

Ideas to help young people with mental health during lockdown

This week is children's mental health week, and this is an important thing to focus on currently for everyone. The following links and activities will be helpful to us all so give them a go.

NHS ADVICE PAGE: - [NHS Every Mind Matters - Youth Mental Health](#)

[Young Minds](#) has tips and real stories from other young people, as well as [advice on coronavirus and mental health](#).

The Mix has [more advice about looking after yourself online](#) when it comes to stress or worries from social media, as well as a whole section to [help you with your sleep](#).

You can check out the Anna Freud Centre for information about [exercise as mental self-care](#).

[Childline's Calm Zone](#) has a load of ideas to help you chill out, de-stress and embrace the calm.

Kindness calendar- I have shared these calendars before and the focus this month is being kind. By showing friendship and understanding to others, we can spread tolerance and help ourselves and others to feel more supported. (Scroll down to Page 2.)

Children's mental health week ideas grid- if you have some down time this week, and in the future try to take a break from being online. The grid of activities gives you some ideas of things that will improve your wellbeing. (Pages 3 & 4.)



ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

1 Send someone a message to say how much they mean to you

8 Share what you're feeling with someone you really trust

15 Smile at the people you see and brighten their day

22 Give sincere compliments to people you talk to today

TUESDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

WEDNESDAY

3 Do an act of kindness to make life easier for someone else

10 Look for the good in people, even when they frustrate you

17 Respond kindly to everyone you talk to today, including yourself

24 Tell a loved one about their strengths that you value most

THURSDAY

4 Organise a virtual 'tea break' with colleagues or friends

11 Send an encouraging note to someone who needs a boost

18 Appreciate the good qualities of someone in your life

25 Thank three people you feel grateful to and tell them why

FRIDAY

5 Show an active interest by asking questions when talking to others

12 Focus on being kind rather than being right

19 Share a video or message you find inspiring or helpful

26 Give positive comments to as many people as possible today

SATURDAY

6 Get back in touch with an old friend you've not seen for a while

13 Send a friendly message of support to a local business

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

SUNDAY

7 Make an effort to have a friendly chat with a neighbour

14 Tell your loved ones why they are special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS




















www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Wishing you a calm and connected month ahead :)

Talk!	Get Thinking!	Create!	Move and Listen!	Write!
<p>Share some happiness!</p>  <p>Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories.</p>	<p>What things make you feel happy?</p> <p>Sad?     </p> <p>Angry?    </p> <p>Excited?</p> <p>How do you show these different emotions?</p> <p>Track your emotions by creating:</p> <p>Create a book of faces of how you may be feeling – happy, sad, excited.</p>	<p>Dress to Express Day!</p> <p>Create something to wear on 'Dress to Express' day this Friday. You could decorate something you already own or make a hat or accessory to express yourself.</p> <p>Use your favourite colours, patterns and shapes!</p> 	 <p>Put on your favourite music and dance around the room! How does it make you feel? What sort of movements do you enjoy making?</p>	<p>Write!</p> <p>Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write both positive and negative things in a diary – it's totally up to you!</p>
<p>What's on your mind?</p>  <p>Talk about the things that are worrying you or you feel unsure about. It can really help to talk things through!</p>	<p>How do you let off steam? Think about what you do when you are feeling sad or angry.</p> <p>What helps you to feel better? What other ideas could you try?</p> <p>Remember this advice for when a friend might need it!</p>	<p>Take your pen or pencil for a walk around the page without taking it off. What shapes can you see? What could your lines represent?</p> 	<p>Sing along to a song you like. What do the lyrics mean to you? How do you feel when you sing them?</p> 	<p>How many emotions?</p> <p>Write down all the emotions you have felt today! Some days, you may feel lots of emotions but other days, maybe just one or two. Choose a different colour to express each one and decorate them.</p>
<p>Catch up with a friend you haven't spoken to for a while.</p> <p>This could be someone from school who you cannot see at the moment. Check in and see how they are. Let them know how you are feeling too.</p>	<p>A-Z Emotions</p> <p>How many different emotions can you think of? Can you name an emotion for each letter of the alphabet?</p> 	<p>Splash some paint in the colours that show your emotions! (Make sure you check with an adult and use an apron/table covering.)</p> 	<p>Happiness Playlist</p> <p>Create a playlist of songs that make you feel good! Share it with friends and family so they can use it too. Which songs have you included and why? How do they make you feel?</p>	<p>Write a letter to yourself about how you are feeling and why!</p> <p><i>A letter about how I'm feeling</i></p> <p>Dear _____</p> <p>I have been feeling _____</p> <p>I have been feeling this way because _____</p> <p>I have also been feeling _____</p>

Check-In
 Let people around you know how you are coping with lockdown.
 What is difficult about being in lockdown?
 Are there any silver linings that you are enjoying? Send a letter to someone you miss?



Happy Box!
 Make yourself a box of all the things that make you feel happy and safe. You could use an old shoe box and decorate it. You can look at this when you are feeling scared or worried



Be a Dance Teacher!
 Plan a dance routine to a song you love and try to teach it to someone else. This could be someone in your house or even someone you can contact on Zoom.

The Story of You!
 Write a story with you as the main character. You can be anything you want to be – a superhero, a spy, or simply your amazing self!
 Where will you go? What will you see?



Talking Mental Health
 What does mental health mean to you?
 Talk to someone at home about what good mental health looks like and what you can do if you have any mental health worries.

How will you be kind today?
 Acts of kindness always are always a great idea for our own and others' mental health.
 Try to think of at least 5 kind acts to do!



Nature Art
 Whilst out on a walk, collect some items along the way that interest you. Take them home to create a piece of natural artwork.

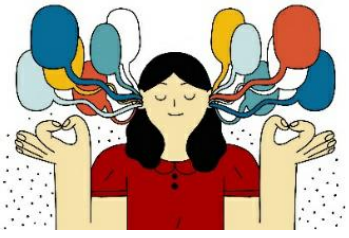


Find something energetic to do for at least 30 minutes. Try to make sure that you increase your heart rate. You could try running, practising some sporting skills, trampolining or testing your fitness.



Write a poem to express your feelings. It could be about an experience and how you felt, about a particular emotion or about all the different feelings you have at different times.

Talk to someone about what it means to be a good listener.
 You could create a poster with some top tips!



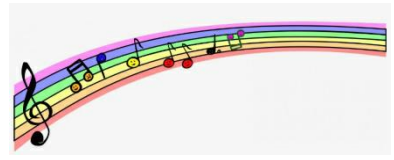
What do you see?
 Look at yourself in a mirror. What do you see?
 Study your reflection and think about how you express yourself to others every day.
 What changes do you notice on your face when you smile or frown?



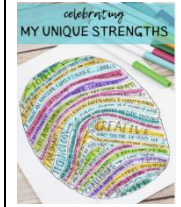
The Island of You!
 Design an island all about you, full of your favourite things and favourite people. Build a model of your island using whatever you can find – recycling, Lego etc.



Create your own song, rap or tune to show how you are feeling!
 You can use your voice, an instrument, or even a household object to create interesting sounds to use in your piece of music.



Who are you?
 Draw your thumbprint in as much detail as you can. Write about yourself between the lines to express who you are... I am creative, I am a kind... Use your favourite colours!



More ideas!



Lego challenge
Can you create your dream house out of Lego?
Who in your house can build the tallest Lego tower?



Track your emotions
Draw an emoji each day to show how you are feeling.
Make a playdough emoji each day and collect them in a jar of feelings!



Colouring in



Go for walks/bike rides

Design and make a board game

Scavenger hunt

Go on a scavenger hunt around your home, finding different things that represent you and your family.

Fitness challenge

Challenge someone in your house or someone else you can contact to a fitness battle. See who can do the most sit ups or push ups in one minute, or come up with your own ideas.



Calm corner
Create a calm, comfortable corner somewhere in your home. Spend some time there when you need to relax.

MasterChef!

With an adult, can you create a masterpiece in the kitchen for the family to share and enjoy?

