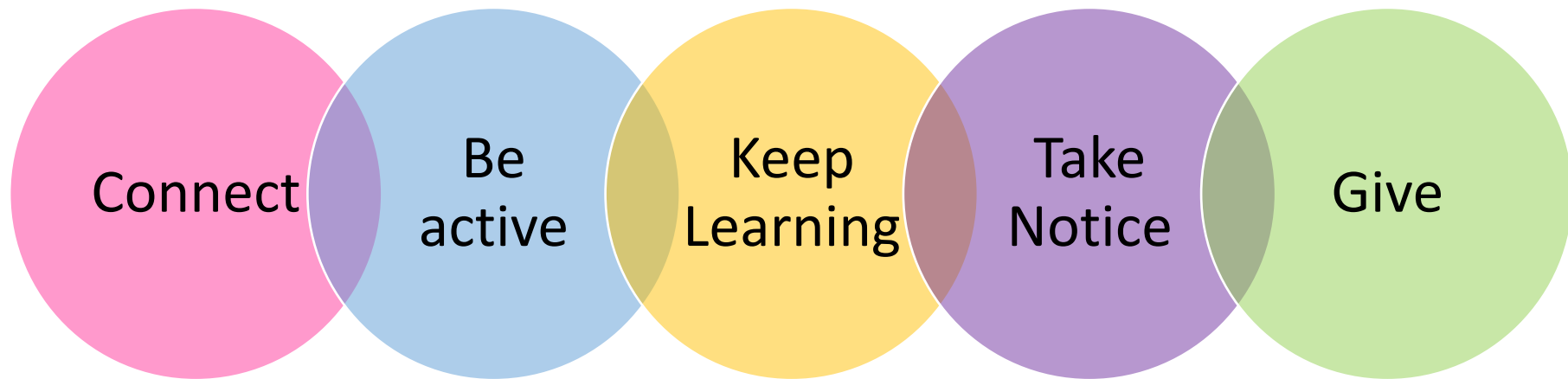


5 Ways To Wellbeing

For school-aged children & young people

Looking after ourselves and doing things to help us feel healthier and happier is always important. At the moment we are all having to do things differently; not going to school or going to a different school, staying in the home, not seeing friends or some loved ones in person. It is really important that we follow these rules to keep ourselves and others safe. The things we do to keep ourselves feeling happy and healthy might be different too, but we can use the '5 Ways To Wellbeing' to make sure we're doing things that will keep our bodies and minds well.

The 5 ways to wellbeing are;



Over the next few pages there are some ideas and links of **free** things that you and the people you live with can do together to fit the 5 ways of wellbeing into your day. We hope they inspire you! Follow us on Twitter @HLHLDoncaster and we'll be sharing more suggestions too.

Connect

With your feelings and emotions, with others and the world. Make the most of online opportunities during this time when we have to distance ourselves from others.



<p>Online Safety film and activities</p> <p>https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew</p>	<p>BBC Bitesize Fact or Fake.</p> <p>A set of resources to help question how reliable information shared online is. Includes mythbusting about Coronavirus.</p> <p>https://www.bbc.co.uk/bitesize/tags/zr2yscw/fact-or-fake/1</p>	<p>Meetwo App</p> <p>A safe and secure forum for teenagers to get advice from experts and peers.</p> <p>https://www.nhs.uk/apps-library/meetwo/</p>
<p>Reporting harmful online content as a young person</p> <p>https://reportharmfulcontent.com/child/</p>	<p>Write a story or song and share it with others</p>	<p>Learn the basics of British Sign Language.</p> <p>Daily online videos to help children and families learn a new communication skill.</p> <p>On YouTube, channel: Natasha Lamb</p>
<p>Internet Matters</p> <p>A wide range of resources and ideas to safely use the internet for learning, fun and communication by the whole family.</p> <p>https://www.internetmatters.org/resources/stays-afestayhome-tech-advice-and-resources-to-support-families-at-home/</p>	<p>Cove App</p> <p>Create music to capture your mood and express how you feel. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.</p> <p>Details in the NHS App Library; https://www.nhs.uk/apps-library/</p>	<p>Take a virtual tour from home</p> <p>Chester Zoo virtual tour On the Chester Zoo Facebook page; @chesterzoo1</p> <p>Explore a museum from home https://www.sciencemuseumgroup.org.uk/explore-our-museums-at-home/?fbclid=IwAR0cTCi9v4Ar2uhgm1994LK2369O0rQqt_VjRvICVUFjkspS4NY80AbMshY</p>

Be Active

Children and young people aged 5 to 18 should aim for at least 60 minutes of moderate intensity physical activity every day. This is activity that makes you breathe faster and feel warmer. You can spread the activities throughout the day to do different things.



Change 4 Life Try the 10minute shake ups https://www.nhs.uk/change4life/activities	Primary Steps into PE : Active Stories Weekly story developing vocabulary, imagination and storytelling through physical activity and active play. Links to download the packs available via Twitter: @primarystep	PE with Joe Daily video at 9am with 30mins of physical activity for children (and families) to take part in YouTube Channel: The Body Coach TV
Active Fusion Daily Challenges Everyday on social media and YouTube. https://activefusion.org.uk/stay-active-at-home-with-active-fusion/	The Scouts : The Great Indoors A collection of indoor activity ideas to keep children learning new skills and having fun. https://www.scouts.org.uk/the-great-indoors/	Have a Dance Party Put together a playlist of your favourite songs and dance to them. You could also make your own songs with their own routines.
Make up your own sport Play it by yourself or with others in your household.	Play an active game like Twister There are lots of online guides for creating a DIY Twister if you don't have the game.	Set up a treasure/scavenger hunt around the house (and in the garden).

Keep Learning

Changes to your school routine can make learning different, but there lots of fun ways to keep learning, and you can also try a new hobby or learn about something just because it interests you.



<p>STEM Learning: activities to do at home A range of fun, hands-on activities for families to use at home. Suitable for ages 4 – 16years. www.stem.org.uk/home-learning/family-activities</p>	<p>Audible Stories For as long as schools are closed, Audible are making many stories free to listen to. They include children’s books and literary classics. Free to stream on desktop, laptop, phone or tablet. https://stories.audible.com/</p>	<p>1decision at Home FREE content to support parents and carers with home learning about mental health and wellbeing.</p>
<p>South Yorkshire Safer Roads Downloadable colouring sheets to help learn about the Green Cross Code: https://sysrp.co.uk/parents/teaching_children_road_safety/</p>	<p>Histrionics Free history videos for home learning, schools, families and history fans. Available on YouTube and Facebook. www.allthehistory.com/ YouTube Channel: Histrionics Entertainment Facebook: @allthehistory</p>	<p>Hit the Button Online maths learning games for 6-11 year olds www.topmarks.co.uk/maths-games/hit-the-button</p>
<p>National Literacy Trust: Family Zone Activities to do at home that help develop reading, writing and language development. Split up by age group. https://literacytrust.org.uk/family-zone/</p>	<p>Home Learning Outwood Grange Academy Trust (OGAT) have made all their home learning resources across primary and secondary accessible for all. (children don’t need to be pupils at an Outwood Grange Academy School to use them) www.outwood.com/ogat-news/2020/3/19/home-learning-resources-made-available-by-the-outwood-family</p>	<p>Book ideas hub Ideas & free resources linked to reading, crafts, and stories. www.worldbookday.com/2020/03/book-ideas-hub-brilliant-stay-at-home-ideas-free-resources/</p>

Take Notice

We are all going through a time that is unusual; remember it is completely normal to be feeling lots of different things. Notice what you are thinking, feeling and what is happening around you. Ask for help if you need it.



<p>British Red Cross: Coronavirus Newstink Learn about the current coronavirus outbreak, learn about misinformation, and focus on what acts of kindness we can do to build resilience, stay positive and be healthy. www.redcross.org.uk/get-involved/teaching-resources/coronavirus-newstink</p>	<p>Young Minds What to do if you're anxious about coronavirus. https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</p>	<p>MiSP Sit Together 20-30 mins of online mindfulness every weekday at 11am. Any children attending must be with an adult. https://mindfulnessinschools.org/misp-sit-together/</p>
<p>Animation & Story Book Explaining the Coronavirus to Young Children https://ineqe.com/2020/03/20/animation-story-book-explains-the-coronavirus-to-children/</p>	<p>Anna Freud Mental Health Support Information on how to cope during periods of disruption. Includes common questions and 'On my Mind' A self-care resource, written by young people for young people. www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/</p>	<p>Kooth Free online support for young people on a range of topics related to emotional health and wellbeing. www.kooth.com/</p>
<p>Dealing with Anxiety Collection of resources to help understand and deal with anxiety, includes access to an online support group and webinars https://www.anxietyuk.org.uk/coronanxiety-support-resources/</p>	<p>ELSA Support Downloadable resources that support social and emotional learning, including feelings and emotions, and activities directly linked to concerns about coronavirus. https://www.elsa-support.co.uk/category/free-resources/</p>	<p>25 drawing challenge Create your own challenge or follow the one on the next page.</p> <p>30 day Lego Challenge Create your own challenge or follow the one on the next page.</p>



Created on 26/03/2020. Please note information is changing quickly, links and availability may change, please check them before using. For ideas that include going online remember internet access is required and to check how much data you can use at home.

30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

			Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile		What was your favorite day?

Give

Being kind and doing things to help others makes them feel good, and it can make you feel good too!



<p>Random Acts of Kindness during the Coronavirus outbreak.</p> <p>https://www.mentalhealth.org.uk/coronavirus/random-acts-kindness</p>	<p>Help at home with the chores</p> <p>Be the Chef! Plan a menu with the food that you have in the fridge. Look for new recipes and cook some of the items (ask an adult first) Here is some inspiration; https://www.nhs.uk/change4life/recipes</p>	<p>Tell your family/friends/carers that you love them. If you can't tell them in person send them an email, text, or phone them.</p>
<p>South Yorkshire Fire & Rescue Keep Fire Safe Poster drawing Competition Drawing to include firefighter/fire engine or station & one of the following messages;</p> <ul style="list-style-type: none"> • Don't forget about your cooking • Don't leave clothes near electric heaters • Don't use broken electrical items • Test your smoke alarms <p>Entries to be submitted by the beginning of May 2020 to press@syfire.gov.uk</p>	<p>Share a skill Teach someone something new.</p> <p>Spend time playing with your pet (if you have one)</p>	<p>Make a greeting card for someone It could be for a birthday, Easter, or just to say hello. If you can't give it to them in person straightaway save it for later or send a picture of it.</p> <p>Window rainbows (or other colourful creations) Put them in your window to help cheer you and others up.</p>