



Summer Holiday Wellbeing Pack: 5 Ways to Wellbeing

**MENTAL HEALTH
SUPPORT TEAMS
IN SCHOOLS**



Here is a booklet so you can try and do different things within your time, based on the **5 ways to wellbeing**...lets see how many you can do!



Talk and listen,
be there,
feel connected.

Summer holidays can be an exciting time. But also finding things to do can be a challenge. One example is to take time each day to be with your those you care for, for example, try arranging a fixed time to eat dinner together.



Your time,
your words,
your presence.

Doing different acts of kindness can be rewarding and helpful, it can give you an opportunity to give to others, it can help build our own responsibilities as we grow. Some examples, Saying thank you to someone for something they have done for you. You could do some thing or say something kind to someone else.



Remember the
simple things
that give you joy.

There are many different ways to remember the fun things we do. Lets see if we can remember the fun things we do this summer. Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.



Embrace new
experiences, see
opportunities and
surprise yourself.

We are always learning. Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life. Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint



Do what you can,
enjoy what you do.
Move your mood.

There are many different ways of moving. Moving can help increase our mood and help us manage our feelings. Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing.

Be Active



- Dance to your favourite song
- Walk a dog
- Hula-hoop
- Join a sports team
- Play a game in the playground

Make sure you check with an adult before doing some of these activities. Such as, walk a dog or join a sports team.

Always make sure the environment is safe before you play! You may need an adult to check this is ok to do.

- Walk or cycle to school
- Help in the garden
- Run a race with friends
- Make up your own sport
- Daisy chain making
- Drawing/make something

There are endless ways of being active and using different parts of your body. What activity ideas can you think of?

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Can you think of any active activities you can do when your inside?

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What activities can you do on your own?

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What activities can you do with someone else?

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Why not visit change for life website for some ideas: www.nhs.uk/healthier-families/





- Learn a new word each day
- Visit a museum or art gallery
- Try out a musical instrument
- Do a word search
- Try a new food

- Learn to cook a new recipe
- Study an animal or bug
- Visit a new place
- Write a story or song

What sort of things do you think you could learn this summer?

Could it be a new trick, a skill, learn how to grow a plant?
 Could it be learning facts about something you're interested in?

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Here are some ideas if you're struggling!



Take Notice



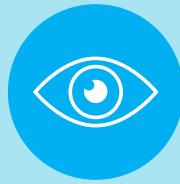
- Look what you can see out of your window and how it changes
- Paint or draw a picture of what you've seen today
- Think about how you are feeling today
- Listen to the sounds of nature like the wind and rain
- Play I spy
- Notice how your friends or family are feeling today
- Rainbow walk! Go on a walk and find something for every colour of the rainbow

?? What are

Ideas 

5

Things you can see



- Sun
- Picture on the wall
- People walking

4

Things you can feel



- Wind blowing
- Feet on the floor
- Pencil in hand

3

Things you can hear



- Bird chirping
- Clock ticking
- Car horns

2

Things you can smell



- Food from cafeteria
- Laundry detergent on clothes
- Fresh cut grass

1

Thing you can taste



- Mint
- Breakfast
- Toothpaste

Take notice of how you are feeling. Talk to someone you trust about how you are feeling. One example could be a friend or family member





- Talk to your friends and family
- Help a friend or neighbour
- Eat a meal with your family
- Make a new friend
- Say hello
- Bake some cakes and share them
- Pray

- Make a family tree
- Interview family
- Play with their toys/ listen to their music
- Look at old photographs

Remember to check with an adult before doing some of these activities. Such as, baking, helping a neighbour or making a new friend.



- Smile and say Thank you
- Make a homemade present or card for someone
- Hold a door open for someone
- Give someone you love a hug
- Send your old toys to a charity shop

- Share with others
- Help around the house - wash the dishes or do some dusting
- Listen to someone else and how they are feeling



Wellbeing Bingo!

Tick them off as you complete them and then show a family member, friend or someone you trust what you have done!

How many can you complete by the end of summer?

You had your favourite meal over the summer	Have you seen a black bird?	Can you create an animal shadow with your hands?	Heard your favourite song	Have you seen a dog?
Tell a joke	Help tidy up	Turn this into a paper aeroplane/ shape	Can you sing a song?	Can you spot any shapes in the clouds?
Have you seen a pretty flower?	Can you make up a song	Create your own bingo!	Have you seen a ginger cat?	Give a high five to family/ friend
Do something kind for someone	Give a compliment to a family member/ friend	Make a dance routine	Help a family/ friend with a chore	Say please and thank you
Share your toys/ items	Have you heard a bird tweet?	Draw a picture on the back of this booklet	Make a story and share it with a friend/ family	Have you done an activity you enjoy?



You may also keep it and share with your teacher when you are back or with the Education Mental Health Practitioner in your school!

Extra Challenge:

Can you figure out which activities on this bingo meet which areas of wellbeing you have learned about in this booklet?



Talk and listen,
be there,
feel connected.

What can you do to connect with others this summer?

Idea 1:

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Idea 2:

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Your time,
your words,
your presence.

How can I give this summer?

Idea 1:

.....

Idea 2:

.....



Remember the
simple things
that give you joy.

What can you do to take notice this summer?

Idea 1:

.....

Idea 2:

.....



Embrace new
experiences, see
opportunities and
surprise yourself.

What can you learn this summer?

Idea 1:

.....

Idea 2:

.....



Do what you can,
enjoy what you do.
Move your mood.

How can you be active this summer?

Idea 1:

.....

Idea 2:

.....

Brain Dump

This is your space to draw or write what is on
your mind.





Have you watched Inside Out?*

This film focuses on the different emotions people have, and it helps us recognise that negative emotions are also a part of us.



When **Sadness**, **Anger**, **Fear**, and **Disgust** overpower Riley's mind, we realise it is normal to struggle, too. **Joy** is not something guaranteed in our everyday lives.



Challenge 1: Can you watch it and guess which emotions Riley is feeling?

Challenge 2: Next time you watch TV or a film, try and see if you can identify what feeling the character may be feeling?



Challenge 3: What well being area do you think these challenges fit in?





What's happening near you?

To find out what activities are happening in Leicestershire over the summer, head to:

 <https://families.leicester.gov.uk/family-information/activities/>

Where you'll find information on things like



Activities for children with disabilities



Visit an adventure playground near you




Activities for under 5s

More things to look out for:

Reading challenge in Leicester libraries and free creative drop in's:

[Summer Reading Challenge \(leicester.gov.uk\)](https://www.leicester.gov.uk/your-community/libraries-and-community-centres/libraries/children-and-young-people/summer-reading-challenge/)

www.leicester.gov.uk/your-community/libraries-and-community-centres/libraries/children-and-young-people/summer-reading-challenge/


Free daily activities at the King Richard III Visitor Centre:

[Richard III Visitor Centre \(kriii.com\)](https://www.kriii.com/your-visit/fun-for-the-kids/)

www.kriii.com/your-visit/fun-for-the-kids/

Leicester's Play Day

When: Wednesday 7th August

Where: Town Hall Square

Why not visit Leicester Museum and Art Gallery!



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References:

- <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/> <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>
- <https://www.pbs.org/parents/printables/kindness-bingo>
- *Moving About | Staying Healthy | Health for Kids*
- *Physical activity guidelines for children and young people - NHS (www.nhs.uk)*
- *Healthier Families - Home - NHS (www.nhs.uk)*

Services for support

Childline:

Call 0800 1111 (free, 24/7)

Samaritans:

Call 116 123 (free, 24/7)

YoungMinds:

Crisis messenger, text YM to 85258
(free, 24/7)

ChatHealth:

Text 07520 615381, 9am to 5pm
Monday to Friday (except bank holidays)

In case of an emergency **call 999** or
contact the Central Access Point
team for urgent mental health
support on **0808 800 3302**

**Health
for Kids!**

SCAN FOR HELP
AND ADVICE



**Health
for Kids!**

Or check out the following:

[Healthforkids.co.uk](https://www.healthforkids.co.uk)

[Healthy Together 0-19 \(Health Visiting and School Nursing\)](#).