

# HeadStart's Five Ways to Wellbeing Activity Pack

There are five steps that you can take to improve your wellbeing. These can help you to feel positive and calm.

1. Be Mindful
2. Be Active
3. Keep learning
4. Connect with others
5. Give to others

## **Be Mindful**

Being mindful is about using our senses to stay in the present moment. It is about relaxing our mind.

### **Mindful activities**

- Mindfulness Bell: Can you focus on listening to the bell? You do not need to do anything other than close your eyes and listen and concentrate on the bell. You can find this on Youtube by searching for: Mindfulness Bell- a 5-minute mindfulness meditation or by following this link: <https://www.youtube.com/watch?v=wGFog-OuFDM>
- Colour finding: Without talking, sit calmly and find one thing around the room for each of the following colours: Purple, Blue, Green, Yellow, Orange, Red, Pink, Brown, White, Black. Don't rush and really focus on each colour as you find it.
- Listening to sounds: Close your eyes and count how many different sounds you hear, do this for two minutes and then slowly open your eyes.
- Listening to music: Close your eyes and listen to a piece of music. Think about what instruments you can hear, what feelings are evoked within you and what picture you can see in your mind's eye. This can be done with lots of different music but if you're unsure where to start, type in to Youtube: mindfulness meditation music for focus, concentration to relax or follow this link <https://www.youtube.com/watch?v=EkbM5EfFyME>
- Picture Focus:



Look at the picture and answer these questions in your mind.

Focus on the whole picture- what can you see, what would it smell like, feel like, taste like, what sounds can be heard?

Close up- focus on one part of the picture and imagine touching it- what does it feel like?

Focus on separate parts: the leaves,

the bark, imagine the root system.

What creatures use this tree, why and how?

Who has visited the tree and why?

### **Create a time capsule**

Write a letter to yourself (Worksheet a. for letter template). Say how old you are, who your friends are, your favourite TV show, song, book, hobby etc. Describe how you're feeling. Discuss what you would like your career to be and where you would like to travel to when you're older.

Draw a picture of you with your family or your friends.

Put this into a shoe box, lunch box or other box and ask parent/carer to place it in in the attic or hidden place that you won't find for years to come.

### **Mindful Colouring**

Spend some time colouring in (Worksheet B for colouring sheets)

### **Mindful Creativity**

Here are some ideas to get creative:

- Draw a picture of: yourself, your family or friends, your pets, your house, a park, the seaside, a roller-coaster, space, the sky, the ocean.
- Collage: go out into your garden and collect any twigs, leaves, petals etc. and see what picture you can create by sticking these items on to a piece of paper or use newspapers/magazines or other bits and pieces from around the house to create a picture.
- Draw around your hand or paint your hand and imprint it on to a piece of paper. How many different animals can you make using your handprint?
- Toilet roll tubes: what can you make out of used toilet roll tubes? Can you make a butterfly, a deer, a rabbit or a dragon for example?
- Egg cartons: Can you create a crocodile out of an old egg carton? What else can you create?

### **Lego**

If you have Lego, Duplo or other building blocks at home- get creative. What can you build?

### **Scrapbook**

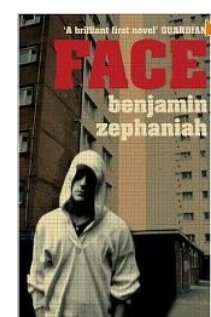
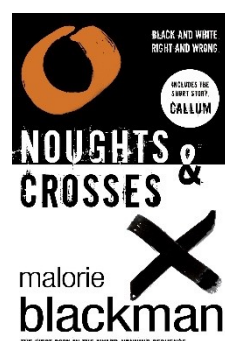
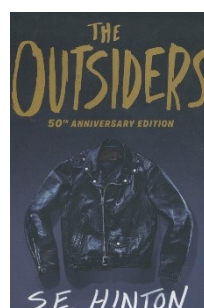
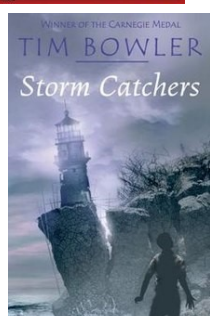
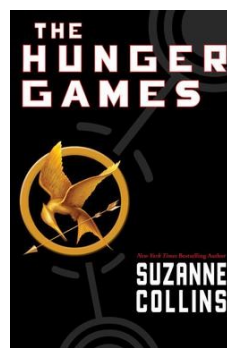
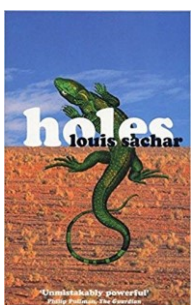
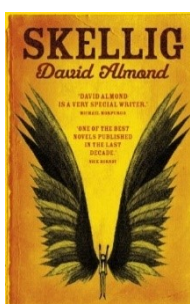
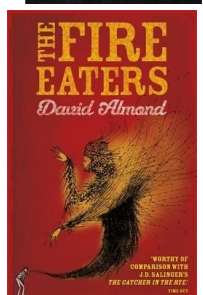
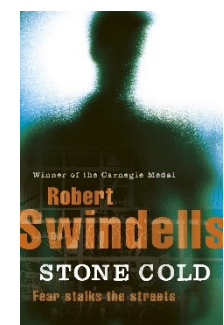
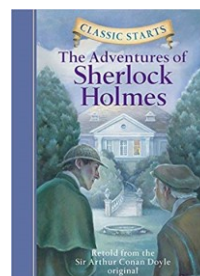
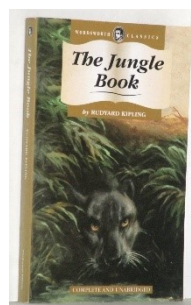
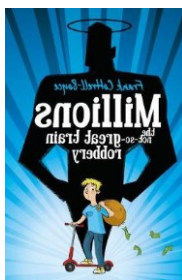
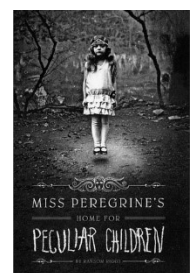
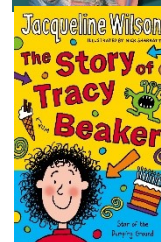
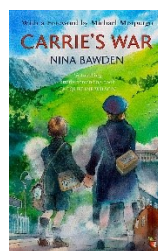
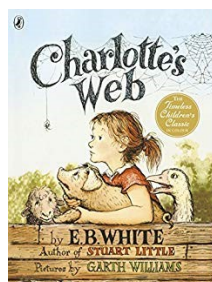
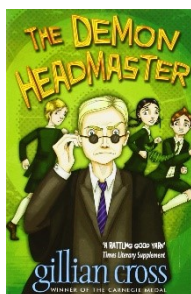
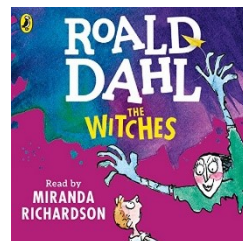
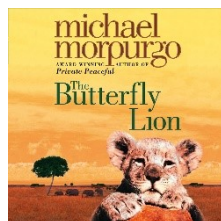
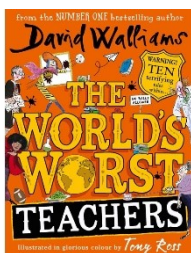
Create a scrapbook about your life so far. This could be filled with special memories you have from holidays, birthdays, days out, people etc. You could include: photos, tickets/maps/memorabilia you have kept, a little summary of the memory.

## Gardening

Spring is an exciting time for the garden. Are there any plants or seeds that you can plant or any soil that needs turning? As you do this, take note of the wildlife, the weather, the sounds and particularly the texture of the soil and plants etc.

## Read a book

Want to go on an adventure? Want to go to a different country? Want to go to a different time period or an alternative world? Want to be a wizard? Want to be a soldier? No problem- get reading! Here are some suggestions:





### **Write a diary**

Start writing a diary. Write about what you've done each day, how you're feeling, what's going on, who you've connected with.... Basically, anything at all that is important to you!

### **Write a gratefulness list**

At the end of each day, write 5 things you are grateful for in that day.

### **Nature Hunt**

Go into your garden. Listen to the birds, look for animals, take notice of the wind/rain/sun on your skin. Look out for new flowers popping up. Can you spot any of these: ladybird, butterfly, bird, worm, daffodil, spider, wood lice.

### **Bubbles**

Focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Pay close attention to the bubbles as they form, detach, and pop or float away.

### **Cloud Searching**

One for a dry, spring day. What shapes and objects can you find in clouds in the sky?

### **Breathing exercise**

- Sit down and place the side of your hand on your forehead, with your palm facing out to the side. Close your eyes. Slide your hand down your face, in front of your nose. Say "shhh" as you slide your hand down your face. Make sure you sit still, sit silently, do soft breathing and shut your eyes.
- Spread one hand out like a star. Use the index finger on your other hand to trace the outline of your star hand. Take a deep breath in as you move to the top of your thumb. Breathe out as you move down between your thumb and first finger. Take another breath in as you move to the top of your first finger. Breathe out as you move down between your first and second finger. Repeat until you have taken five slow, deep breaths.

### **Mindful activities to do in pairs:**

- Texture bag  
Place several small, interestingly shaped or textured objects in a bag. Ask your partner to reach in and touch an object, one at a time, and describe what they are touching. Make sure they don't take the object out of the bag.
- Taste tests  
Blindfold your partner and then ask them to pop a piece of food into their mouth that you have selected for them (e.g raisins, strawberries, grapes). Your partner needs to describe the texture and the taste of their food.

## Worksheet A: Letter Template

Your address

Their address

Today's Date

Dear....

Introduction

Paragraph 1

Paragraph 2

Paragraph 3

Conclusion

Yours sincerely/yours faithfully

Your name









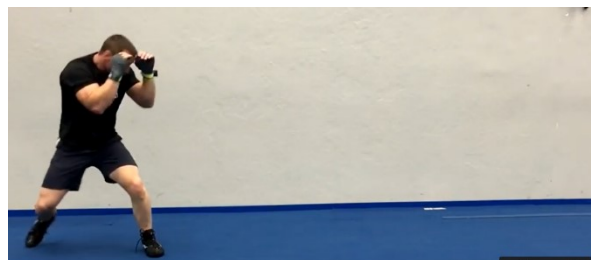


## **Be Active**

Being active is important all of the time. There are plenty of things you can do to be active, both indoors and outside in the garden.

### **Shadow boxing:**

A great cardio workout with no need for specialist equipment! You can stand in front of a mirror, or 'push on and off' in the garden or a larger room. Follow the link or type in to Youtube 'shadow boxing for beginners' to See this video for a demo:



[https://www.youtube.com/watch?v=CEqIGeXZN\\_M](https://www.youtube.com/watch?v=CEqIGeXZN_M)

### **Learn yoga.**

- Yoga can be done anywhere and is a great way to be active – it is also a very mindful activity. Two ways to wellbeing in one hit! If you have never tried yoga, follow the link or type in to Youtube 'Yoga for beginners' and give it a go!

[https://www.youtube.com/watch?v=No2u\\_Dq\\_9ho](https://www.youtube.com/watch?v=No2u_Dq_9ho)



- For younger children Follow the link or type in to Youtube: Yoga For Kids with Alissa Kepas <https://www.youtube.com/watch?v=4ZpkRAcgws4>



## **Gardening**

The health benefits of gardening are impressive. Gardening uses all the major muscle groups. Legs, shoulders, stomach, arms, neck, and back all get a workout. Gardening also increases flexibility and strengthens joints. Most gardeners have experienced the burning sensation of overworked legs and arms! So, get out and give it a go! Here are a few gardening ideas and tips to get you started:

<https://kidsgardening.org/gardening-basics/> .

Once you have completed your gardening workout, why not relax in your new surroundings with your favourite book!



## **Other exercises:**

Here are a few simple exercises that you can do that require no equipment and not much space!

### 1. Stair Stepping

Stair stepping is a great exercise to do in your home, even if you don't have a set of stairs available. Find the biggest book you own put it in front of the TV, and step up and down while watching your favourite show.

### 2. The Plank



If you don't have a lot of time, but you want to build up your core muscles, this is the exercise for you. Get into a push-up position, but instead of bending your arms and moving down towards the floor, hold the position with your arms extended. Start off holding the position for 30 seconds and add an additional 10 seconds every day. See how long you can go for – it's definitely not easy! This is one of the most challenging exercises, but it's also one of the best for your core.

### 3. Dancing

Dancing is an excellent way to keep fit and get your heart rate going whilst having fun. If you are in the privacy of your own home, there is no need to look like a pro or impress anyone!

### 4. Lunges

Lunges are a great workout that require hardly any space!

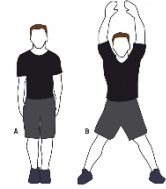


## 5. High Knees



High knees can really get your heart pumping, especially if you go double time. To do this exercise, march in place or down a hall, and bring your knees as high as they can go.

7. Jumping Jacks. These offer a great cardio workout. If you are watching a TV show, get up during the commercials and do a round of jumping jacks!



You don't need to be cooped up at home all day; these exercises can also be done in the garden.



## **Keep learning**

It is important to keep learning outside of school hours. Learning new things is a great way to look after your wellbeing. Here are some ideas...

### **Cooking**

Make some simple recipes for delicious meals. Try this website for some great ideas to become the next MasterChef contestants!

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

Or maybe a bit of bake-off?

<https://www.bakingmad.com/recipes/kids-baking>

Add a bit of gruesomeness with the help of Roald Dahl!

<https://www.roalddahl.com/create-and-learn/make/revolting-recipes>

### **Learn how to do some simple life-skills**

This website could be useful as a starting point for discussions, from first-aid to budgeting: <https://flintobox.com/blog/child-development/life-skills>

Also:

- Sew on a button
- Learn to knit or crochet
- Learn how to keep your bike in a good state of repair – do you know how to check tyres? Breaks? Lube a chain?
- Learn how to set a table for dinner
- Grow your own plants and veg

### **Bird Watching**

You don't need to have expensive equipment to bird watch. You can do it from the comfort of your home or garden. Can you find and identify common garden birds? Here is a link to help you out:

[https://www.devonwildlifetrust.org/garden-birds?gclid=EAlaIqObChMI9cjsz7Cw6AIVA4bVCh30BwKAEAAAYASAAEgJMfPD\\_BwE](https://www.devonwildlifetrust.org/garden-birds?gclid=EAlaIqObChMI9cjsz7Cw6AIVA4bVCh30BwKAEAAAYASAAEgJMfPD_BwE)



## **Create an ongoing project**

### ***A History project. Here are a few ideas...***

- Design and make a Medieval/Georgian/Victorian building – it could be a palace, a house or a castle!
- Plan a great banquet for the King or Queen of your chosen period. What food would have been eaten in that period? What would they have worn to this banquet? What entertainment would be available for the banquet?
- Create a quiz about your chosen time era to challenge the people you live with.
- Create a family tree for England's monarchy. Start with Prince George.
  - The King/Queen of your era, are recruiting for a chef. Think about the qualities you would need. You should include your personal qualities and skills and why you would be suited to this role.

### ***History not your thing? How about researching space and the solar system!***

- Look at the moon at different times during a month. Can you keep a moon diary by drawing the shape of the moon each night? Can you find out and label the correct name for each phase e.g. waxing or waning?
- You are an astronaut and you have crashed landed on Jupiter. Write a story about what you discover and how you get back to planet Earth.
- Can you design and create a space rocket using paper-mache or by drawing and labelling?
- At night, have look at the night sky. Can you spot the moon? How many stars can you see? Can you see any planets? Can you find any constellations? You can use this link to help:  
<https://www.ducksters.com/science/physics/constellations.php>
- Imagine you are an astronaut and you have discovered a new planet. You need to create a presentation about your planet to present to the people you live with. Include: a drawing of your planet, what you have named it, how big it is, if there is life on it, how long it will take to travel there and any other important information about the planet.

***Egyptology can be a really interesting topic – a lot of our civilisation has foundations in ancient Egypt!***

- Hieroglyphics were a form of communications used by the ancient Egyptians. Can you create your own hieroglyphics? You can use this link to help:  
<https://www.natgeokids.com/uk/discover/history/egypt/hieroglyphics-uncovered/>
- The river Nile was a focal point for the Egyptian way of life. Why was it so important to them and can you create a fact file about the river?
- Write a letter to ancient Egyptian about modern day life. Tell them about what travel is like now, how we communicate, and important buildings in your area.
- Can you make a pyramid? You could use: Cocktail sticks, card, twigs from the garden etc.
- Draw a self-portrait of you as an ancient Egyptian.

***Spring is coming! Get into your garden and get some fresh air – while you are there, take notice of those fab minibeasts around you!***

- Go on a bug hunt in your garden. Can you find: a butterfly, a beetle, a spider, a ladybird, a caterpillar, a bee, a worm, an ant, a millipede or a wood louse? Then, make sketches of your favourite.
- Can you draw or make a butterfly?
- Imagine you have been shrunk to the size of an ant and you are in the garden. Can you write a story about adapting to your new world with the bugs?
- Can you create a factfile about the different bugs in your garden? It should include: their name, what they eat, where they live, what they do and any other interesting information.

***Become a scientist!***

- Find the properties of different materials around the home. Select an object in your home and answer these questions: What is it made of? Is it hard or soft? Does it crumble? Is it malleable? Is it magnetic? Does it float or sink? Put your results in a table.
- With permission, conduct an experiment to see if the following items dissolve when placed in water: sugar, salt, sand, custard, gravy. Research what happens to a material when it does dissolve, does it simply disappear or can you get it back?
- Learn about reversible and non-reversible changes. What materials, when heated and cooled, change state? Get permission first if you want to conduct an experiment.

- Imagine you are a marine biologist and you discover a new species in the ocean. You need to create a presentation about this species and present it to the people you live with. Don't forget- you'll need to draw what your new species looks like!



## **Connect**

Building relationships and making time for our loved ones is very important. We don't always have to be physically with someone in order to be able to connect to them. Using technology can help us to stay connected with those who we can't physically see. Here are a few ideas on how we can do this...

## **Write a letter**

Write a letter to your family members and friends and if given permission by parents/carers to do so, post the letters. If not, wait until you can see the person again and then you can give them all the letters you wrote them.

## **Board games**

Play board games with the people you live with.

## **Card games**

Play card games with the people you live. Here are a couple of our favourites...

- **Crazy Eights:** Each player is dealt seven cards. The remaining cards are placed face down in the center of the table, forming a draw pile. The top card of the draw pile is turned face up to start the discard pile next to it. First player adds to the discard pile by playing one card that matches the top card on the discard pile either by suit or by rank (i.e. 6, jack, ace, etc.). A player who cannot match the top card on the discard pile by suit or rank must draw cards until he can play one. When the draw pile is empty, a player who cannot add to the discard pile passes his turn. All eights are wild and can be played on any card during a player's turn. When a player discards an eight, they choose which suit is now in play. The next player must play either a card of that suit or another eight. The first player to discard all of their cards wins.
- **Rolling Stone:** If six players: One standard deck with the twos removed, If five players: Twos, threes and fours removed. If four players: Two, threes, fours, fives and sixes removed. Aces are high.

The players cut the deck and the highest card deals all the cards around the group clockwise, until each player has eight cards. The players sort their cards by suit and then the player to the left of the dealer plays one card face-up. The next player then must play a card which is of the same suit. Play continues until a player cannot place a card, at which point they must pick up all the face-up cards and add them to their hand. They then start the next round with one of their cards of a *different suit*. The winner is the player who runs out of cards first.

### **Write a poem**

Write a poem to friends and family. With permission from parents/carers, post this. If not, ask parents/carers to take a picture of the poem to text/email over to the person or even better, ask them to film you reading it and send that over instead.

### **Read a book**

Read a book with the people you live with. Or (with permissions and support from parent/carer) ring/facetime a family member/friend and read a book out loud together.

You could even create a book club where you and your family members/friends agree to read the same book and read the same chapters each day. You could then ring/text/facetime (with permission!) to discuss what you have read.

### **Sport**

If you have the garden space (or space in your house-with permission) you could play a sport. Have you tried badminton or cricket?

### **Stay connected through technology**

With your parent/carer's permission and support you could have a conversation over:

- Text
- Email
- Skype/facetime
- Social media

## **Give to others**

Giving to others doesn't have to be physical objects. You can give other things too. Giving to others really helps to look after our own wellbeing as well as supporting others' wellbeing. Here are some ideas on what you could give...

## **Give Kindness**

- Write a letter (use Worksheet A to help) to your local care home or hospital. With permission from parents/carers, you can post these. If not keep them and take them when you can.
- Make someone a cup of tea
- Draw somebody a picture

## **Give Help**

- Can you help your parents or carers with some of the chores around the house? You could:
  - Tidy your room
  - Wash up
  - Hoover
  - Fold laundry
  - Help with younger siblings

## **Give Time**

- Take time talk to your loved ones (if you can, Skype grandparents- don't forget to get permission to do this!)
- Play a board game with those that you live with.

## **Give a compliment**

- Compliments are a great way to help your wellbeing as well as others'. Tell somebody they look good today or remind them of what they are good at.

## **Give a smile**

- Smile at people today and we guarantee they will smile back.

## **Give support**

- Ask someone how they are feeling today and listen.

## **Give respect**

- It's normal for us to feel lots of different emotions but it's important that you still be respectful of each other.

### **Give thanks**

- Don't forget to say thank you when somebody does something for you for example, somebody has cooked your dinner.

### **And finally...**

Resilience means not to give up and to persevere. Sometimes, we may feel that we are having a bad day. That's ok! Just remember tomorrow is always a new day. Remember, sometimes it is difficult to be resilient but not giving up and preserving really helps our wellbeing.

Similarly, showing empathy by putting yourself in somebody else's shoes and understanding how they feel, can create better relationships.