

Don't forget to  
fit in some YOU  
time this term

Find ways to get  
outdoors and get  
moving



# The Start Now Cornwall 5 Ways to Wellbeing Challenge



Have you got  
your CONNECT  
CARD yet?

Stop Take & Notice



Find ways to give to  
others at home, at  
school or in your  
community

Connect...



Take notice...



Find time for you...

Give...

CHANGE

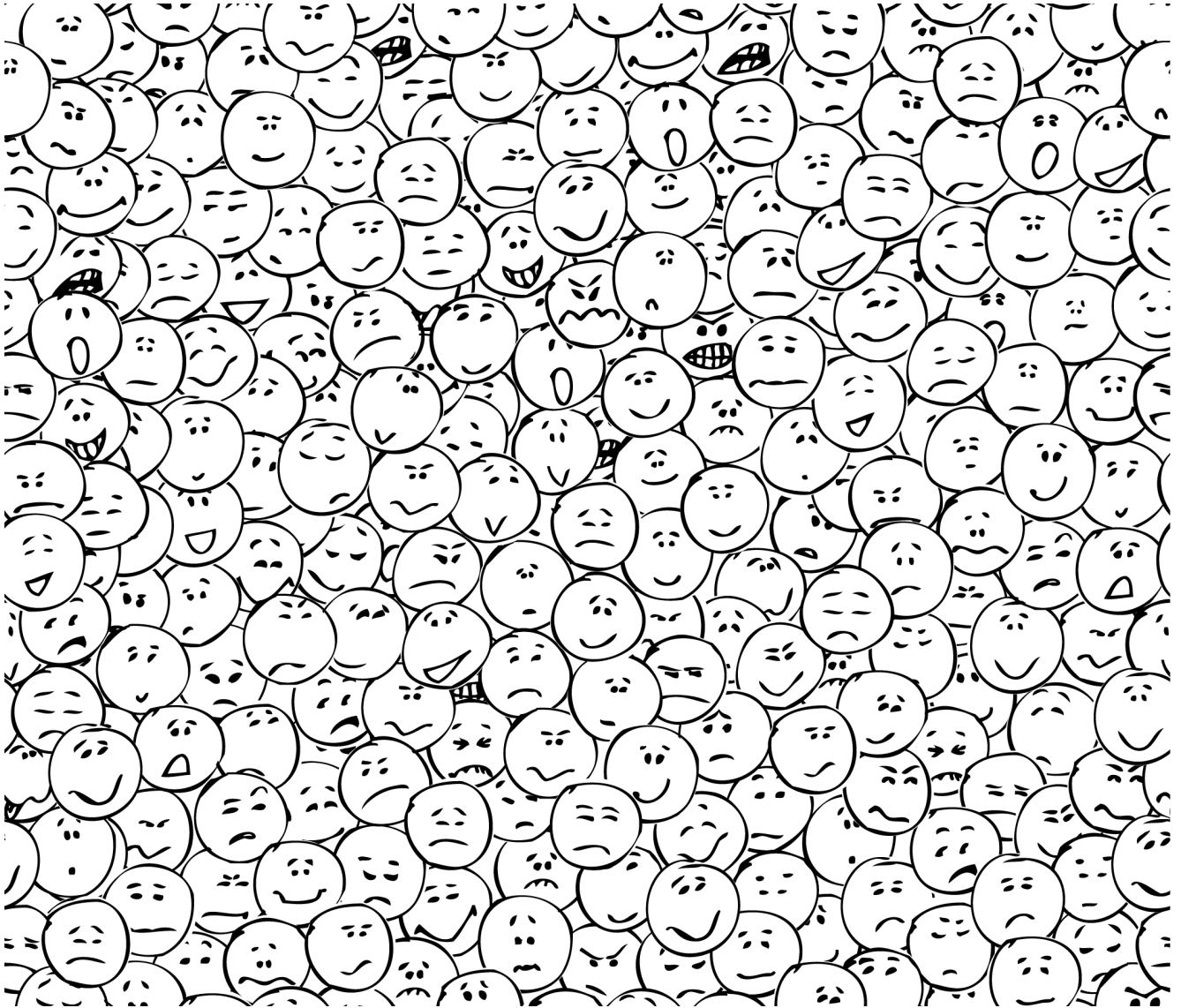


Be active...



# Colouring...

...is a great way to help you to "take time for you" or to "stop and take notice"



You can find more pages to colour in the Wellbeing Toolkit on the Start Now Website

[www.startnowcornwall.org.uk/toolkit](http://www.startnowcornwall.org.uk/toolkit)



*PS. If you don't have access to a printer get in touch with your name and address and we'll pop this booklet in the post! (Under 13? Check with a parent or carer first!)*

With thanks to our friends from [charliewaller.org/](http://charliewaller.org/) for their fab 5 Ways ideas



# The 5 Ways to Wellbeing Challenge

The 5 Ways to Wellbeing are a great way to improve wellbeing for everyone. They can also be easy to include in everyday life. When you're busy with being back at school it can be easy to forget to look after YOU! A few minutes each day on the 5 Ways to Wellbeing can work for **YOU** in **YOUR** everyday life!

So, after a tough and unsettling year take our 5 Ways Challenge to improve your wellbeing and be on top form for the school year ahead (oh, and maybe, win some fab prizes!)

- **Connect** – ‘connect’ with people you know: family, friends and neighbours. Make new friends by taking part by joining a club or get involved in volunteering.
- **Get Moving** – It doesn’t have to be super sporty. Find something you enjoy doing – go for a walk, grab a scooter, go for a bike ride...
- **Find Time for You** – With so much going on we sometimes forget about the things we enjoy like hobbies or escaping to get lost in a book. Learning something new can give you a sense of achievement and increased confidence.
- **Give** – even the smallest act of kindness can count, whether it’s a smile, a thank you or a kind word.
- **Stop and Take Notice** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

## Take the Challenge

1. Find out more about the “5 Ways...” and how to put them into action\*.
2. Simply do an activity for each of the Five Ways to Wellbeing. Try to do something every day...
3. If you would like a chance to win a prize in our weekly prize draw:

- Fill in the 5 Ways log **OR** Get some photos of you taking part **OR** Write or draw about what you did
- Check out the boring but important stuff about rules and complete the entry form / attach your entry via our website

**You can enter as many times as you like.**



\*We’ve got loads of great ideas on the Start Now website  
(**Twitter:** @HSKYouth **Facebook:** @HSKYouth **Instagram:** @hskyyouth)



# Connect

Connections with other people help strengthen our sense of self-worth, and feelings of being loved and valued. They also offer a sense of perspective and a distraction from getting stuck in negative thoughts. They help us feel less lonely, which is very important, as studies have shown that loneliness may be linked to mental health & wellbeing issues



- Bake some cakes or biscuits for someone who might appreciate a little 'pick me up'.
- Think about someone who might be lonely at this time and send happy mail to cheer them up.

- Make a playlist of your favourite songs and share it with your friends.
- Arrange to see a friend or family member in person who you haven't been able to see for a while.



- Count how many people you can smile and say 'hello' to in one day.
- Try smiling – whether just for yourself, or when you're with others. It is a simple and rewarding way of connecting.
- Write happiness cards that promote wellbeing and friendship (see next page)
- Read a book to a younger child – this could be done via video call if you haven't got any younger siblings.
- Find out something about your parents / carers that you didn't already know. You could ask some of these questions:
  - Where did they go to school?
  - Where was their first job?
  - Where did they live when you were first born?
  - What did they do for fun when they were your age?
  - When they were your age, what job did they want to do?



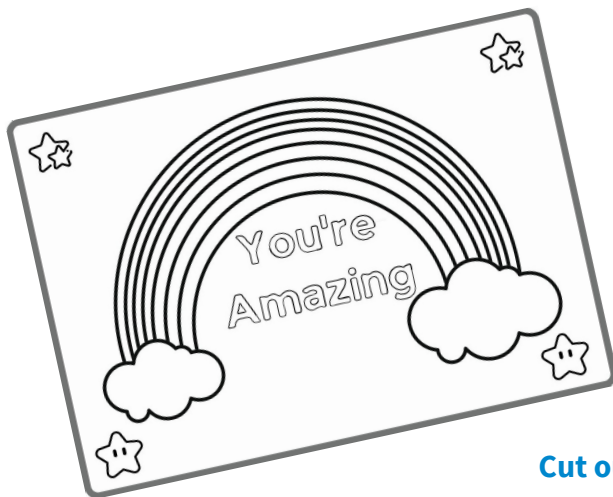
Use your free **CONNECT** card to find ways to Connect with others through getting involved!

If you don't have a card - check the StartNow website to find out how

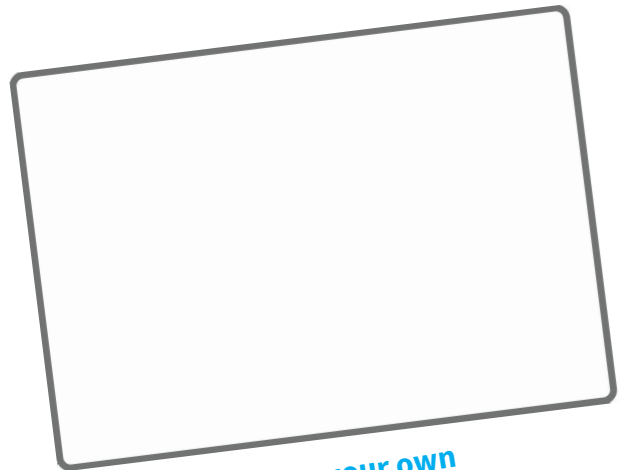




# Connect



Cut out and colour



Design your own

## Do you have your own ideas for Connect?

Jot them down here

A large, empty rectangular box with a thin border, intended for a child to write down their own ideas for the Connect game.

# Get Moving

Exercise is great for our wellbeing & mental health.



- Do a scavenger hunt.
- Help your local community - put on some gloves, take a plastic bag and pick up any litter you see
- Join a Beach Clean with the brilliant: [www.beachguardian.org/](http://www.beachguardian.org/)
- Not keen on sport etc.? Find out if your school has clubs / activities for the non-sporty!
- Help round the house - when the laundry is all clean, take one item at a time from the dryer or washing line, take it to the room where it belongs and put it away. If you have to go upstairs you should be puffed out by the end of this one!



- Either on your own or with friends create a dance routine to your favourite song.
- Try making a giant picture on the floor from household items – ‘Art Attack’ style (remember to tidy up afterwards!).
- Create an obstacle course in your garden or round your house. Time how long it takes you and see if you can get quicker the more times you complete it.
- Ask a grown-up to teach you a dance move from their youth – the twist, the electric slide, the running man, the macarena!
- Practice standing on one leg whilst you’re brushing your teeth (can you do it without putting your foot down?)
- Try the toilet roll keepie-uppies challenge.
- Take on the ‘Stair Climb Challenge’ and see if you can climb the equivalent height of a local tall building or hill. If you don’t have stairs you could measure out a distance instead.
- Have a good stretch – reach up to the ceiling and see how close you can get to touching it!

Check out the  
**Active Cornwall Virtual Family Challenges**  
Scan Here (and scroll to bottom of page



# Get Moving

## Indoor scavenger hunt

- |  |  |
|--|--|
| <input type="checkbox"/> A fork                      | <input type="checkbox"/> A ruler             |
| <input type="checkbox"/> A brown crayon or pencil    | <input type="checkbox"/> Something fluffy    |
| <input type="checkbox"/> Something that has a nose   | <input type="checkbox"/> Five grains of rice |
| <input type="checkbox"/> A gold key                  | <input type="checkbox"/> A dice              |
| <input type="checkbox"/> Something with your name on | <input type="checkbox"/> A penny             |
| <input type="checkbox"/> A measuring jug             | <input type="checkbox"/> Something round     |
| <input type="checkbox"/> A sock with yellow on it    | <input type="checkbox"/> A bobble hat        |
| <input type="checkbox"/> A book beginning with 'B'   | <input type="checkbox"/> An elastic band     |
| <input type="checkbox"/> Something that has wheels   | <input type="checkbox"/> A playing card      |
| <input type="checkbox"/> A square of toilet tissue   | <input type="checkbox"/> Something orange    |



## Outdoor scavenger hunt

- |   |  |
|---|--|
| <input type="checkbox"/> A feather                  | <input type="checkbox"/> Some moss         |
| <input type="checkbox"/> A jogger                   | <input type="checkbox"/> A 'Y' shaped twig |
| <input type="checkbox"/> A pinecone                 | <input type="checkbox"/> Someone on a bike |
| <input type="checkbox"/> Three kinds of leaves      | <input type="checkbox"/> A spider web      |
| <input type="checkbox"/> Something that smells nice | <input type="checkbox"/> A berry           |
| <input type="checkbox"/> A wild flower              | <input type="checkbox"/> A round road sign |
| <input type="checkbox"/> Something yellow           | <input type="checkbox"/> A butterfly       |
| <input type="checkbox"/> A bird nest                | <input type="checkbox"/> A wooden bench    |
| <input type="checkbox"/> A bug                      | <input type="checkbox"/> A post box        |
| <input type="checkbox"/> Something round            | <input type="checkbox"/> A worm            |



What are your own ideas for Get Moving?

Jot them down here

# Find time for YOU

Learning things, developing new skills and achieving goals can help boost self-esteem and give a sense of purpose. Active minds are more resilient to negative thoughts. Learning can also be fun!

- Are there hobbies or games you really liked but haven't done for ages? Give them another go.
- Try and think of an animal that begins with each letter of the alphabet.
- Do a wordsearch. (See next page)
- Find out what a haiku is and try to write your own.
- Find out the meaning of your name (and your family's names too).
- Discover a really long word and find out what it means. Why not try and get it into a conversation!



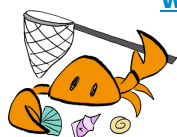
Find yourself some quiet time to do some colouring in (there are more pages to colour in the [startnowcornwall.org.uk/toolkit](http://startnowcornwall.org.uk/toolkit))

## Ever fancied trying your hand at Animation?

Our fabulous animator friend Hannah ([hannahanastasi.com](http://hannahanastasi.com)) has come up with a brilliant idea for budding illustrators & animators.

Help Hannah bring to life some creatures that live in the sea... **Big Fish and Little Fish**; an **Octopus** hiding in a coconut shell and the super **Speedy Seal Pup**.

[www.startnowcornwall.org.uk/summer-flipbook-challenge](http://www.startnowcornwall.org.uk/summer-flipbook-challenge)



If you don't have access to a printer get in touch with your name and address and we'll pop some in the post! (Under 13? Check with a parent or carer first!)





# Find time for YOU



## Wellbeing Word Search

Can you find all these words →  
in the grid below?

Happy	Kindness	Connect
Wellbeing	Laugh	Be Active
Mental health	Smiling	Give
Mindfulness	Positivity	Take Notice
Beautiful	Love	Keep Learning
Friendship	Inspire	Joy
Family	Breathe	



W	K	Q	M	I	N	D	F	U	L	N	E	S	S	O	G	E	L	V	B	Q	F
Z	E	W	O	P	Y	K	O	A	W	Q	S	M	W	H	J	A	J	D	R	W	R
D	E	L	D	R	D	W	U	E	A	E	K	I	T	S	A	Q	K	B	E	R	Y
F	P	X	L	D	K	G	F	J	T	T	P	L	R	G	W	P	M	W	A	D	P
T	L	O	W	B	H	Z	B	E	A	C	T	I	V	E	T	R	P	Q	T	I	O
J	E	K	Z	F	E	T	W	O	R	F	V	N	H	W	R	Y	W	Y	H	G	K
H	A	R	Q	H	M	I	Q	P	S	G	W	G	K	H	S	T	R	S	E	E	I
N	R	S	U	J	E	O	N	W	B	R	I	R	Y	F	A	K	D	U	Q	E	R
B	N	T	J	U	N	S	R	G	I	V	N	W	O	G	Z	N	S	V	W	J	W
V	I	B	O	R	T	W	J	Q	E	N	S	J	P	Y	E	S	H	B	K	O	S
F	N	J	L	W	A	G	L	Z	P	J	P	O	S	I	T	I	V	I	T	Y	Z
S	G	K	K	A	L	V	F	X	M	M	I	M	R	X	C	O	N	Y	U	Q	C
D	O	P	F	G	H	N	R	C	N	O	R	F	W	O	O	D	Y	J	V	S	X
E	D	T	A	K	E	N	O	T	I	C	E	N	F	Y	N	P	I	H	B	R	K
Y	H	Q	M	R	A	M	S	B	R	I	Z	X	H	E	N	E	P	M	N	T	R
U	Z	W	I	K	L	K	R	M	T	U	T	W	S	J	E	H	X	K	H	V	E
I	G	E	L	O	T	Y	H	G	Y	R	R	S	X	M	C	Q	B	I	M	H	V
O	U	R	Y	P	H	F	T	R	U	P	F	L	Z	B	T	N	W	L	K	T	O
M	K	T	G	L	E	E	O	P	Z	O	V	U	B	E	A	U	T	I	F	U	L

Do you have your own ideas for Find Time for YOU?

Jot them down here

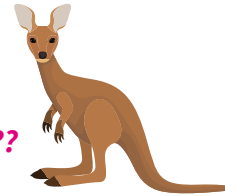


# Give

As humans, we thrive on doing something positive for the world around us. It can be incredibly uplifting and bring a sense of hope, value and purpose.

- Do three random acts of kindness in one day.
- Find a funny fact and pass it on to make someone's day...

**...Did you know that kangaroos can't walk backwards??**



- Give a compliment to everyone in your house today.
- Find something in your food cupboard to give to a food bank. Lots of supermarkets have collecting points for donated food as well.
- Give back to the planet and find a way to recycle or re-use one item this week.
- Give your time and ask someone how you can help them today.
- Learn something new and share it with a friend. It can be something as simple as a new word or a new game.
- Learn how to make an origami flower or animal... and give it to someone.
- Hand write a note thanking someone and post a photo of it online. That way you can share the love and let them know how much you appreciate them. (You can ask an adult to post this online for you if you are not able to).
- Do a chore around the house that someone else might usually do.
- Send a postcard to someone you haven't seen in person for a while.
- Check out Connect Card for more great ideas.



Do you have your own ideas for Give?

Jot them down here



# Give

## Simple origami fish

### What you need;

Square paper

Googly Eyes (optional but fun)

### Instructions

Start by folding a square piece of paper diagonally (both sides) and in half (one side) – crease and unfold as shown on picture 1 .

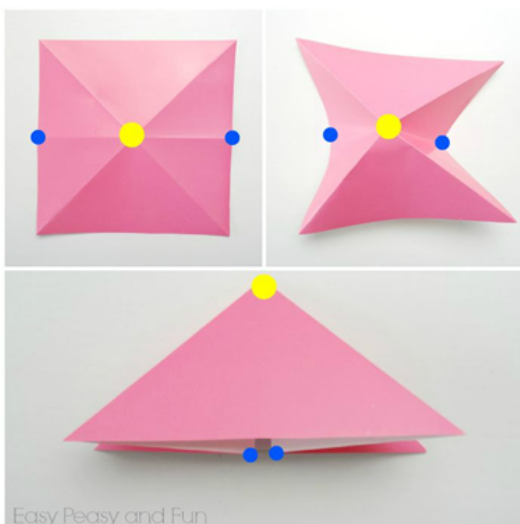
Hold the paper as indicated with **blue spots** and fold towards the middle to get a triangle shape.

Now hold the right bottom corner of the triangle and fold it toward the centre along the crease shown picture 2 .

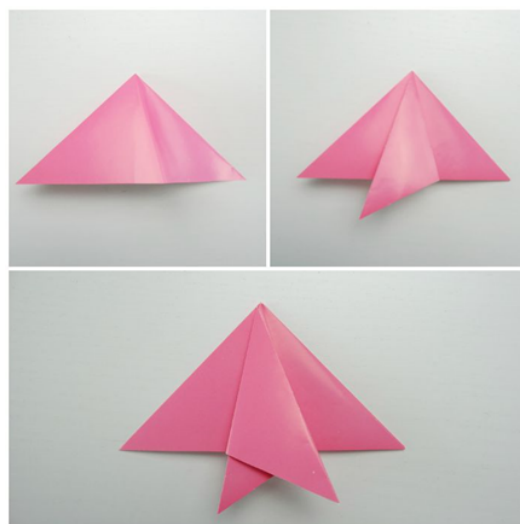
Do the same with the other corner...

*...you've got a fish. Who will you give it to?*

1



2



# Stop and Take Notice

Paying more attention to your surroundings can help keep your mind grounded and stop it getting carried off by spiralling, uncontrolled thoughts and worries. Focusing on the here and now can be a powerful way to help deal with anxiety.

- Choose an **everyday object** and close your eyes and consider all the textures. It could be a stone or stick, the bark of a tree or a Lego brick.
- Start a **happiness jar** – write down at least one thing every day that has made you happy and pop it in the jar. That way you'll have some positive memories to look back on.
- **Examine a few crystals of salt and sugar**, compare to see if you can tell them apart by sight and then taste them to see if you were right!
- Take some quiet time out and do some **colouring and drawing**.
- Just close your eyes for a few minutes and **take notice of what you hear around you**, whether it's just a conversation, music or even silence. Notice your breathing, and try and consciously take deeper breaths; you'll notice how calming that feels.
- Try to take a few quiet minutes at school each - at break / lunch or just before a lesson...
- Try the '**mindful minute**' below
- Do a 'wellbeing' **scavenger hunt**.



## Wellbeing scavenger hunt

- ☐ Something that makes you happy
- ☐ Something that makes you feel calm
- ☐ Something that makes you laugh
- ☐ Something that reminds you of Mum/Dad
- ☐ Something that helps you sleep
- ☐ Something that makes you think of love
- ☐ Something that makes you think of your friends

**Take a deep breath**

Take deep breaths, and let them out slowly. Think about how the air goes in and out of your lungs.

**Listen**

Listen to the sounds around you. How many can you hear / name?

**See**

Open your eyes and look at one item around you; and think about its shape, colour, texture, and how it is made.

**Touch**

Use your fingertips to feel an item or the area around you. Think about how it feels & words you could use to describe it.

**Smile**

Look up, smile and enjoy the world around you.

## A Mindful Minute OUTDOORS

**Take a deep breath**

Take deep breaths, and let them out slowly. Think about how the air goes in and out of your lungs.

**Listen**

Listen to the sounds around you. How many can you hear / name?

**See**

Open your eyes and look at one item around you; and think about its shape, colour, texture, and how it is made.

**Touch**

Use your fingertips to feel an item or the area around you. Think about how it feels & words you could use to describe it.

**Smile**

Look up, smile and enjoy the world around you.

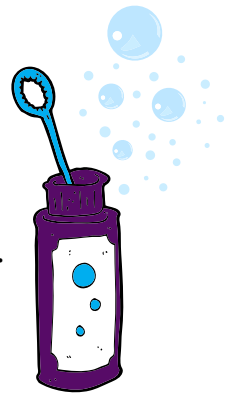


# Stop and Take Notice

(*& great ways to calm too*)



**Try Gardening** -if you haven't got a garden try a window box or some pots.



**Blow bubbles** and watch them closely.



**Lie on the grass** and listen to the sounds of nature or look for pictures in the clouds .

**Draw or doodle with chalk** on the pavement (stay safe!) or a playground



**Walk barefoot** on the beach or wet grass. Try to just focus on the sensations

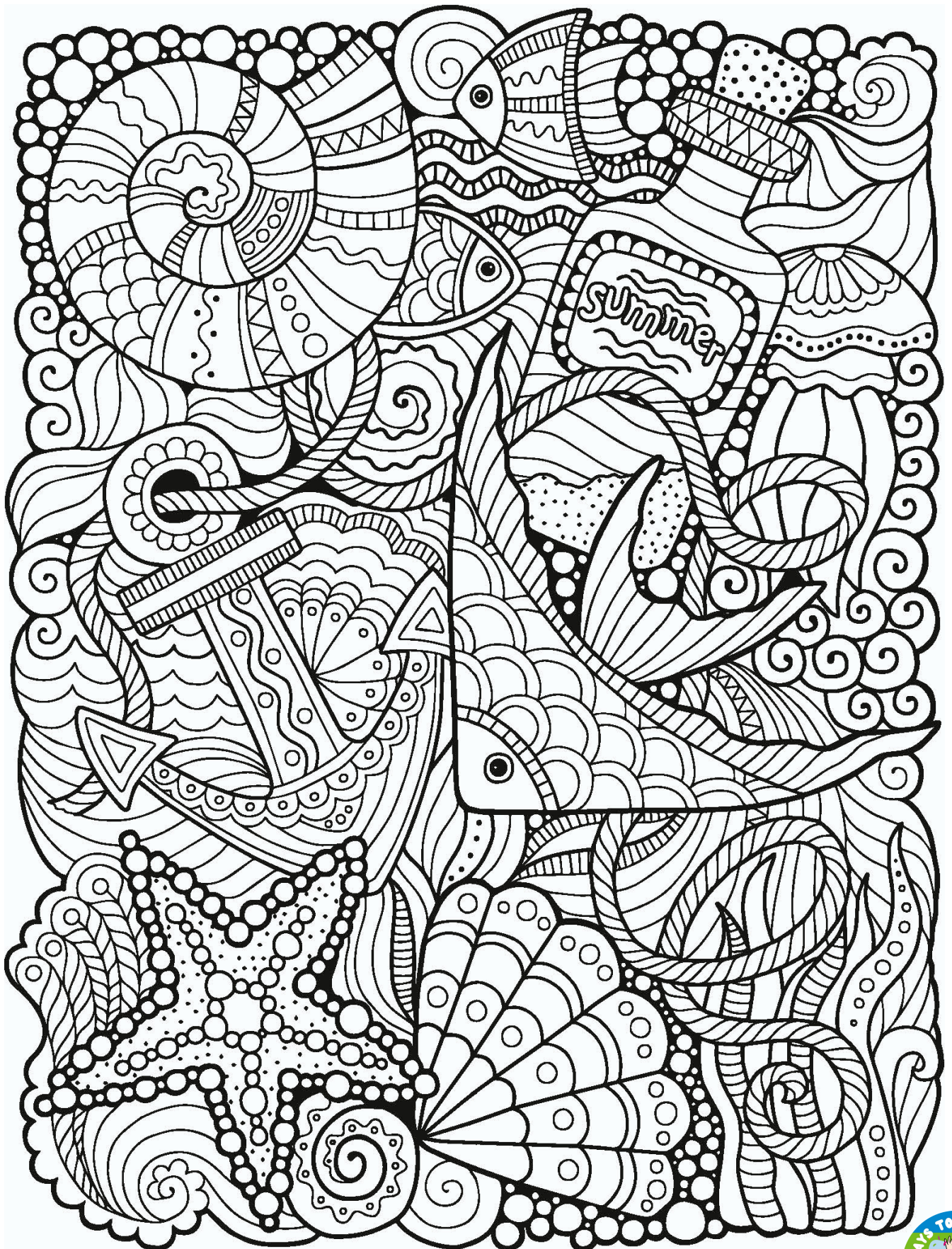
**Carry some pocket pebbles.** If you feel worried or stressed somewhere where you don't want to stand out concentrate on the shape, size or texture of a few pebbles in a pocket .



## Do you have your own ideas for Stop & Take Notice?

Jot them down here

# Summer Colouring





# Get involved!

The best people to help young people are other young people

So, we need **your** help so that 10 - 16 year olds in Cornwall:



- ★ feel positive about the school year ahead
- ★ know how to look after their wellbeing
- ★ feel OK to ask for help if they need it



## Our first challenge is simply a question...

We're really interested in what the word '**Resilience**' means to people... and, especially, what it means to **you**!

We want to get as many thoughts and ideas as possible and make them into a film to share the ideas from people all over Cornwall. There are no *right or wrong answers* - just what you think it means or, if you have never heard the word before, what it might mean...

So - Grab the **template** below and write what you think (nice and big). **Then;**

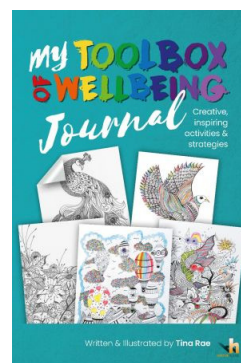
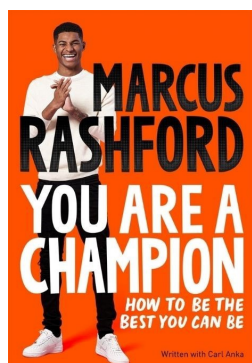
- Take a photo (or ask some to take one of you holding it up)

## Do 5 Ways for 5 Days...

Simply do 1 of each of the 5 Ways over 5 days and record on the chart below. Send us a picture of your completed challenges and a photograph of one of the challenges in action

## Design a pin badge / 5 Ways to Wellbeing poster - see below

Everyone who enters anything will be entered into a weekly prize draw to win one of these brilliant books!



## Prize -£25 Voucher for the winning entries

You can enter as many times as times as you like...

Go to our website to find out how to enter:

[www.startnowcornwall.org.uk/competition-t-c/](http://www.startnowcornwall.org.uk/competition-t-c/)



Resilience is...

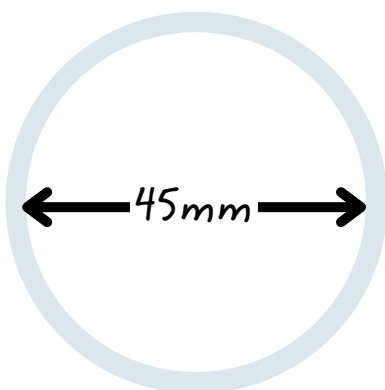
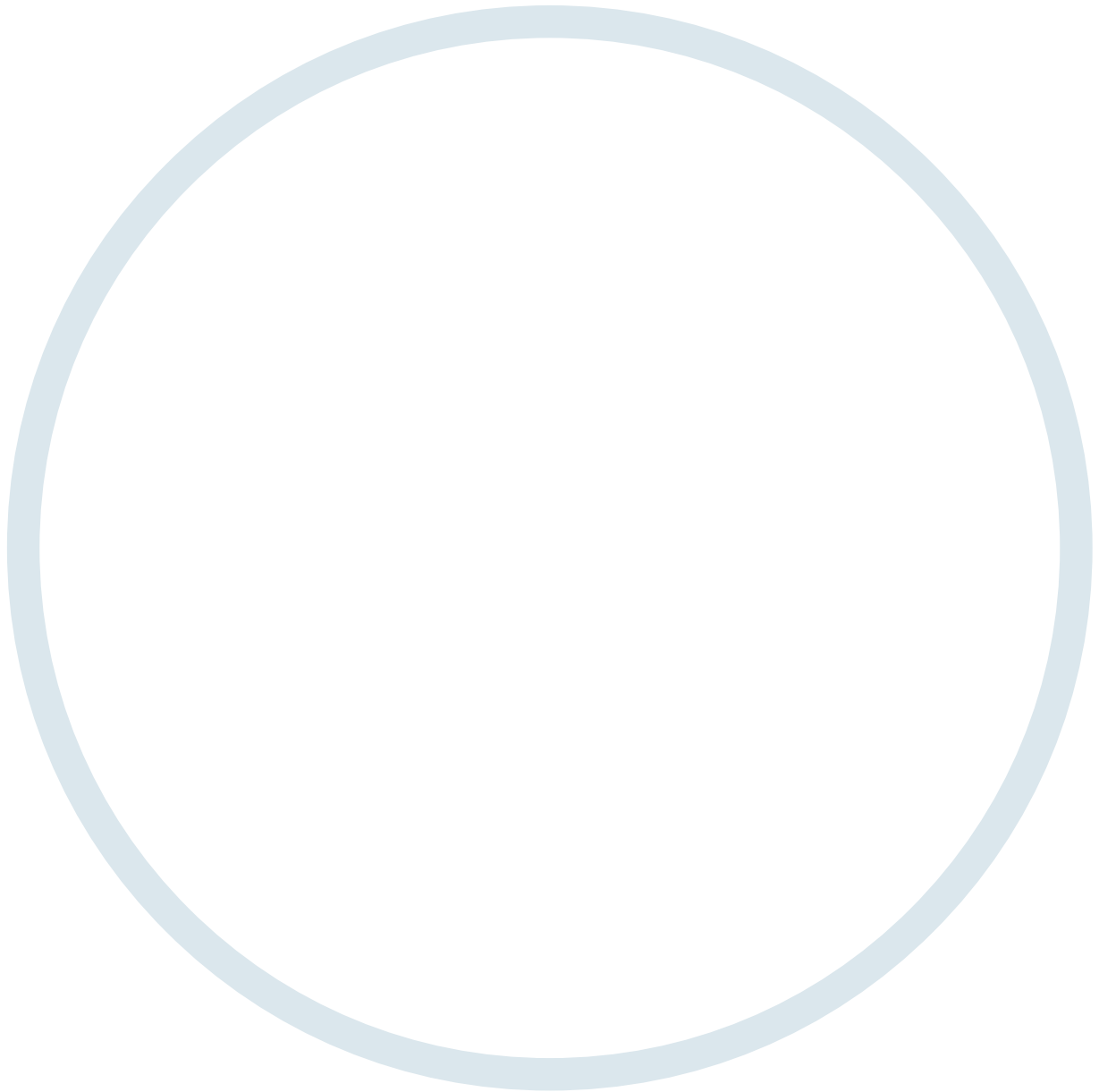




# Pin Badge / Key Ring Competition

Design a **pin badge or key ring** to be produced and included in our **Connect Card Wellbeing Kit**

Draw your idea here.



Actual size of artwork when printed.  
So keep your design simple & eye catching.

**Prize -£25 Voucher for the winning designs**

You can enter as many times as you like...

Go to our website to find out how to enter:

[www.startnowcornwall.org.uk/competition-t-c/](http://www.startnowcornwall.org.uk/competition-t-c/)



# Design your own 5 Ways... poster

Find out more about the 5 Ways to Wellbeing  
[www.startnowcornwall.org.uk/](http://www.startnowcornwall.org.uk/)



# 5 Ways to Wellbeing Challenge — Do 5 Ways for 5 Days

CONNECT

GET MOVING

TAKE TIME  
FOR YOU

GIVE

STOP & TAKE  
NOTICE

Day 1

Day 2

Day 3

Day 4

Day 5

Name \_\_\_\_\_

# 5 Ways to Wellbeing Challenge — Do 5 Ways for 5 Days

CONNECT

GET MOVING

TAKE TIME  
FOR YOU

GIVE

STOP & TAKE  
NOTICE

Day 1

Day 2

Day 3

Day 4

Day 5

Name \_\_\_\_\_

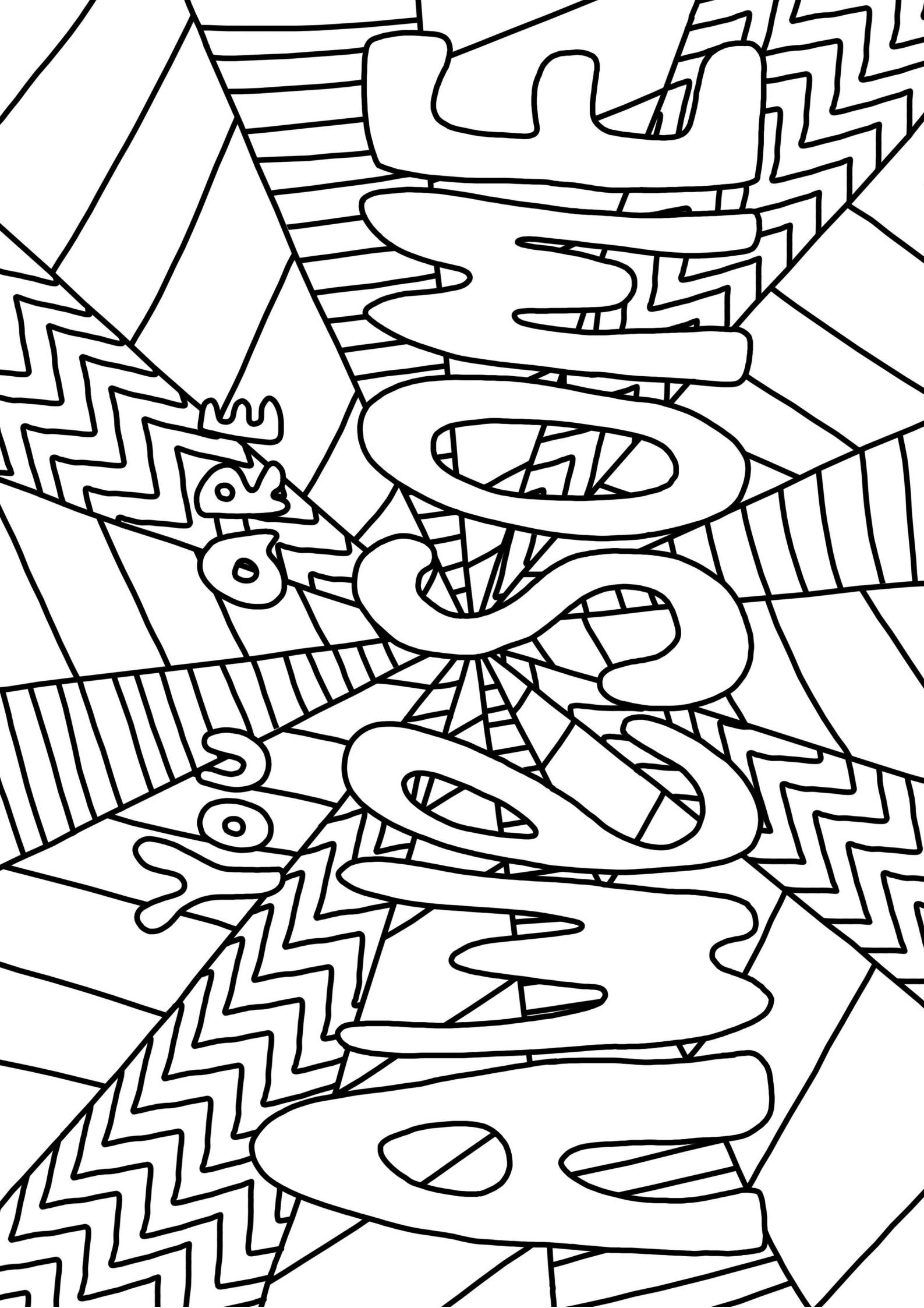




Mini stickers to add to your diary when  
you complete a challenge



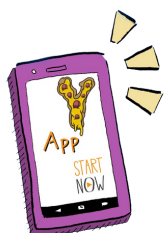






## Get wellbeing all WRAPped up!

Download a copy or complete an online version of the plan or get the WRAP on a free APP!



[www.startnowcornwall.org.uk/](http://www.startnowcornwall.org.uk/)



WRAP

Find great wellbeing ideas / activities in our online Wellbeing Toolkit

Connect Card:



FREE Stuff! FUN Stuff; Mental Health Stuff

[www.startnowcornwall.org.uk/connect-card/](http://www.startnowcornwall.org.uk/connect-card/)

Remember... It's OK not to be OK  
& it's OK to get help if you need it!

[www.startnowcornwall.org.uk/get-help](http://www.startnowcornwall.org.uk/get-help)



 [startnowcornwall.org.uk](http://startnowcornwall.org.uk)

   [hskyouth](#)