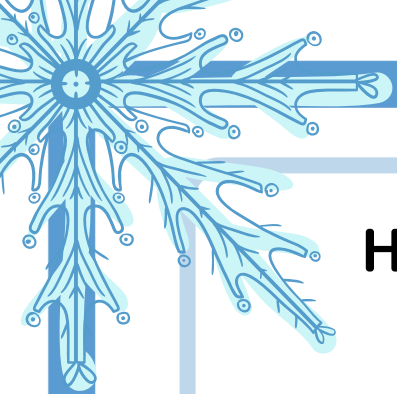


1

Winter Holiday Wellbeing Pack

**MENTAL HEALTH
SUPPORT TEAMS
IN SCHOOLS**



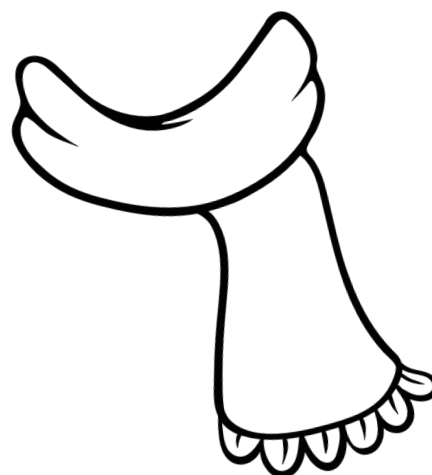
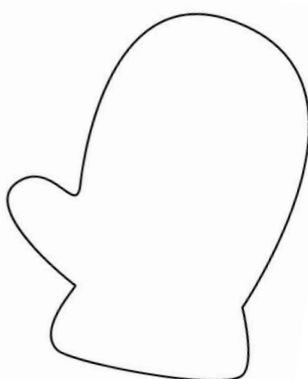
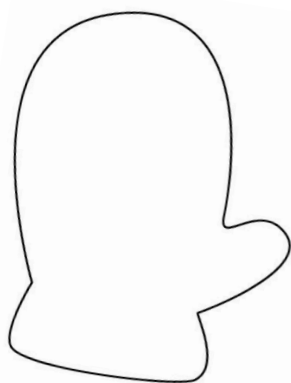
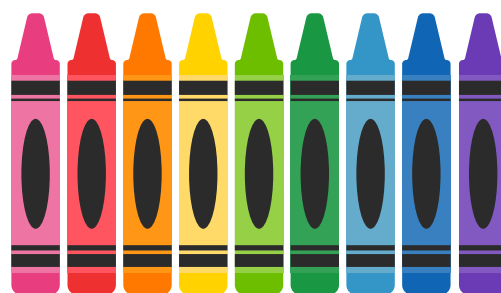
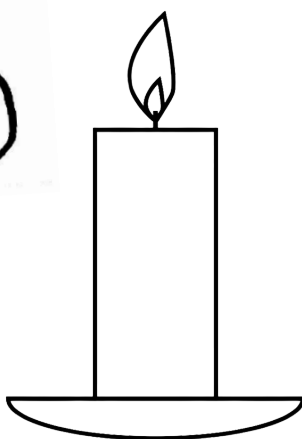
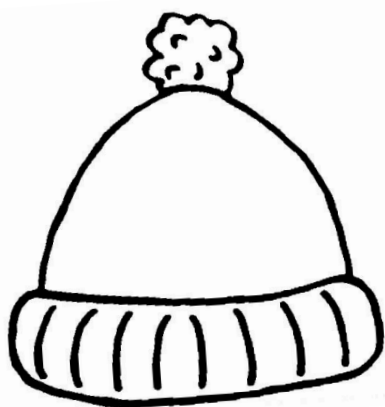


How to look after your mental health at Winter time



This booklet gives you a little reminder about the **5 ways** to wellbeing and how we can use them to support our mental health over the winter holidays!

Lets start with some colouring! This is a great way to relax your mind and body after a term at school.



Connect

Talk and listen,
be there,
feel connected.

Connecting with others makes us feel
happy and a part of a community.
Here are some ideas to connect
with others:

Play with a
friend or family
member

Ask your family
about what games
they would play
when they were
younger and try it
out!

Tell a joke

Tell someone
how you are
feeling



Playing a game is a great way to
connect with others. Try one of
these out or do/ make up your own!



Game: A-Z categories!

Rules:

- Choose a category e.g. fruits and vegetables, names, sports, animals
- Take it in turns to go down the alphabet thinking of an answer until you can't think of anymore!

For example: Names: Alice, Bhavna,
Charlie...

A B C D

David!



Take Notice

Remember the simple things that give you joy.

Taking notice of the things around us helps us to focus on the activities we are doing. Here are some ideas of things you can do to take notice:

Doing any activity with food - make sure you are doing this with a trusted adult and you have no allergies.

Eating our food - taking notice of the flavour, smell, and touch.

What time does it get dark now?

Try out stargazing now!

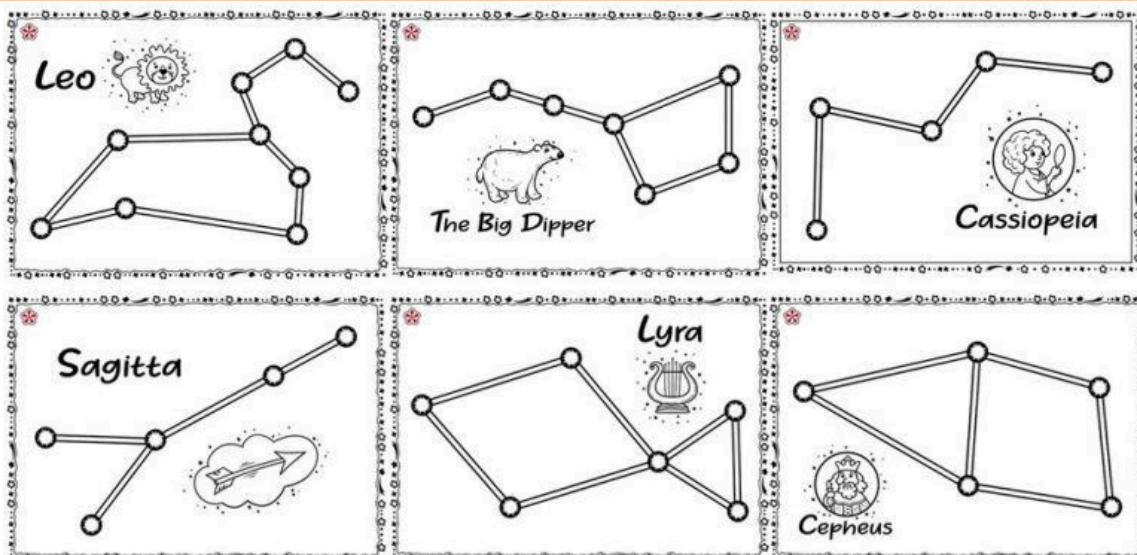
Let's go stargazing!

A **constellation** is a group of stars in the night sky that make up a recognisable **picture or pattern**.

The shapes they might take include animals, objects, or people. Many of the human-shaped patterns have been named after **mythological figures** from the ancient world.

Constellations have many uses in **astronomy, navigation, farming, and storytelling**.

Look out your window or go outside with a trusted adult on a clear night. Can you spot any of these star constellations?



Be Active

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

Being active and looking after our bodies is also important for our mental wellbeing. We can do this in different ways:

Going for a walk with a friend or family member

Doing some drawing/colouring

Getting enough sleep (even if it is tempting to stay up later, this can make our mood worse the next day!)

Practice some breathing below!

Breathing exercises are good for helping our bodies to feel calmer. Try out one below!

1

Warm Cocoa BREATHING



CLOSE YOUR EYES & IMAGINE YOU ARE HOLDING A BIG MUG OF HOT COCOA.

- ★ Slowly bring the mug close to your face.
- ★ Take a deep breath in, smelling the delicious chocolate scent.
- ★ Slowly blow the steam away from the hot cocoa. Be careful not to blow the whipped cream away!

2

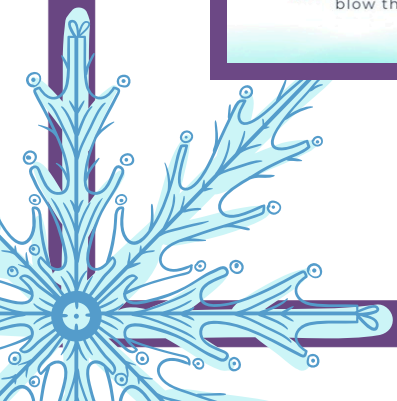
Deep breathing using your hand.



3



Scan the QR code to play lunch-box hero and learn how to make a balanced meal! Or visit the Health for Kids website and find the games section!



Keep
Learning

Embrace new
experiences, see
opportunities and
surprise yourself.

Learning new things is great for your
wellbeing and sense of achievement.

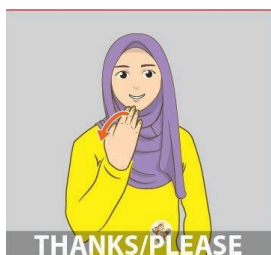
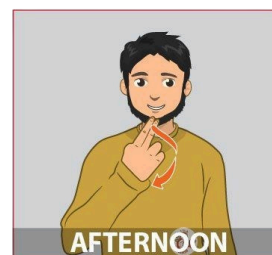
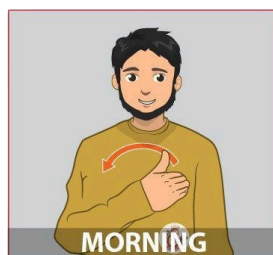
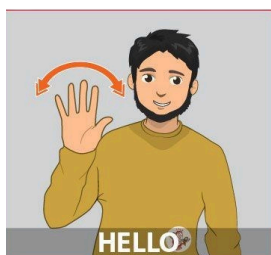
What was one
thing you learned
at school that you
really enjoyed?

Have you
learned any
new skills from
this booklet?
now?

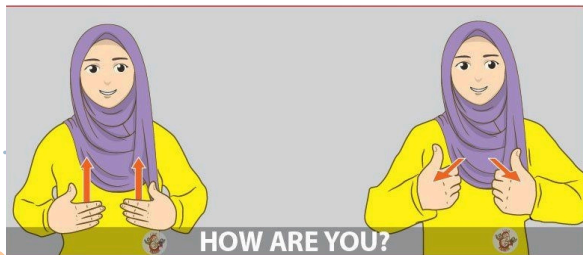
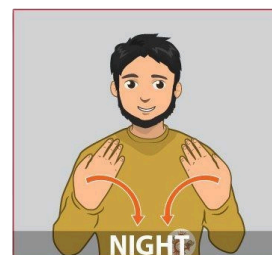
Try out
learning some
sign language
below!

Learning British Sign Language can help you to communicate with
people who have hearing difficulties and help to encourage others to
learn it too.

Have a go at doing these phrases in sign language!



BSL GREETINGS



How did you do? Can you now teach someone else
these phrases?





Give

Your time,
your words,
your presence.

Research suggests that acts of giving
and kindness can help improve your
mental wellbeing by:

Creating positive
feelings and a
sense of reward

Helping you connect with
other people. It could be small
acts of kindness towards
other people, or larger ones
like volunteering in your local
community.

Some examples of the things you could
try include:

- Saying thank you to someone for something they have done for you
- Asking friends or family how they are and really listening to their answer.
- Spending time with friends or relatives who need support or company really listening to their answer.
- A gratitude letter: try this out below!

If you think you are interested
in volunteering, please seek
support from the adults who
look after you at home.



You can cut or rip this out.
Try filling out the wellbeing
bingo on the other side
before you do!

Dear _____

Thank you, for _____

This made me feel _____

From _____



Winter Wellbeing Bingo!

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

<p>Can you see any stars in the sky?</p> 	<p>Have you seen any decorated houses?</p> 	<p>Have you heard any birds?</p> 	<p>Can you spot a shape in the clouds?</p> 
<p>Have you written and given out your gratitude letter?</p> 	<p>Have you seen the moon?</p> 	<p>Have you heard a festive song?</p> 	<p>Have you tried out the sign language?</p> 
<p>Have you had your favourite meal?</p> 	<p>Have you tried a breathing exercise from this book?</p> 	<p>Have you gone for a walk with a family member or friend?</p> 	<p>Have you seen a cat?</p> 
<p>Have you seen a squirrel?</p> 	<p>Can you make any shapes with your hands?</p> 	<p>Have you heard any music anywhere?</p> 	<p>Have you seen a robin?</p> 

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?

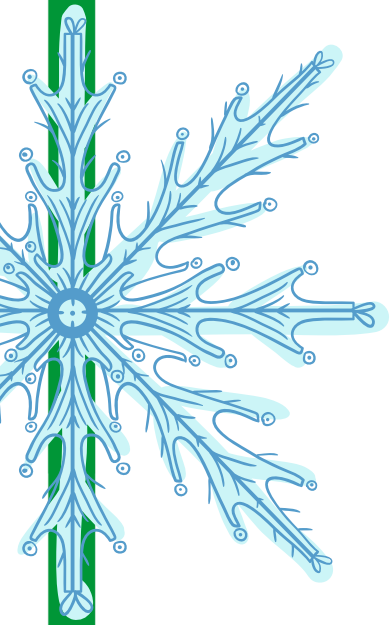
HINT: Some of these activities meet more than one area of wellbeing!



Brain Dump

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

It is good to write down your thoughts to help clear your mind.



Visit the Health for Kids website and find the games section!



LEICESTER LEICESTERSHIRE AND RUTLAND



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>
- *Healthier Families - Home - NHS* (www.nhs.uk)
- www.british-sign.co.uk
- www.twinkl.com

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, free 10:00 - 16:00

In case of an emergency call 999 or contact 111 (NHS) and select option 2 for urgent mental health support.

**Health
for Kids!**

SCAN FOR HELP
AND ADVICE



**Health
for Kids!**

Or follow these links:

A fun way to learn about health
(healthforkids.co.uk)

Healthy Together 0-19 (Health Visiting and School Nursing) - Leicestershire Partnership NHS Trust (leicspart.nhs.uk)