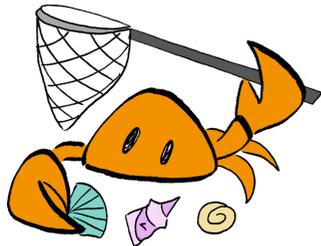


Don't get crabby
this summer



The Start Now Cornwall 5 Ways to Wellbeing Summer Challenge



Get your skates
on to win fab
prizes

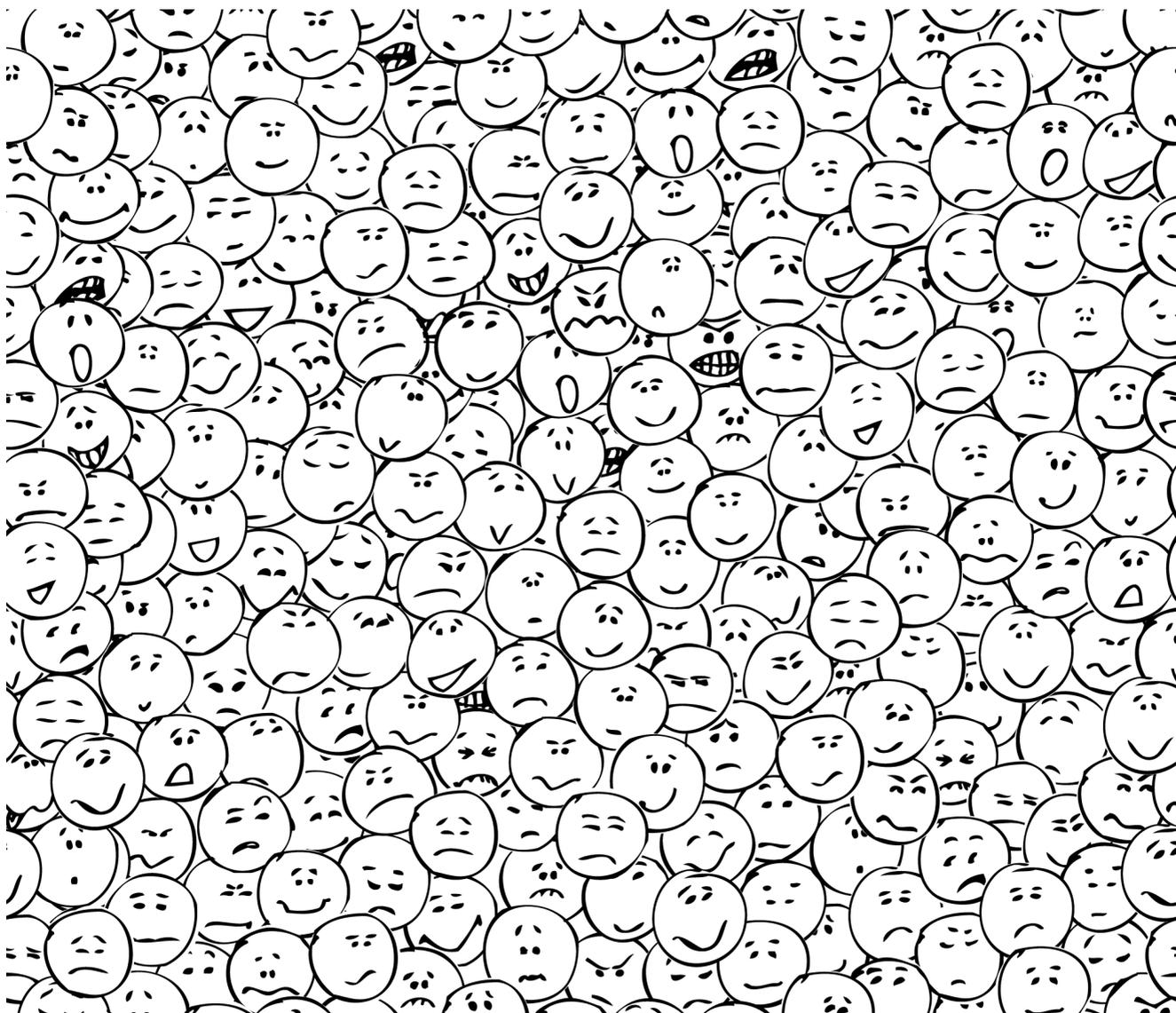


and treat
yourself to fab 5
ways fun!



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



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/ for their fab 5 Ways ideas



The 5 Ways to Wellbeing Summer 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. The summer break is a really good time to find how the 5 Ways to Wellbeing can work for **YOU** in **YOUR** everyday life!

So, after a tough and unsettling year take our Summer Challenge to explore the 5 Ways, improve your wellbeing and be ready for the new 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 in a summer activity programme – there is a lot going on this summer . Check our website for details.
- **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 here. And complete the entry form / attach your entry...

You can enter as many times as you like.

*We’ve got loads of great ideas on the Start Now website and we’ll share more on our Social Media - Look out for the hashtag **#5WaysSummerChallenge**
(**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?



Connect



Cut out and colour



Design your own

Do you have your own ideas for Connect?

Jot them down here

A large, hand-drawn rectangular box with a blue border and slightly irregular edges, intended for a child to write down their own ideas for the Connect cards.

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 (maybe have a competition amongst your friends to see who can pick up the most).
- 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)



Check out the FREE

Time2Move Holiday Programme

Scan Here



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 it | <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 |



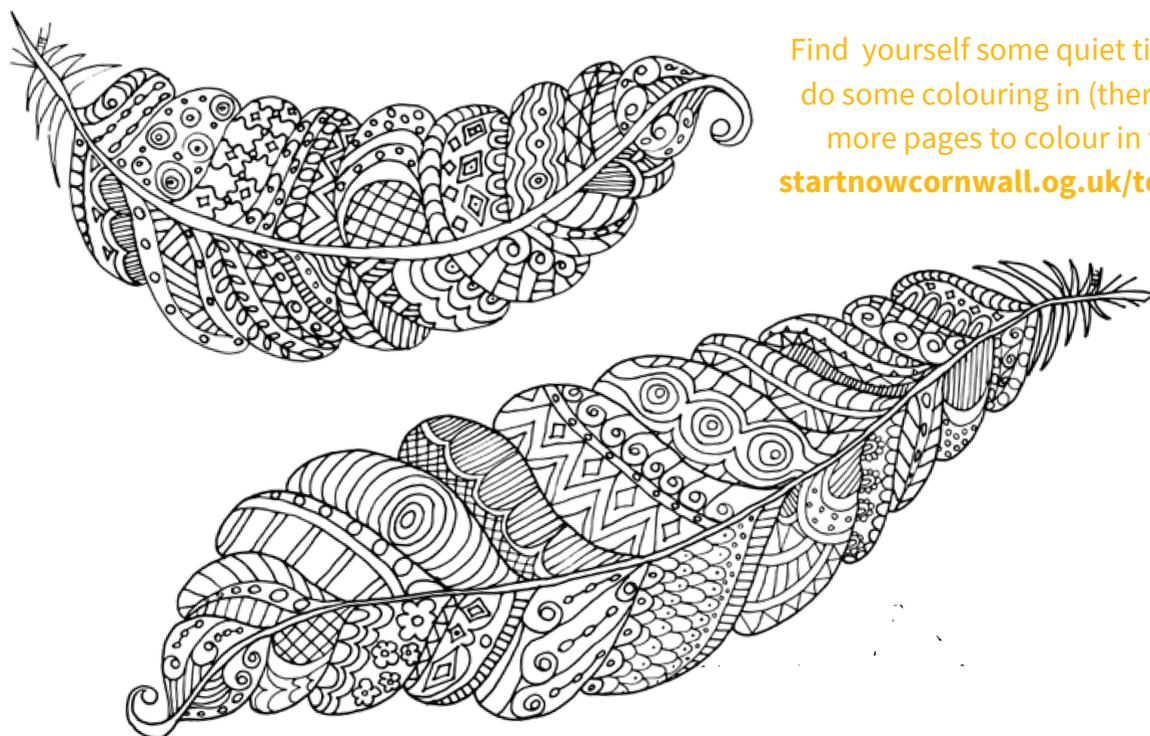
What are your own ideas for Get Moving?

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!
- Check out the www.startnowcornwall.org.uk/summer-activity-planner for more **Time 4 You** ideas.



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

Ever fancied trying your hand at Animation?

Our fabulous animator friend Hannah (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



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
 V 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.



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

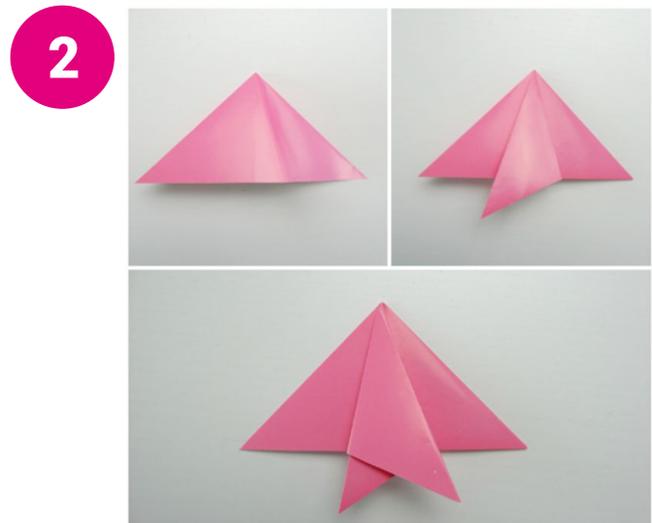
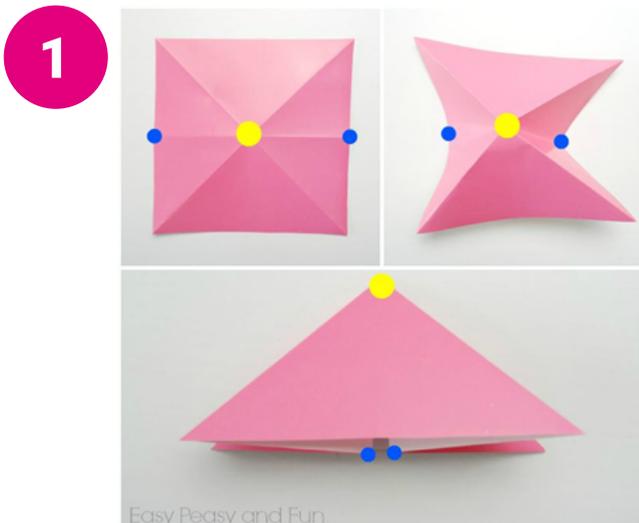
Start by folding a square piece of paper diagonally (both sides) and in half (one side) – crease and unfold as shown on picture 1 .

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.



This idea and lots of other origami projects can be found on
<https://www.easypeasyandfun.com/> (and there are loads of other sites too)



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 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

Back to School - competition

We're working some amazing people to create a free **'Back to School' Wellbeing Kit** for 10-16 year olds in Cornwall.

We hope that everyone will feel good about going back in September

(hopefully without bubbles, masks and lateral flow tests!)



And if they are **not** feeling so good we hope everyone will know how to find and ask for help!

So, we need **your** messages to help 10 - 16 year olds in Cornwall to:

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

...What's **YOUR** Back to School wellbeing message?

Prizes

If your design is selected it will be used in social media campaigns; in publicity (& possibly an advertising billboard) and as a part of the Wellbeing Kit.

You'll also receive a £50 gift voucher



Top Tips

Your idea needs to grab attention and give a quick, clear message. Think how to make it punchy and eye catching.

Draw / Write your on a sheet of a4 paper. You can enter as many times as times as you like.

Go to our website to see the rules / to enter:

www.startnowcornwall.org.uk/competition-t-c/



Good Luck



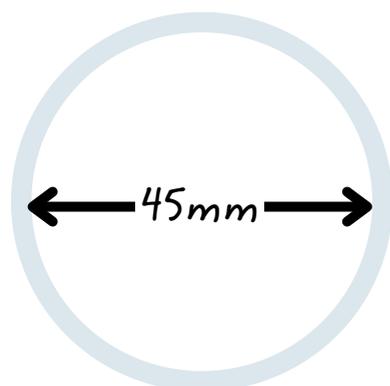
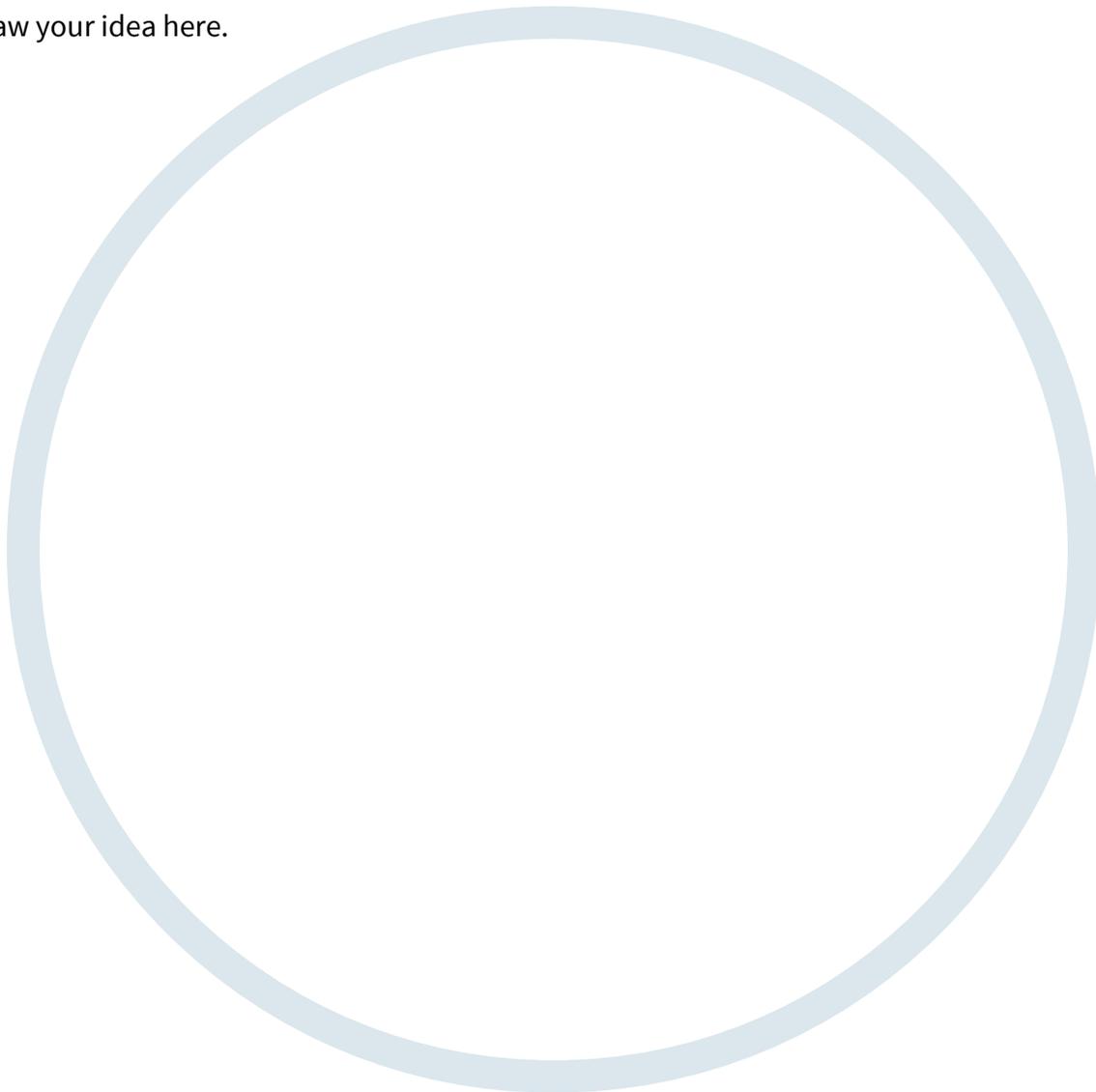
Pin Badge / Key Ring Competition

We're working with some amazing people to create a free
'Back to School' Wellbeing Kit for 10-16 yr olds in Cornwall

Design a **pin badge or key ring** to be printed up and included in every Kit...

...What's **your** Back to School wellbeing message?

Draw your idea here.



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

You can enter as many times as times as you like...
Go to our website to enter:
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/

