

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**

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| **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](http://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**

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|  **Notice**Take 10 pictures of things that make you happy. Share and compare. | **Train your Brain**How many flags can you name?<https://www.3dgeography.co.uk/flags-of-the-world-quiz> | **Practice Ways to Feel Calm**[www.relaxkids.com/calm-pack](http://www.relaxkids.com/calm-pack?fbclid=IwAR2uXybOqbakVaj1t-Whh0zXfAMreol6o-Wxw1SCy47TVdnxpgMioft1SQM) | **Circuit Challenge**<http://www.primaryresources.co.uk/pe/circuit.htm> |  **Be Kind**Make a card/ draw a picture or send a message/ video to someone you care about. |
| **Try not to blink challenge**How long can you stare at each other without blinking. |  **Learn 5 New Facts**Learn 5 new facts about an octopus. | **Draw a picture or colour** **a Mandala**<http://www.robbiddulph.com/draw-with-rob>https://www.free- mandalas.net/ |  **Hot and Cold**Ask a family member to hide 5 things and you have to find them? | **Relax**Give yourself time to relax and do the things you enjoy. |
| **Games**Play hangman. Who is the winner? | **Make Me Laugh**Learn 5 new jokes and share them with your family. | **Practice Breathing**<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>Can you practice at night before you go to sleep? | **60 Second Physical Activity** **Challenges**<https://www.youthsporttrust.org/60-second-physical-activity-challenges> | **Give Your Time**Help a family member with housework or a task. |
| **A-Z Challenge**Together can you think of an emotion for each letter of the alphabet? |  **Deadly 60 Quiz**<https://www.bbc.co.uk/cbbc/shows/deadly-60> | **Listen to Music.**Reflect: How does that music make you feel? | **Strength Challenge**Can you put your arms out to the side and keep doing small circles until a song ends? | **Mates**Keep in touch with a friend. Look after each other. Stay connected. |
| **Outside Time**Spend time outside.What can you see and hear? List 10 things. |  **Make, Bake, Create**[**https://www.bbc.co.uk/cbbc/curations/bp-arts-and-crafts**](https://www.bbc.co.uk/cbbc/curations/bp-arts-and-crafts) | **What Animals can you see?**<https://www.edinburghzoo.org.uk/webcams/penguin-cam/%20#penguincam> | **Balloon Volleyball**Use cushions on the floor to make a net or play over a table. | **Sleep Well**Give yourself a break from screen time an hour before bedtime. |

**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.**



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|  | **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](http://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](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

**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](https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/)

**Spending long periods of time at home with** Young People with Learning DisabilitiesPlease see look at the CAMHS page about ideas of what to do at home or if you are having to [self-isolate](https://www.camhsnorthderbyshire.nhs.uk/selfisolating-for-learning-disabled-young-people).

**Online support.** Also see our pages on [further support](https://www.camhsnorthderbyshire.nhs.uk/other-support-services-parents-carers) and contacts. [Kooth](https://www.kooth.com/) provides anonymous online Mental Health support for young people aged 11-25. [Qwell](https://www.qwell.io/) provides free online support for parents.

**SUPPORT FOR MANAGING SUICIDAL FEELINGS AND SERIOUS SELF-HARM** Please also see CAMHS guidance for [young people](https://www.camhsnorthderbyshire.nhs.uk/self-harm-suicide) and [parents/carers](https://www.camhsnorthderbyshire.nhs.uk/selfharm-suicide) about dealing with suicidal feelings and serious self-harm.

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