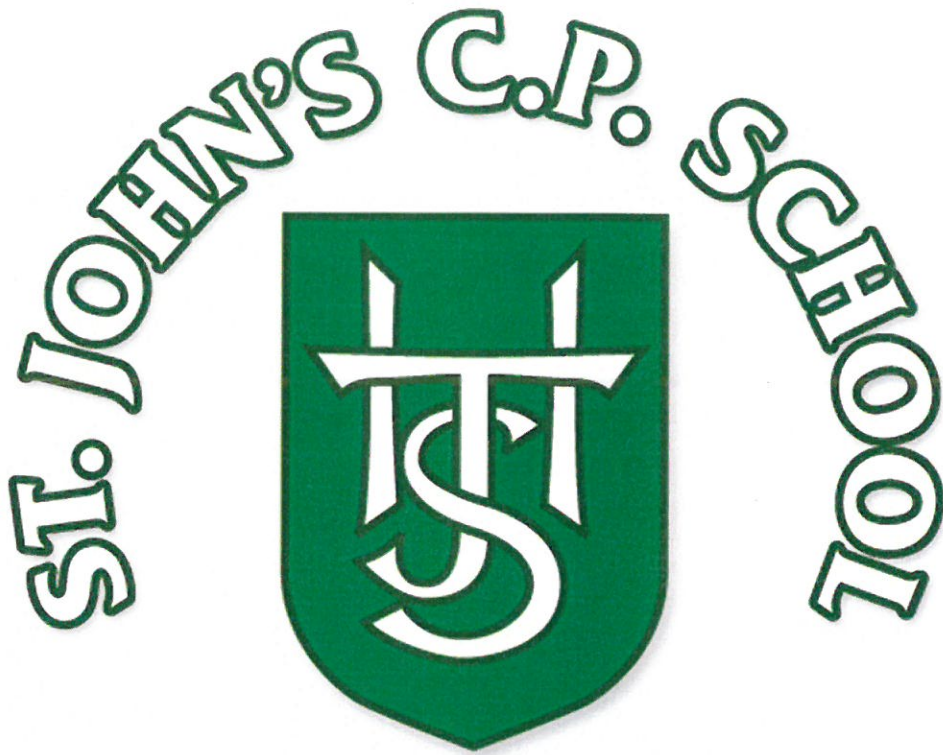


Wellbeing Pack



WRAP YOURSELF UP IN SOMETHING SOFT, LIKE A
BLANKET OR JUMPER

Wrap yourself up in your favourite blanket, jumper or hoodie. Take a moment and focus on how it feels against you, slowly take a few deep breaths and let yourself relax into it.



MAKE A RAIN STICK



Rain sticks make it sound like it's raining wherever you might be. They're easy to make, but you'll need some supplies:

- A long cardboard tube - You could use one from kitchen towel, or tape a few toilet rolls together
- Toothpicks and Blu-tack
- Paper and sellotape
- Seeds or rice
- Decorations

To make the rain stick:

1. Tape paper to one end of the tube so that it's covered.
2. Insert toothpicks into the tube all the way down so that they're all the way through the tube at different angles. Cover the ends of the sticks with blu-tack to protect your fingers when you hold it.
3. Pour your seeds or rice into the open end of the tube and tape paper over that end to close it.
4. Decorate your new rain stick however you like, and tip it in different directions to hear the rain.

MAKE A CALM BOX

A calm box is a place to keep all the things you can use to help you to feel calm, relaxed or to help you cope. Lots of people build up their calm box over time, so it's okay if you want to start small.

A calm box doesn't have to be a box! It could be a drawer, shelf or spot in your room. If you do decide to use a box, you could decorate it with things and colours you find soothing.

Lots of things can go into a calm box:

- Things to do with your hands
These could be puzzles, fidget spinners, play dough, blue tac, stress balls, or anything else that can keep you and your hands busy.
- Photos and letters
Keep photos of things that usually make you happy or remind you of calmer times. Some people keep letters or messages from other people that help them to feel positive. When you're feeling positive or calm you could try writing a letter to yourself with reminders that your feelings can change.
- Names of people you can talk to
Use the box to keep reminders of the people you can talk to or get support from.
- Ideas to cope
Write down different things you can do to cope, and why you find them helpful. You could keep them all on one sheet, or have them separately on pieces of card. If you're looking for ideas to add, try using the [Calm Zone](#).
- Positive affirmations
Affirmations are short things you say to yourself to challenge negative thoughts. They could be things you like about yourself, or a reminder that you deserve to feel happy. You could also include quotes you find inspiring or that help you to feel good
- Things to taste and smell
Keep smells you find calming in the box. Some people use peppermint or lavender, but it can be whatever you like. You could even put some shower

gel you like in a small bottle to smell. Keeping a bottle of water will remind you to have a drink, but you could keep some herbal tea in there as well.

- Distractions

Keep activities or reminders of things you can do to take your mind off how you're feeling. It could be anything, but you could include: Music, games, colouring books, a skipping rope, or anything else you can think of.

Use and add to your calm box whenever you want to.

How to Make Your Own Worry Doll

A worry doll is a great way of helping you to think about and manage your worries. If you are worried about something like a test at school, moving house or a friendship difficulty, a worry doll can help.

By sharing the worry with the worry doll, you can give yourself time to think about what is worrying you. Sharing these thoughts with the worry doll can help you to feel better and may even help you to solve the worry yourself.

The idea is that you share one worry with one worry doll. You tell the worry doll your worry at night time and then put the worry doll under your pillow. Hopefully, when you wake up, your worries will have reduced and you will feel calmer for the day ahead.

There are several ways you can make a worry doll. How you choose to make a worry doll is entirely up to you. You could even make a worry pet or a worry animal!

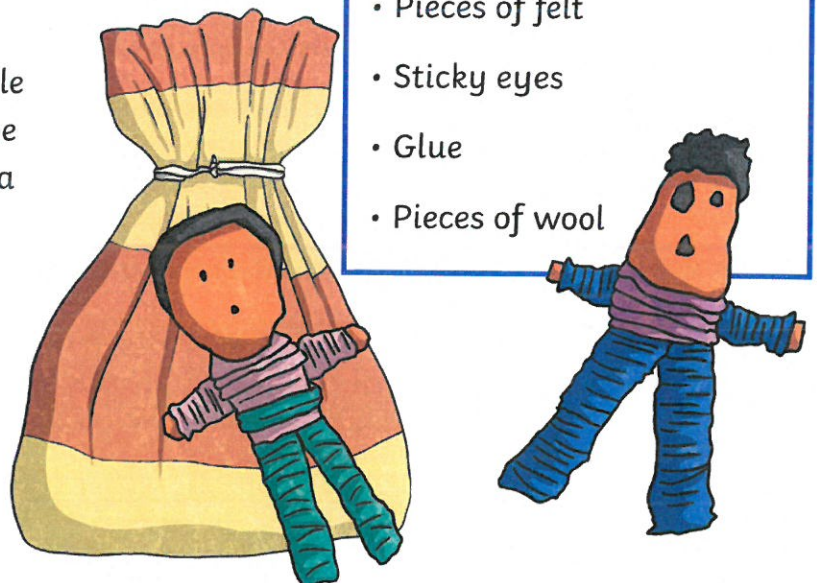
Instructions for a Worry Doll

What to Do:

- Use glue to attach a large cotton wool ball to the top of a wooden peg. This will be the doll's head.
- Use felt tips to draw the facial features or use sticky eyes and felt.
- For the hair, you could attach strands of wool to the cotton wool ball.
- Use fabric to make the clothes - a triangle makes an excellent dress, a square can be used for a top and two rectangles make a brilliant pair of trousers!

Equipment

- Large wooden peg
- Cotton wool ball
- Felt tip pens
- Pieces of felt
- Sticky eyes
- Glue
- Pieces of wool



Instructions for a Worry Doll

You could make a different type of worry doll if you prefer. Animals can be really good worry dolls. Try using old socks to create animal puppets, adding eyes and using felt to make their ears, mouth and nose.

What to Do:

- Using felt or material, cut out ears for your dog and sew/ stick them on to the 'foot' part of the sock.
- Glue on the eyes – these can be sticky eyes or you could use fabric pens to draw them on.
- Draw a nose with fabric pens, use felt or sew on a button.
- If you want a wagging tail, you could use either wool which you could sew or glue to the back of the puppet, or add a coloured pipe cleaner to make your tail.

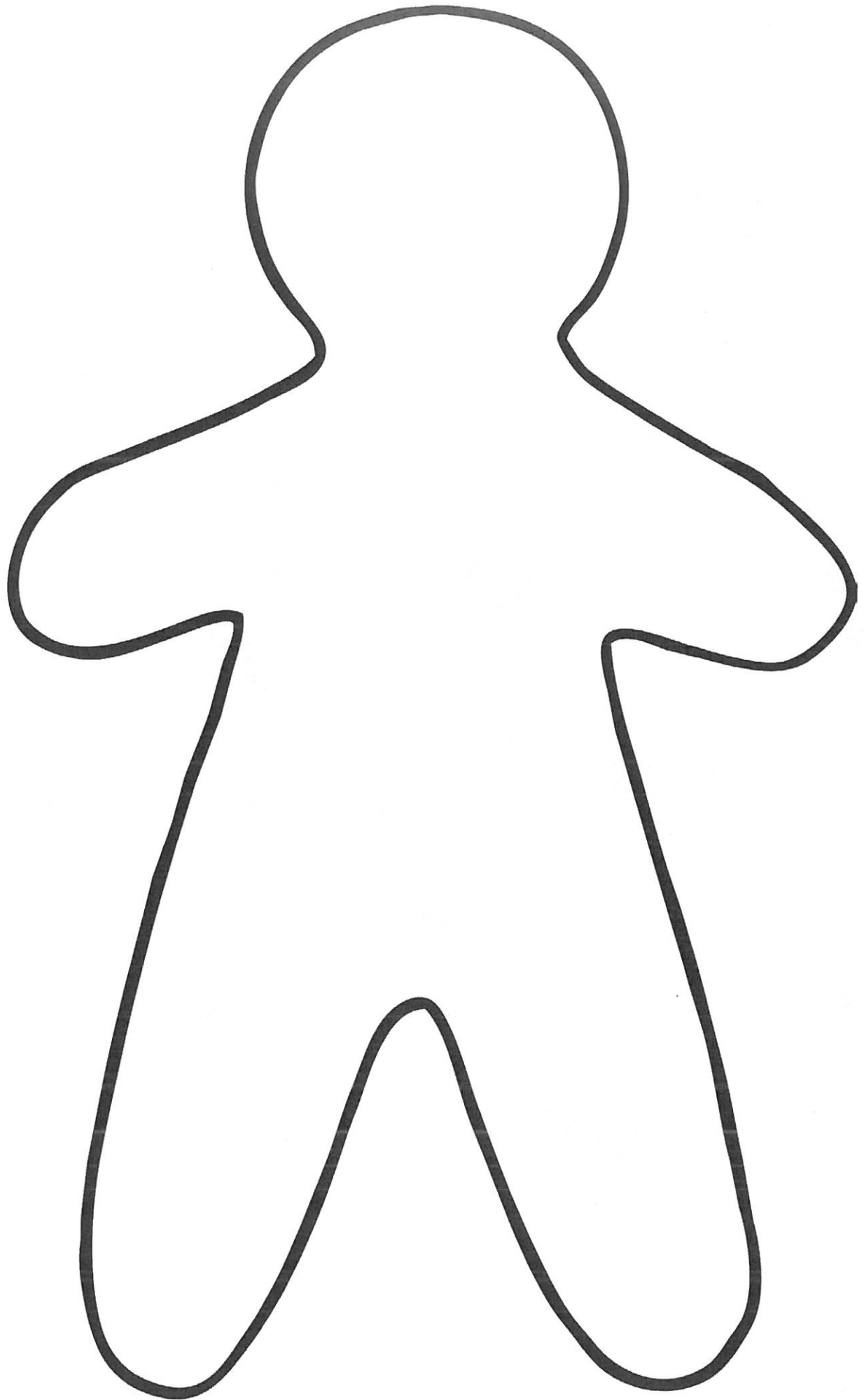
You could also make a worry doll from building bricks, construction materials, clay or modelling material.

Use the template on the next page to make your own worry doll. Simply colour the doll and cut it out. You could add hair and clothing. There is no right or wrong way of making a worry doll. The idea is that the worry doll is unique and special to you.

Equipment

- Sock
- Felt/material
- Glue
- Sticky eyes
- Fabric pens
- Needle and thread, if you wish to sew
- Small button
- Wool
- Coloured pipe cleaner







ACTION CALENDAR - FOR FAMILIES



30 actions to help parents look after themselves and their families in challenging times. Please use and share

1 Go on a smile collecting mission, starting with a smile in the mirror

8 Take a mindful walk together and notice what you see hear and smell

15 Do something together to support a local charity

22 'Surprise' yourself. Find unexpected ways to move your body

29 Do something good for the environment

2 Choose one song each and arrange a family dance off

9 Play Musical Statues

16 Create a collage of things that make you feel happy

23 Make a rainbow salad

30 Hold an awards ceremony to celebrate acts of kindness

3 Send someone a message to show you really appreciate them

10 Create a bedtime routine together to help with sleep

17 Before bedtime, share what has gone well during the day

24 Smile and say something positive every time you walk into a room

4 Take turns to notice 3 things around you that are beautiful

11 Bake cupcakes and decorate them as gifts for each other

18 Introduce a family 'Daily Pause' to be calm together

25 Create a poster highlighting everybody's strengths

5 Be kind to yourself and others

12 Cross your arms and give yourself a hug

19 Create a family wishes jar and take steps to make them happen

26 Notice the shapes, colours and smells of a new family meal

6 Together, make a list of things you are grateful for

13 Take turns to share a happy memory

20 Learn a new skill together as a family

27 Make a list of things that have helped you cope with difficult times

7 Think of a goal to work towards and do one thing to get started

14 Find out about the values and traditions of another culture

21 Create a kindness box to keep a record of kind actions

28 Tell someone you love how much they mean to you and why



"A person's a person, no matter how small"
- Dr Seuss

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living at www.actionforhappiness.org/10-keys

Keep Calm · Stay Wise · Be Kind

Mindfulness Exercises for Children

The Feeling Exercise



Collect a number of interesting objects such as feathers, putty, stones, or anything else that might be interesting to hold. Give each child an object, and ask them to spend a minute just noticing what it feels like in their hand. They can feel the texture, if their object is hard or soft, and the shape. Afterwards, ask the children to describe what they felt. With bigger groups, pair children off to take turns completing the exercise together.

The Seeing Game



Ask the children to spend one minute silently looking around the room. Their goal is to find things in the room that they've never noticed. Maybe there are some big things like a poster or a picture, or just little details like cracks in the ceiling or an interesting pattern on the door. After the minute is up ask the kids to share the most interesting new things they noticed.

Ocean Breathing



Have the children sit or lie down in a comfortable position. Ask everyone to slowly breathe in through their nose, and then out through their pursed lips (as if they are blowing through a straw). Point out that the slow and steady breathing sounds like ocean waves, gently crashing on shore. Let the children continue breathing and making the ocean sound for one to two minutes.

The Power of Listening



Ring a bell, a wind chime, or anything else that creates a long trailing sound. Ask each child to listen, and silently raise their hand when they can no longer hear the sound. After the ringing ends, ask the children to continue listening to any other sounds they can hear for the next minute. When the minute ends, go around the room asking everyone to tell you what sounds they heard.

Mindfulness Exercises for Children

Build a Stress Ball



If you're feeling brave, and are prepared to clean up a mess, provide the children with balloons, flour, and funnels to build their own stress balls (you may want to double-layer the balloons). Some other filling options include rice, small beads, or the leftover dots from punched paper. Once the kids have built their own stress balls, try using them with *The Feeling Exercise*.

The Body Squeezing Exercise



Have the children sit or lie down in a comfortable position, and ask them to squeeze and relax each of the muscles in their body one-by-one. They should hold each squeeze for about five seconds. After releasing the squeeze, ask the kids to pay attention to how it feels when they relax. Children understand this exercise better if you help them visualize how they can squeeze a particular muscle using imagery, such as the following:

1. Curl your toes tight like you are picking up a pencil with your feet.
2. Tense your legs by pretending like you are standing on your tippy-toes, trying to look over a fence.
3. Suck in your stomach as if you are trying to slide through a narrow opening.
4. Make fists with your hands and pretend like you are trying to squeeze all of the juice out of an orange.
5. Pretend like a bug landed on your nose, and you're trying to get it off without using your hands. Try to scrunch your face and move your jaw to make it fly away!

The Five Senses Exercise



Take the children outside if the weather is nice, and have them lie silently in the grass. Begin to call out each of the five senses in turn (sight, smell, sound, taste, touch), and ask the children to notice everything they can with that particular sense, until you call out the next one. This exercise can also work well on walks, and in a number of other situations.

Positivity Jar

This jar can be filled with positive words, comments or affirmations. The purpose of the jar is to use it whenever you are feeling sad and need to remember all the positive things about yourself.

A number of example slips have already been made that you can put in your jar. However, please try and think of all the positives about yourself and complete some of the blank slips provided.

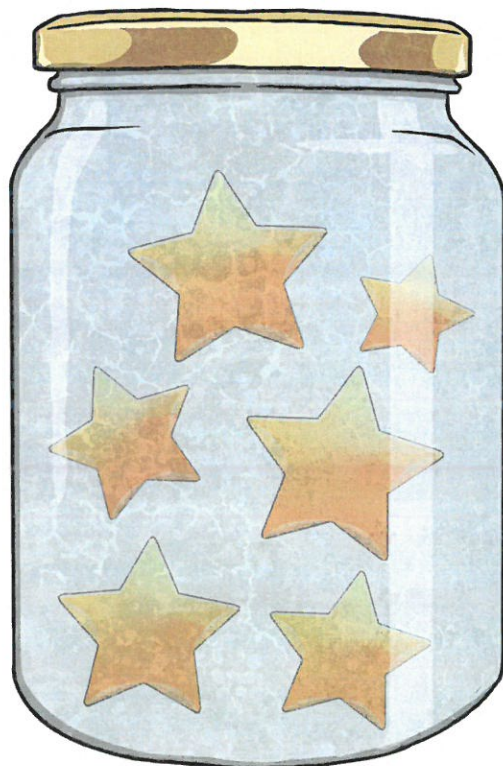
You can use a jam jar, a coffee jar or a large glass storage jar. Feel free to decorate the jar however you wish. You could wrap the jar in paper, use paints or add accessories to it, such as ribbon, stickers and pom-poms.

The jar needs to be personal to you and make you feel happy when you look at it. Take your time decorating your jar and then decide what slips you are going to put in it.

The adult you are with may have some positive slips that they want to complete about you as well. These can all be added to your jar.

Once you have completed your jar, try to look at it every day for a few minutes and remember how special and positive you are as a person.

You could even give a jar to a special person. The jar could contain all the positive, special qualities that you love about them. Just reading the positive comments will help them to feel more positive.



I am
magnificent.

I am brave.

I am funny.

I am a
good friend.

I am awesome.

I am a
great friend.

I can be who I
want to be.

I can and I will.

I can be
anything I
want to be.

I am in control
of my own
behaviour.

I can forgive.

I am talented.

I am
courageous.

I am
confident.

I am kind.

I am loyal.

I am a
good listener.

