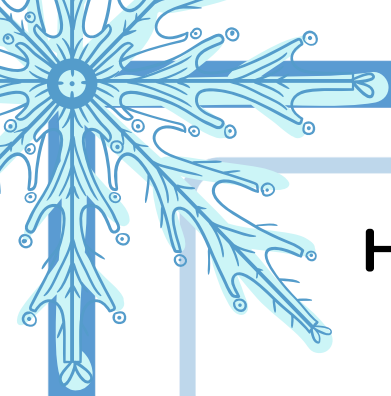


2

Winter Holiday Wellbeing Pack

**MENTAL HEALTH
SUPPORT TEAMS
IN SCHOOLS**



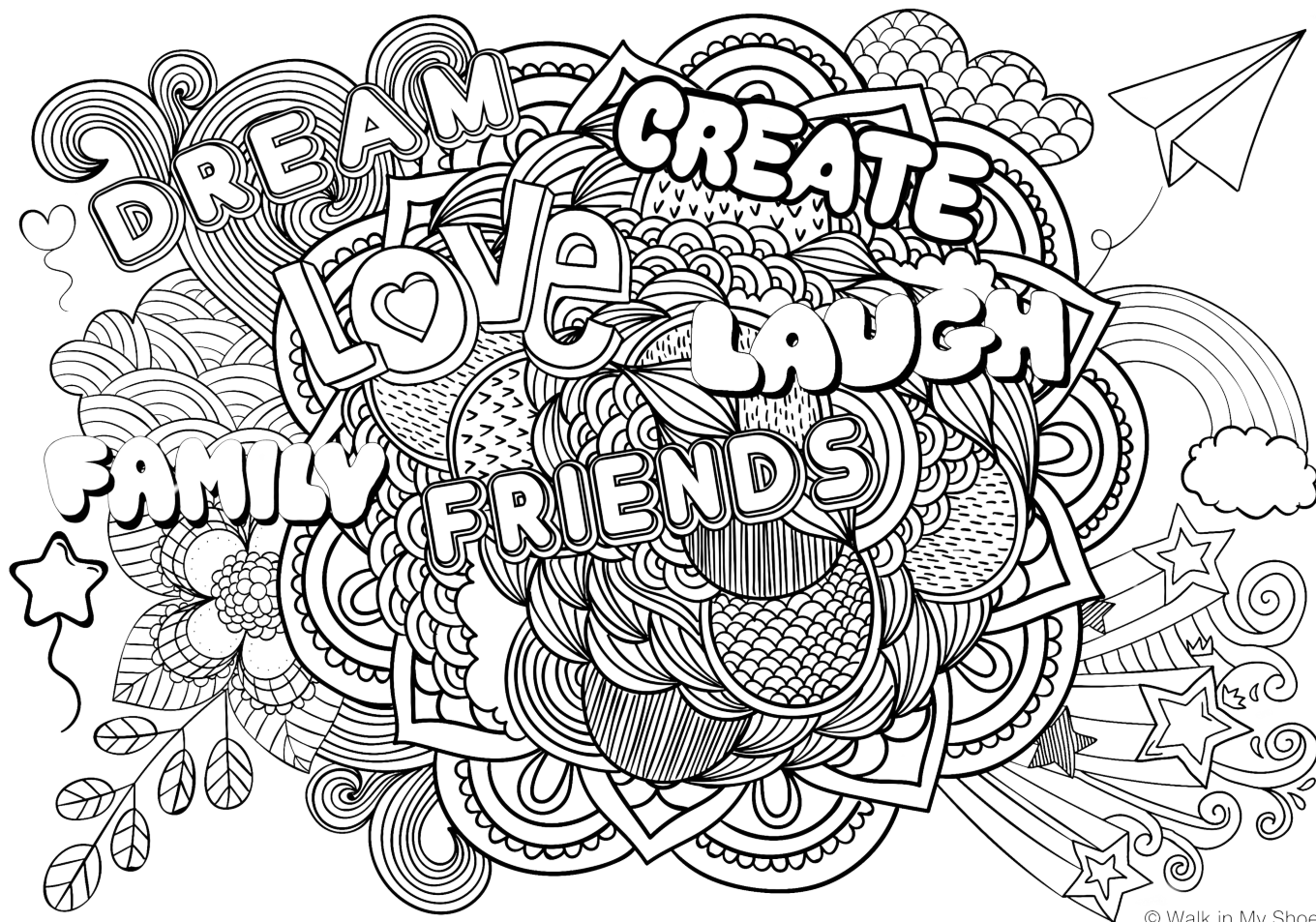


How to look after your mental health at Winter time



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...



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!

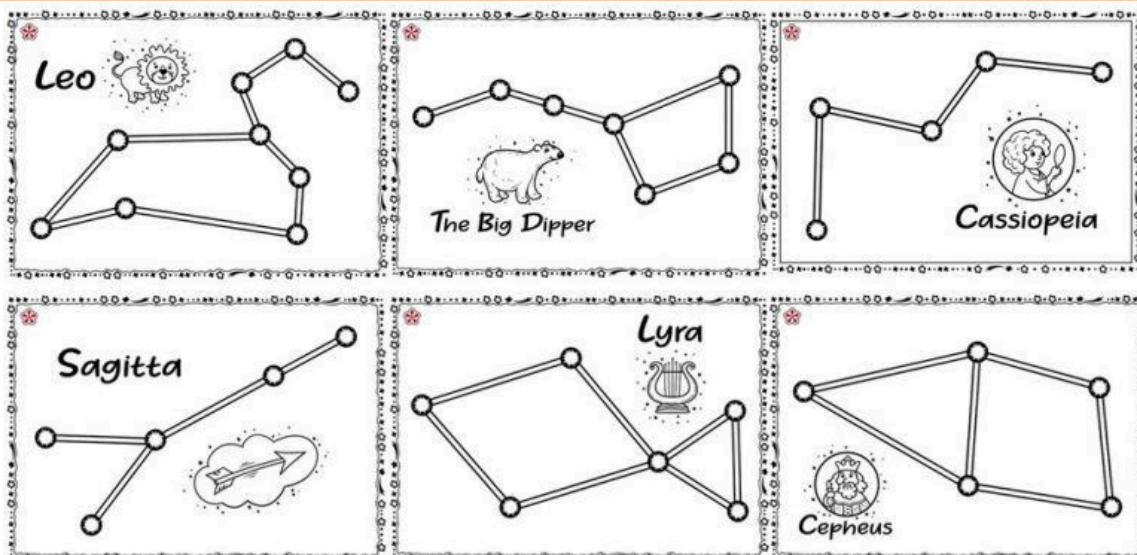
Let's go stargazing!

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:

Physical exercise can boost our mood, e.g. going for a walk with a friend or family member. What ideas can you think of?

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

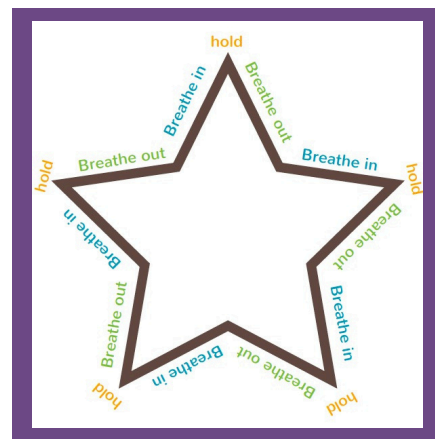
Warm Cocoa BREATHING



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



3

Deep breathing using your hand.



Keep
Learning

Embrace new
experiences, see
opportunities and
surprise yourself.

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

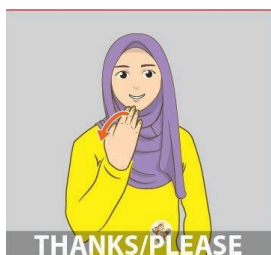
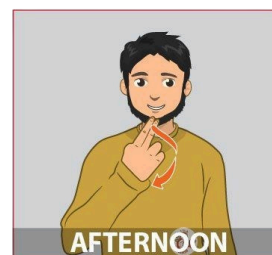
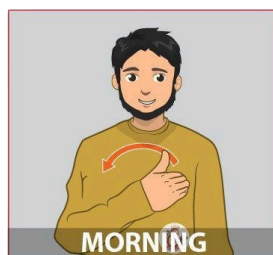
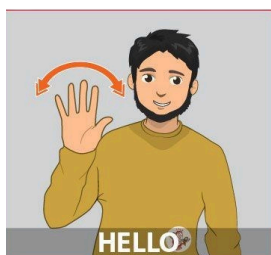
What was one
thing you learned
at school that you
really enjoyed?

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

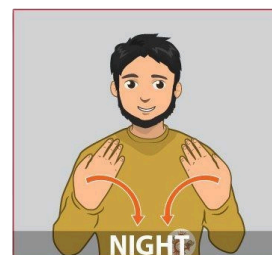
Try out
learning some
sign language
below!

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

Giving you a
feeling of purpose
and self-worth

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

Word search!

Can you find all the winter wellbeing words?



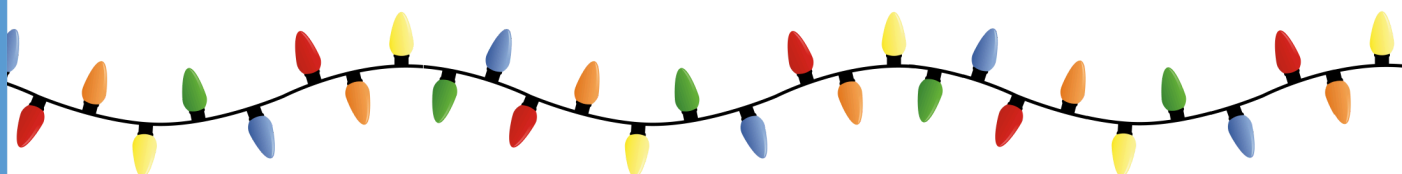
T E D U T I T A R G A A T T A
E E S I L R E W E G G A L T O
O V C R E A A I T H E G R S N
N E A B A G D S N O T N V T I
Z N T O R N O T I C E E I I E
E I E A N N A A W N A G N V B
W I G R I I N R N W C N L E S
I E O R N G T G Z E N A N I T
T R R I G A N A A L S G G L C
G C I A I W T Z C L C E I I E
G G E C H G I I A B H N S G N
T B S T G I E N R E R S E R N
N E I I I V O G A I A E V N O
S E G V C E T R T N T I C S C
T B R E A T H I N G R T G T R

Winter
Active
Stargazing

Wellbeing
Notice
Gratitude

Give
Learning
Sign

Connect
Breathing
Categories



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

This can also help you organise your thoughts and take action. For example, if you are feeling stressed about your school work: what lessons in particular? What can you do to help yourself feel less stressed about it? Is it something that isn't in your control?



If you feel like you need help with how you are feeling or what you are thinking, use the services on the other side of this paper for support.

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

Tellmi:

Download our free app for free, anonymous counselling 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&TEENS

SCAN FOR HELP
AND ADVICE



HEALTH&TEENS

Or follow these links:

<https://www.healthforteens.co.uk/health/>

<https://www.healthforteens.co.uk/leicester/introducing-mental-health-support-team-schools/>