse the situation and look for some positives as this can have lots of benefits for our personal wellbeing.

A good place to start with this might be taking note of your thoughts over a couple of days, is your self talk mostly positive or negative?



Day 8 Positive Self-Talk

Keep A Diary Of Positive Thoughts

- Each day for 5 days, write something positive about yourself

1

4

2

5

3

- Each day for 5 days, write one thing you would like to achieve

1

4

2

5

3

- Each day for 5 days, write one thing that you are proud of

1

4

2

5

3

Think Positive, Act Positive

Alongside positive self-talk, it can really help us to feel more positive if we are walking with confidence and looking people in the eye while smiling. It's amazing that we can feel more confident by acting more confident.

Be kind to yourself and recognise the good qualities that you have!



Day 9 - Worry

Today we are going to be looking at worries, this year has been very different for everyone and if you feel worried about going back to school or maybe the virus, that's okay and perfectly normal. In this session we are going to show you a technique called "The Worry Tree" to help you to start to tackle your anxieties without becoming overwhelmed...



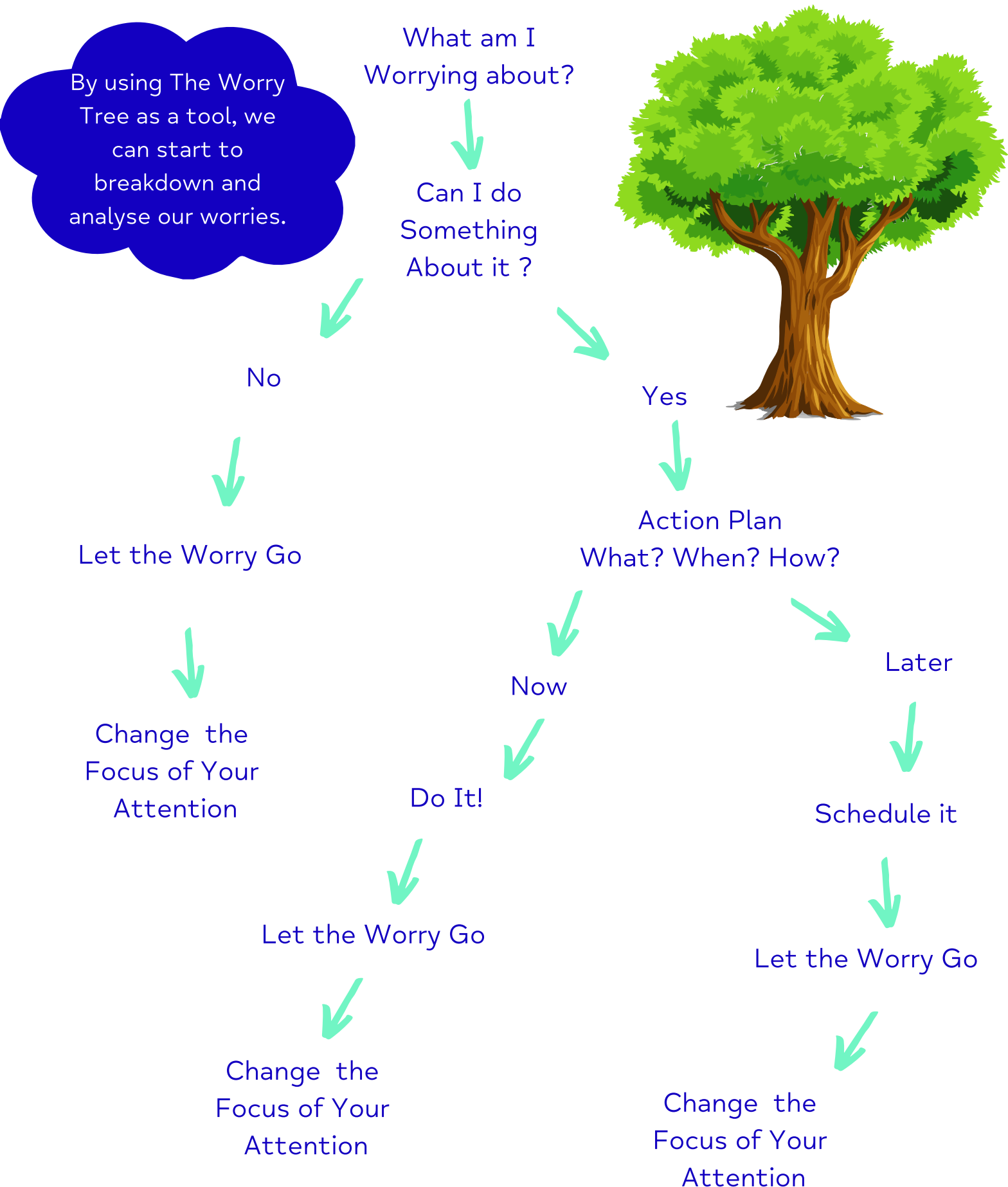
Let's start by asking the question: "who has worries?".

Now the answer may surprise you, but everyone on the planet either has things that they worry about, have worried about or are likely to worry about in the future.

Not everyone will have exactly the same worries, but it is perfectly normal to worry about things. We want to be able to help you to get into a position to be able to manage these worries more positively, in a way that is less distressing for you.

Constant worry can take a really heavy toll on you both mentally and physically: you may lose sleep or feel tense and edgy during the day; you may find it difficult to concentrate. It can be really really tough to be productive during our daily activities when we feel that our thoughts are dominated by our worries and this can sometimes distract us achieving at school or even our home life.

Day 9 - The Worry Tree



Day 10 - Mindfulness and Resilience

Mindfulness is a really powerful way to handle stress and worry. Mindfulness is all about experiencing the here and now without judgement. It's about breathing and capturing the experience now, whether it is easy or difficult, and letting it go. You can be mindful anywhere at any time, no matter what you are doing. It sounds really easy, however it's not so simple especially if we are stressed!

We are going to look at a technique to help you get started on your mindfulness journey. It's called the "5. 4. 3. 2. 1." grounding technique. It is really simple and can be done anywhere at anytime that we start to feel a little bit overwhelmed. It allows you to come back into the moment without your mind racing thinking about all of the other things going on in our lives. Follow the directions in the box below. This can be repeated as many times as you need to start to feel grounded and let those overwhelming feelings start to disappear.

"5. 4. 3. 2. 1."



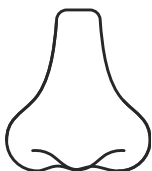
Look for 5 things that you can see. Take your time to really look around the environment you are in and acknowledge things you would normally overlook



Become aware of 4 things that you can feel or touch. If you can and feel comfortable to, then spend a moment literally touching these things.



Acknowledge 3 things that you can hear. All the sounds through the day that we hear, but don't really take notice of. Wind, traffic, voices in other rooms and many more.



Notice 2 things that which you can smell. There are always different fragrances around us even if they are subtle.



Become aware of 1 thing you can taste. It could be the lingering taste of toothpaste leftover from this morning

Day 10 - Mindfulness and Resilience

What is Resilience?



Resilience is the ability to cope if things become difficult or if they go wrong.

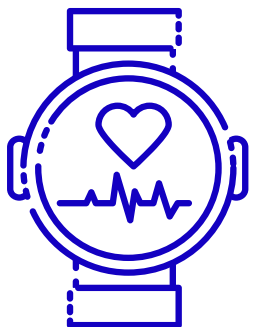
Resilience can also be described as :

- Bouncing back after a difficult situation
- Springing back into shape if we feel like we have been pulled or stretched emotionally
- Being strong on the inside
- Dealing with challenges and still holding your head up high
- Learning from failure rather than being defeated by it
- Giving things a go or trying our best, even if we feel like we might not want to

Ways I can develop my own Resilience



- Learn from past mistakes
- Think positive thoughts
- Look after your body well
- Keep trying rather than giving up
- Talk to people, learn from others
- Keep working towards your goals
- Look for the positives in situations
- Accept that change is a normal part of life and it happens all of the time
- Find ways to develop your problem solving skills
- Find things that help you to feel calm
- Ask for help when you need it



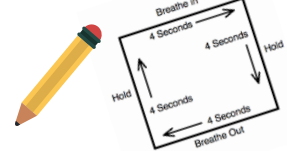
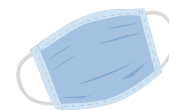
Day 11 - Back To School Plan

Hopefully, after doing this booklet, you will feel slightly more prepared about going back to school. This activity is aimed to help you prepare what to do on the first few days back.

Going back to school or starting at a brand new school can feel daunting, but planning what you're going to do and completing this workbook can help you to prepare and feel more in control of things.

What I might need to do the night before

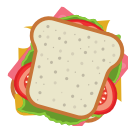
- Organise uniform
- Set alarm for the morning
- Make packed lunch
- Do something relaxing - e.g. shower, watch tv, read book, listen to music, spend time with family, use one of the mental health apps, etc.
- Pack school bag



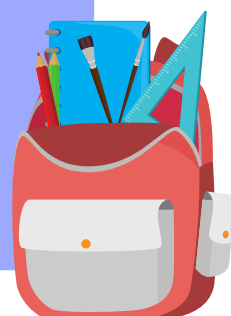
ACTIVITY - what to take

Making a list of what to pack in our bags can help us remember all of the things we may need in the school day. You may need to bring more things than before, due to the COVID rules. You can also use this list to check off the items when you are packing your bag for the first day back.

Not only think about what essential items you may need (e.g. pencil case, calculator, mask?), think about what extra items you could bring that may help you feel more relaxed on your journey to school or during the day - headphones? fidget toy? book? breathe box?.



.....		
.....		
.....		
.....		



Day 11 - Back To School Plan

It is important to remember that all young people going back to school will have had completely different experiences over the past few months.

This means that everyone will adapt to the school routine at different rates. Some people may adapt to doing school work faster than other people. Some people may not feel as tired as other people. This is okay. Your teachers and parents/carers will be supporting you through this whole process.

It is important for you to NOT focus on how other people are coping, but focus on YOURSELF and what YOU can do to help yourself have a smooth return to school.

ACTIVITY

Have a think about how you can support yourself on your return to school. Fill in each of the boxes below, there are some ideas to help you.

What can I do if I start to feel anxious or overwhelmed when I'm in school?

- Take some deep breaths
- Talk to someone
-
-
-



Who is a safe person I can talk to at home and at school?
(Teacher? TA? pastoral lead?)

Home

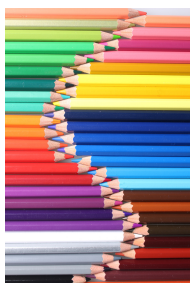
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School

-
-

What are some goals I am going to set for myself?

- Get through my first day of school
- Practice some self-care
-
-



Day 11 - Back To School Plan

ACTIVITY - After School Routine

Making an after school plan may help you feel more prepared. Include all of the important things that you will need to do when you get home up until you go to bed (including the things you like). This doesn't have to be followed exactly but, organising our time can help us to unwind after a long day and therefore, sleep better and be better prepared for the following day.

(If you don't want a timetable, then maybe write a checklist of things to do and tick them off each day - that way you can do things in different orders depending on how you feel)

EXAMPLE

3-4:00pm

Walk home from school. Change into normal clothes and watch tv.

EXAMPLE

4-4:30pm

Homework.

Time

Task



Day 12 - 5 Ways to Wellbeing

When we talk about wellbeing we are thinking about the things that make us feel happy and content with our lives. Recent research by the New Economics Foundation suggests that there are 5 things people can do to improve their wellbeing. A report was produced from the outcomes of their research called "Five Ways to Wellbeing". This is used by many organisations across the UK to help people to improve their happiness!
We would like you to give it a try too!

1. Connect

Having good connections or relationships with family, friends, colleagues and other people who are around us can help to improve our overall wellbeing. Connections we have with people are like cornerstones of our lives and we invest time to develop them. By building up relationships with people in return from these connection we will gain support and enrichment for ourselves everyday.

You could try:

- Make time to telephone, video-call or text a friend or family member you haven't seen in a while.
- Set some protected time to hang out with friends, maybe via Zoom, Google Hangouts or Skype each week maybe do a quiz, or play a game with each other, maintaining the regular contact.
- Have a conversation with a member of your household, make a brew and see if there are any common interests that you share.



2. Be Active



Being physically active is not only really good for you, it releases hormones inside your body called "endorphins" that can make you feel happier!

Even just adding a little bit more physical activity into your lifestyle can start to make you feel good! Look back at Day 6 to think about what changes you have made or are going to make to try to be more active.

Day 12 - 5 Ways to Wellbeing

3. Take Notice



Live in the moment, rather than thinking about what has already happened, or maybe what might happen in the future.

Look back at day 10 of this programme which talked about Mindfulness. Be aware of the world around you and all of the feelings that you are experiencing. Reflecting on the here and now will help you to appreciate what matters the most to you.

4. Keep Learning

Learning doesn't always mean school and education. There are lots of different ways and things that we can learn.

Maybe try something new that you haven't done before, or spend time developing a skill that you already have. Learn a sport, instrument or language perhaps?

Learning can be really fun, challenging in a positive way and it can also increase not only your happiness but also your confidence!



5. Give

Doing something for others is not only kind, but it can make you feel really good about yourself and can feel really rewarding.

You don't have to give all of your time to everyone else, but doing things to help others is a great way to feel positive about yourself. You could make a point of thanking those that have helped or done something nice for you. You could maybe try and do some jobs around the house that you wouldn't normally do.



Day 12 - 5 Ways to Wellbeing

ACTIVITY

Now that we have looked at the 5 ways to wellbeing make a personal plan of what you could do for some or all of the 5 different areas

For each heading, set yourself a goal of what you would like to start doing. Make sure to be realistic, it is much better to start small and know that you can do it.

1. Connect What will you do? When will you do it?	2. Be active What will you do? When will you do it?
3. Take Notice What will you do? When will you do it?	4. Keep Learning What will you do? When will you do it?
5. Give What will you do? When will you do it?	

Day 13 - Summary

Congratulations - you have almost finished the workbook!

ACTIVITY - Have a think and look through the booklet you have been completing over the past two weeks.

Identify some key skills/advice/activities that work best for you.

What is Reflection?

Reflection is a way of thinking about yourself and previous experiences and identifying what works well and what doesn't work so well for different situations.

As we have said from the start, everyone is different and works in different ways. You may have found that some of our strategies and activities work really well for you whilst others you don't like as much. This is okay, we all have our preferences.

Skills that I can try and use in school (and at home) to help me stay calm...

-
-
-
-
-
-

Anything that I might try and include in my daily or weekly routine that will help my wellbeing...

-
-
-

Any apps, websites or videos I have found useful that will

-
-

How I feel about returning to school now compared to when I started these activities...

-
-
-
-

Things I am going to try and do less of (unhelpful strategies)...

-
-
-

Day 13 - Summary

ACTIVITY - Mood Journal

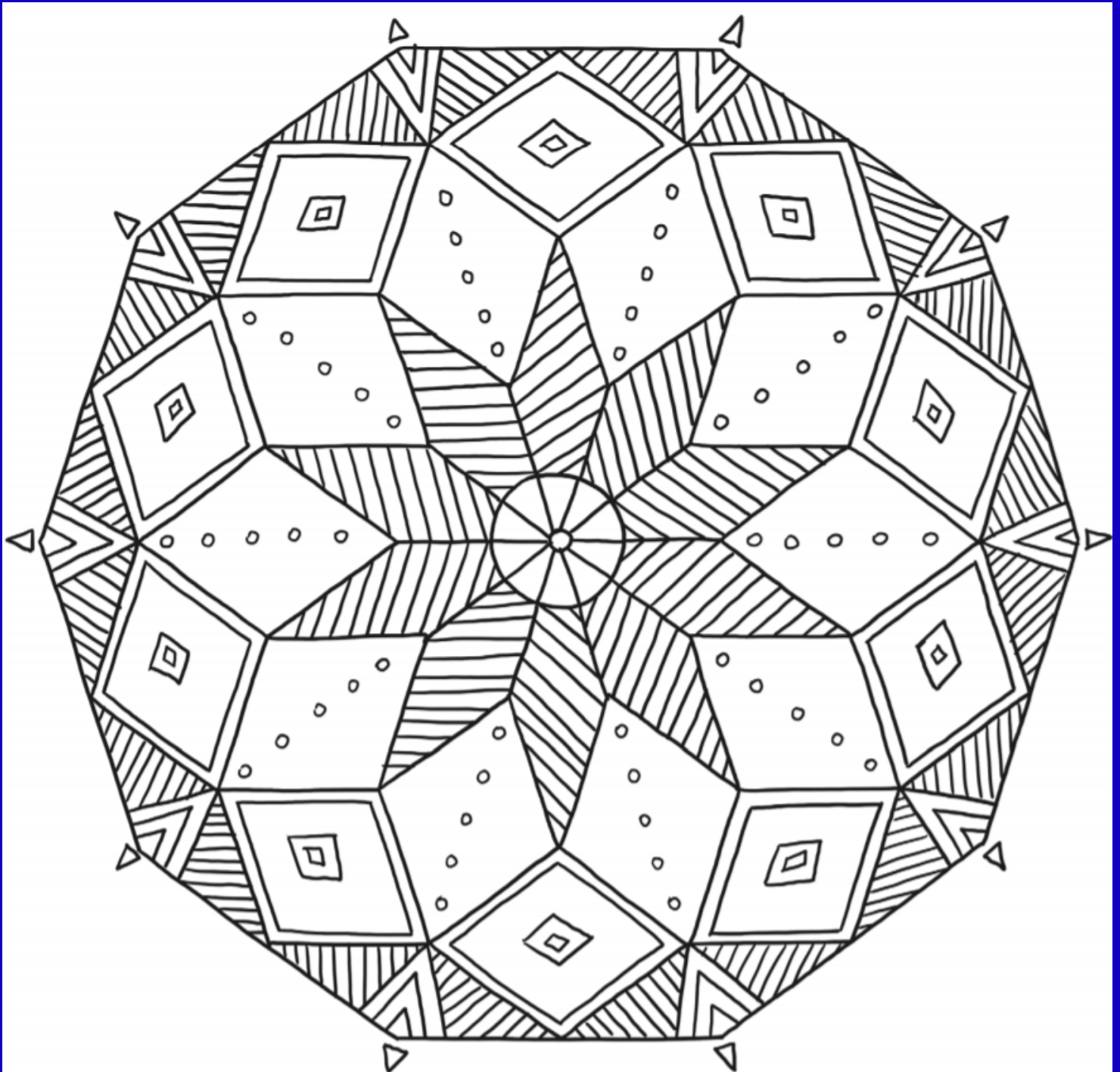
Try and keep this mood journal during the first week back at school. You may find this a helpful tool and continue to use it.

You can complete it using the template provided or just on your phone. Keeping a mood journal can help you notice patterns in your mood and identify certain things that may affect it.

1. Use the emotion wheel from Day 2 to record how you felt throughout the day.
2. Think about what led to those emotions and how you could use coping strategies or problem solving to help with any negative emotions.
3. Record at least one positive thing that happened each day e.g. received a compliment, helped someone, cooked a nice dinner, watched a good film, etc.

 	Morning	Afternoon	Evening	Positive(s) of the day
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Day 14- Puzzle Page



Day 14- Puzzle Page



Day 14- Puzzle Page

Across

- 1 The state of being free from tension and anxiety.
- 2 Looking towards the good side of things
3. Confidence in one's own worth or abilities.
4. A mental state achieved by focusing one's awareness on the present moment

Down

- 1.The state of being anxious and troubled over actual or potential problems
2. A natural temporary state of rest during which an individual becomes physically inactive and unaware of the surrounding environment and many bodily function
3. A strong feeling deriving from one's circumstances, mood, or relationships with others.
4. Someone or something who is peaceful and free from stress or worries.

