



A Family Guide

Looking after our Mental Health is so important. The Five Ways to Wellbeing are simple things to do **every day** that can help us all to feel happier and more positive.



The Changing Lives Service have provided a number of fun activities to encourage children and adults to engage in the Five Ways to Wellbeing.

We hope it gives you ideas to try out whilst you are self-isolating and social distancing.

#Stay Safe #Stay Well #Stay Connected

These activities include:

- 1. Wellbeing Bingo x 2.**
- 2. My Wellbeing Week Diary.**
- 3. Useful Information to Support You.**



Just a few ideas:

Connect: Keep in touch with family/friends, play games together, listen to music that reminds you of special times, share old photos/memories.

Be Active: Walk, dance, jog, create football challenges, play hide and seek, complete jobs around the house, circuit training.

Take Notice: Spend time outside every day, observe nature, try yoga, be creative, look up at the night sky.

Keep Learning: Watch a new film, read a book, learn a new fact, cook or bake, share a skill, try something different.

Give: Time to relax, help someone with a job, call someone to check they are doing ok, give someone a hug.

For more ideas visit:

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing-young-people/five-ways-to-wellbeing-for-young-people.aspx>

Family Wellbeing Bingo Challenge 1

| Connect | Keep Learning | Take Notice | Be Active | Give |
|--|--|--|---|--|
| Read a Book Take turns storytelling. | Kung Fu Panda Punctuation Learn punctuation in a fun way. https://www.youtube.com/watch?v=Q35SfhGCL8Q | Paint/ Draw Paint/ draw a picture of your family and/ or friends | Yoga Time https://www.youtube.com/watch?v=BEPxPkQY6V8 | Being Helpful Can you tidy your toys away to help the grown-ups? |
| Worry Dolls Use a twig or small stick and wrap wool or string around it. Add a face. Place under your pillow at night to help take away worries. | Sculptures Cut out strips of paper into different widths/ lengths. Fold it into zig zags, make it into loops. Can they go through each other? | Hands and Feet Draw around everyone's hands and feet. Can you turn them into an animal or character? | Den Build a den inside or outside. | Treasure Hunt Take an empty egg box and collect things from outside. Who would you like to give it to and why? |
| Guessing Game Blind fold each other and see if you can guess what the different foods are without looking? | Grass Cutting with Supervision Cut the grass with scissors. Make grass soup! | Stargazing Look up at the night sky. What can you see? | P.E with Joe Wickes www.thebodycoach.com or do lots of star jumps, balancing and crawling | Message Record or write a message for someone you love. |
| Smilers Challenge How long can you stare at each other without smiling? | Sweep Up Challenge Make a shape out of tape such as a square and make lots of paper leaves. Can you sweep the leaves into the square? | Cloud Busting Look up at the sky. What shapes do the clouds look like? Where would you like to travel to on the cloud? | Dance Can you share 5 different moves? | Dressing Up Dress Up in someone else's clothes or as a character. Put on a show. Make someone laugh. |
| Game Show an adult how to play a game you enjoy. | Make Music Use pans and kitchen equipment to make different sounds. | Nature Collect lots of natural objects, leaves, stones, flowers to make a picture. | Outdoor Painting Give children a brush and a container with water. Paint paths, , fences, stones etc. | Clean Have a lovely bath or shower. Give your body a good spring clean. |

Family Wellbeing Bingo Challenge 2

Connect

Keep Learning

Take Notice

Be Active

Give

| | | | | |
|--|---|--|---|--|
| <p>Notice</p> <p>Take 10 pictures of things that make you happy. Share and compare.</p> | <p>Train your Brain</p> <p>How many flags can you name? https://www.3dgeography.co.uk/flags-of-the-world-quiz</p> | <p>Practice Ways to Feel Calm</p> <p>www.relaxkids.com/calm-pack</p> | <p>Circuit Challenge</p> <p>http://www.primaryresources.co.uk/pe/circuit.htm</p> | <p>Be Kind</p> <p>Make a card/ draw a picture or send a message/ video to someone you care about.</p> |
| <p>Try not to blink challenge</p> <p>How long can you stare at each other without blinking.</p> | <p>Learn 5 New Facts</p> <p>Learn 5 new facts about an octopus.</p> | <p>Draw a picture or colour a Mandala</p> <p>http://www.robbidulph.com/draw-with-rob https://www.free-mandalas.net/</p> | <p>Hot and Cold</p> <p>Ask a family member to hide 5 things and you have to find them?</p> | <p>Relax</p> <p>Give yourself time to relax and do the things you enjoy.</p> |
| <p>Games</p> <p>Play hangman. Who is the winner?</p> | <p>Make Me Laugh</p> <p>Learn 5 new jokes and share them with your family.</p> | <p>Practice Breathing</p> <p>https://copingskillsforkids.com/deep-breathing-exercises-for-kids Can you practice at night before you go to sleep?</p> | <p>60 Second Physical Activity Challenges</p> <p>https://www.youthsporttrust.org/60-second-physical-activity-challenges</p> | <p>Give Your Time</p> <p>Help a family member with housework or a task.</p> |
| <p>A-Z Challenge</p> <p>Together can you think of an emotion for each letter of the alphabet?</p> | <p>Deadly 60 Quiz</p> <p>https://www.bbc.co.uk/cbbc/shows/deadly-60</p> | <p>Listen to Music.</p> <p>Reflect: How does that music make you feel?</p> | <p>Strength Challenge</p> <p>Can you put your arms out to the side and keep doing small circles until a song ends?</p> | <p>Mates</p> <p>Keep in touch with a friend. Look after each other. Stay connected.</p> |
| <p>Outside Time</p> <p>Spend time outside. What can you see and hear? List 10 things.</p> | <p>Make, Bake, Create</p> <p>https://www.bbc.co.uk/cbbc/collections/bp-arts-and-crafts</p> | <p>What Animals can you see?</p> <p>https://www.edinburghzoo.org.uk/webcams/penguin-cam/%20#penguincam</p> | <p>Balloon Volleyball</p> <p>Use cushions on the floor to make a net or play over a table.</p> | <p>Sleep Well</p> <p>Give yourself a break from screen time an hour before bedtime.</p> |

My 5 Ways to Wellbeing Weekly Diary

Simply write the activity you have completed on each day and circle the emoji that reflects how it made you feel.



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------|---------|-----------|----------|--------|
| CONNECT | | | | | |
| BE ACTIVE | | | | | |
| TAKE NOTICE | | | | | |
| KEEP LEARNING | | | | | |
| GIVE | | | | | |
| Overall how did you feel today? 😊 😞 | | | | | |

Useful Information to Support You

A handwashing song can be found at: <https://www.nhsggc.org.uk/kids/life-skills/self-care/going-to-the-toilet/hand-washing/>

Online safety for children and messages for parents. www.youtube.com/watch?v=BhLWwQ4Ay5s

Coping with Stress. The World Health Organisation have produced a really helpful leaflet to help cope with stress in the current situation: [Coping with Stress](#)

What to do if you are anxious. Young Minds, which is a website for young people, have developed a Webpage called 'What to do if you're anxious about Coronavirus'. [What to do if you're anxious about Coronavirus](#)

Spending long periods of time at home with Young People with Learning Disabilities Please see look at the CAMHS page about ideas of what to do at home or if you are having to [self-isolate](#).

Online support. Also see our pages on [further support](#) and contacts. [Kooth](#) provides anonymous online Mental Health support for young people aged 11-25. [Qwell](#) provides free online support for parents.

SUPPORT FOR MANAGING SUICIDAL FEELINGS AND SERIOUS SELF-HARM Please also see CAMHS guidance for [young people](#) and [parents/carers](#) about dealing with suicidal feelings and serious self-harm.

