



WELL-BEING ACTIVITIES

For everyone

1. Wheel of Well-being

Try to complete an activity for each area on the wheel each day or over a week.

<https://www.wheelofwellbeing.org/>



2. Action for happiness coping calendar

<https://www.actionforhappiness.org/calendars>

ACTIVE COPING CALENDAR: APRIL 2020

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

3. What went well today and showing gratitude activities

Think about what you are grateful for today and what went well. This could be something you achieved, something you enjoyed (e.g. the sunshine) or something another person did. It can be nice to look back at these individually or as a group. You can record this in different formats for example:

- Gratitude diary/journal
- Gratitude wall or fridge
- Gratitude jar

Gratitude Prompts

For Kids

Write down a happy memory.

What is one of your favorite gifts that somebody recently gave you?

Tell about a time that someone was nice to you.

What is one of your favorite things that happened this week?

Tell about your favorite stuffed animal or toy.

What is your favorite thing about living in your town, your neighborhood or house?

Write about one of your best friends and why they are special to you.

What is your favorite thing about school?

What is an event or occasion you are looking forward to?

Name one thing you do really well.

<https://coffeepancakesanddreams.com/2019/04/29/how-to-start-a-gratitude-journal-for-kids-families/>

4. Daily emotion check-in

Draw how you are feeling or choose from a picture/photo and share together.



<https://www.pinterest.co.uk/pin/145522631685211731/>

For adults and young people

- **Headspace:** <https://www.headspace.com/covid-19>
Headspace is an app offering meditation, sleep and movement exercises
- **Create a happy/calm box:** create a box with special little memories or items such as photos, notes that family or friends have given you, items that make you happy or calm you down
- **Watch theatre online:** www.youtube.com/user/ntdiscovertheatre for full length plays online.
- **Participate in a virtual pub quiz**
- **Learn a new skill**
 - A new language with Duolingo: <https://www.duolingo.com/>
Duolingo is a website and app where you can learn up to 30+ languages
 - Use YouTube for free fitness classes, dance, yoga, Thai chi, Pilates, meditation and more...
 - Learn to draw: <https://www.free-online-art-classes.com/>
 - Learn to cook: <https://www.deliaonline.com/learn-to-cook>

Resilience framework Colour code the resilience framework. Green: 'I already do this.', Orange: 'I do this sometimes', Red: 'I never do this'. Choose some orange ones to work on each week.

Resilience Framework (Adults) – Copyright Hart, Blincow & Cameron (adapted from original) www.boingboing.org.uk					
SPECIFIC APPROACHES	BASICS	BELONGING	LEARNING	COPING	CORE SELF
	Good enough housing	Find somewhere to belong	Make work & learning as successful as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help understand place in the world, & that others may face similar situations		Being brave	
		Being safe	Tap into good influences (eg peer support)	Engage mentors	Identifying & solving problems (reduce self blame and guilt)
	Access & transport	Keep relationships going (eg educator /support partners/carers/family)	Map out career or life plan	Putting on rose-tinted glasses (reframing/reappraising)	Help the person to know her/himself
		The more healthy relationships the better		Fostering their interests	
	Healthy diet	Get together people the person can count on	Help self-organisation	Calming down & self-soothing (support reflection, not feeling overwhelmed by illness)	Help the person take responsibility for her/himself (self-advocacy)
	Exercise and fresh air	Responsibilities & obligations		Remember tomorrow is another day	
		Enough sleep	Focus on good times and places	Highlight achievements	Lean on others when necessary
	Leisure & work occupations		Make sense of where the person has come from	Develop life skills	Have a laugh
Predict a good experience of someone or something new		Make friends and mix			
NOBLE TRUTHS					
ACCEPTING Interpersonal skills, empathy		CONSERVING Interpersonal skills, trust		COMMITMENT Ongoing support issues	
				ENLISTING Self (eg not passive), family, friends, mental health professionals, GP	

<https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework>



For children

All ages

- **Smiling Mind:** <https://www.smilingmind.com.au/covid19-support-page>
Smiling Minds app provides free mindfulness and meditation guides for children and adults
- **Daily online P.E. lesson with “P.E. with Joe”:**
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
Joe Wicks hosts live P.E. lessons from Monday to Friday at 9am (or available to watch any time on the YouTube channel)
- **Mindfulness colouring sheets:** <https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/>
- **Paper and pencil games:** noughts and crosses, hangman, battleships, Pictionary...
(<https://www.playworks.org/resource/fun-paper-and-pencil-games-to-play/>)
- **Easy and cheap crafts:**
https://wvla.org/downloads/Annual_Conference_2013/craftbookletforwvla.pdf
- **Free Art lessons:** <http://www.robbiddulph.com/draw-with-rob> and
www.carlasonheim.com/product-category/free-classes/

Early years

- **Activity guide for children aged 0 to 3 years old:**
<https://www.zerotothree.org/resources/3264-at-home-activity-guide>
- **Simple and fun activities and resources from newborn to five:**
<https://hungrylittleminds.campaign.gov.uk/>
- **Arts and crafts for younger children:** <https://www.redtedart.com/>

Primary school

- **Printouts for different key stages (1 month free):**
<https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>
- **Picture books:**
 - Storyline Online: lots of fantastic free on-line stories read by actors and with animations - <https://www.storylineonline.net/>
 - “The Smartest Giant in Town” by Julia Donaldson
<https://www.youtube.com/watch?v=cfiPrA8E3qE>
 - “How to Catch a Star” by Oliver Jeffers
https://www.youtube.com/watch?v=_3oQcKxE-ck
 - “I’ll Wait Mr Panda” by Steve Anthony

- **Audiobooks:** David Walliams is releasing a free audiobook every day at 11am <https://www.worldofdavidwalliams.com/elevenses/>
- **30 day Lego challenge:** <https://www.freehomeschooldeals.com/free-printable-30-day-lego-challenge-instant-download/>



- **Regulating Obstacle Course Video from Beacon House:** <https://www.youtube.com/watch?v=0vLvoEXLApA&feature=youtu.be>
- **Yoga with cosmic kids** <https://www.cosmickids.com/>

Secondary school

- **Free resources/activities around film, such as quizzes, writing frames, costume design etc.** <https://www.intofilm.org/news-and-views/articles/activities-for-young-people-to-do-at-home>
- **Learn origami:** <https://origami.me/#>
- **Virtual tours of some of the world's best museums:** <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- **Do some DIY:** <https://diyprojectsforteens.com/>
- **Relax with Yoga:** https://www.youtube.com/channel/UCW56cm0SXozQzVH3GNn6t8A?view_as=subscriber