

My wellbeing & self care

Activity pack



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About me

My name:

My birthday:

My favourite quote:

Things I like to do:

My favourite food:

My favourite TV programme:

My favourite song:

Get to know me better

People who are special to me:

My best qualities are:

My favourite memory is:

Something that makes me smile is:

Set your tone for the day

A simple meditation practice

Sit comfortably.

Find a spot that gives you a stable, solid, comfortable seat.

Notice what your legs are doing

If on a cushion, cross your legs comfortably in front of you. If on a chair, rest the bottoms of your feet on the floor.

Straighten your upper body...

...but don't stiffen. Your spine has natural curvature. Let it be there.

Notice what your arms are doing

Situate your upper arms parallel to your upper body. Rest the palms of your hands on your legs wherever it feels most natural.

Soften your gaze

Drop your chin a little and let your gaze fall gently downward. It's not necessary to close your eyes.

You can simply let what appears before your eyes be there without focusing on it.

Feel your breath

Bring your attention to the physical sensation of breathing: the air moving through your nose or mouth, the rising and falling of your belly, or your chest.

Notice when your mind wanders from your breath

Inevitably, your attention will leave the breath and wander to other places. Don't worry. There's no need to block or eliminate thinking.

When you notice your mind wandering gently return your attention to the breath.

Be kind about your wandering mind

You may find your mind wandering constantly—that's normal, too. Instead of wrestling with your thoughts, practice observing them without reacting.

Just sit and pay attention. As hard as it is to maintain, that's all there is. Come back to your breath over and over again, without judgment or expectation.

When you're ready, gently lift your gaze

If your eyes are closed, open them. Take a moment and notice any sounds in the environment.

Notice how your body feels right now. Notice your thoughts and emotions.

My plan for the week ahead

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Take time to look after yourself

Sleep

Some tips from the Sleep Foundation:

- Limit daytime naps to 30 minutes.
- Avoid stimulants such as caffeine and nicotine close to bedtime. And when it comes to alcohol, moderation is key.
- Exercise to promote good quality sleep.
- Steer clear of food that can be disruptive right before sleep. Heavy or rich foods, fatty or fried meals, spicy dishes, citrus fruits, and carbonated drinks can trigger indigestion for some people.
- Ensure adequate exposure to natural light.
- Establish a regular relaxing bedtime routine. This could include taking a warm shower or bath, reading a book, or light stretches.
- Make sure that the sleep environment is pleasant. Mattress and pillows should be comfortable. Bright light from lamps, mobile phones and TV screens can make it difficult to fall asleep.

Communication

Who have you spoken to today? Make sure to stay connected with those around you – whether it's a member of staff, family member or friend, as this will help to improve your wellbeing and boost your mood for the day.

Take time to look after yourself

Pamper yourself

Sometimes it's the little pick-me-ups that have the biggest impact and can make us feel a lot better.

Here are some ideas of how you can have some 'me time' and make sure you are taking care of yourself:

- paint your nails
- take a warm shower with your favourite scented goodies
- do a face mask
- trim your beard
- put on some make-up
- read a book/magazine

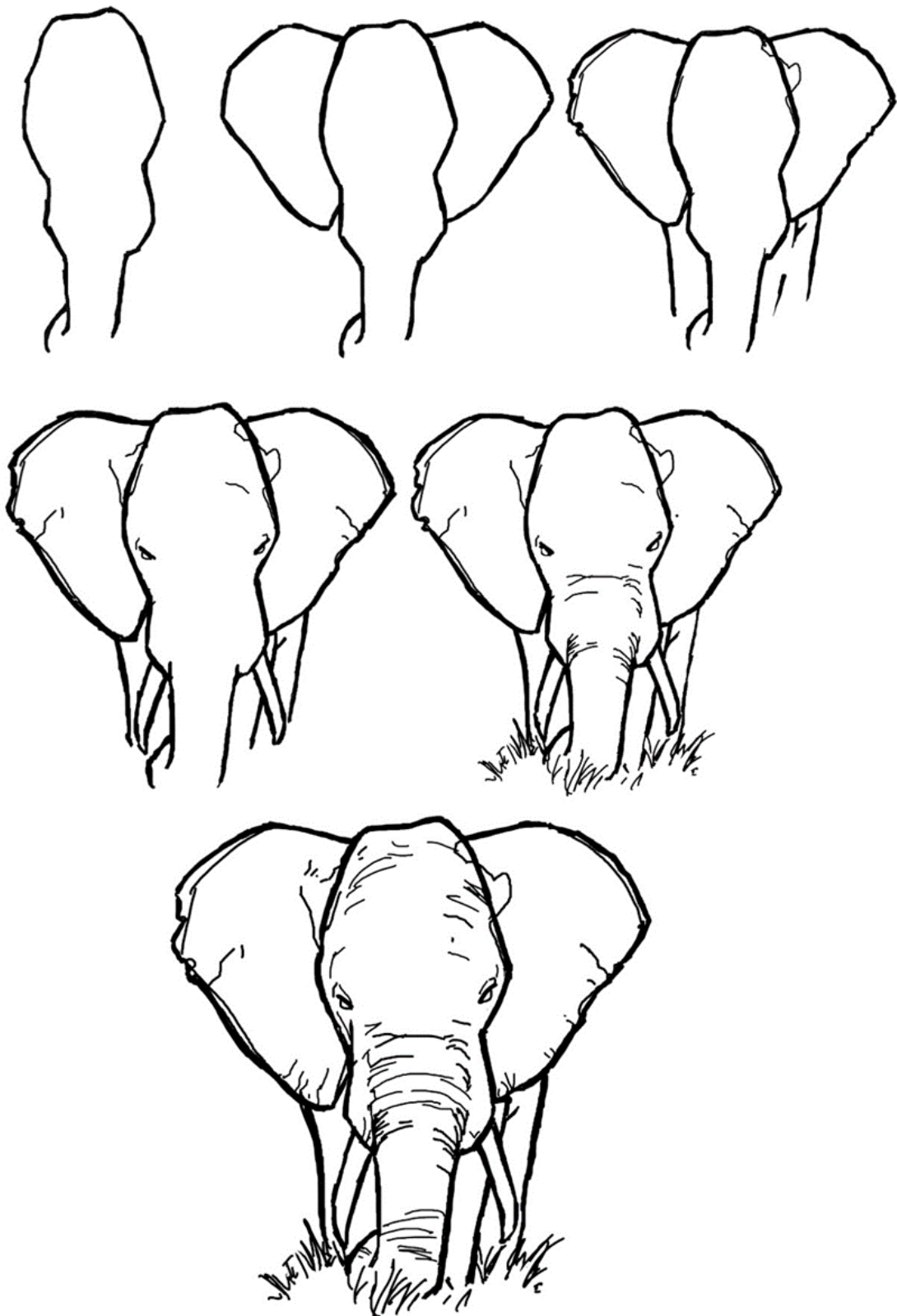
A space for your notes, thoughts and feelings

Be creative!

Anyone can draw! It just takes a little patience and concentration.

- Complex subjects are built out of smaller shapes such as ovals, circles, rectangles, triangles, etc. The shapes may overlap and morph together to build up your subject.
- First you need to study your image and look for the simple shapes. These will form the frame of your drawing.
- Draw these simple shapes lightly in the positions and sizes they need to be to form the bare bones of your drawing. You may have to reposition them or change the size of some of them.
- When you are happy with your frame, the next step is to use light strokes with your pen or pencil to smooth out your outline and bring your subject to life.
- Once you have the frame and the shape right then it is the time for texture and refining.
- If you are copying, pay more attention to your source subject, than to what you are drawing. This way, you are building your memory for when you want to draw from memory or imagination.

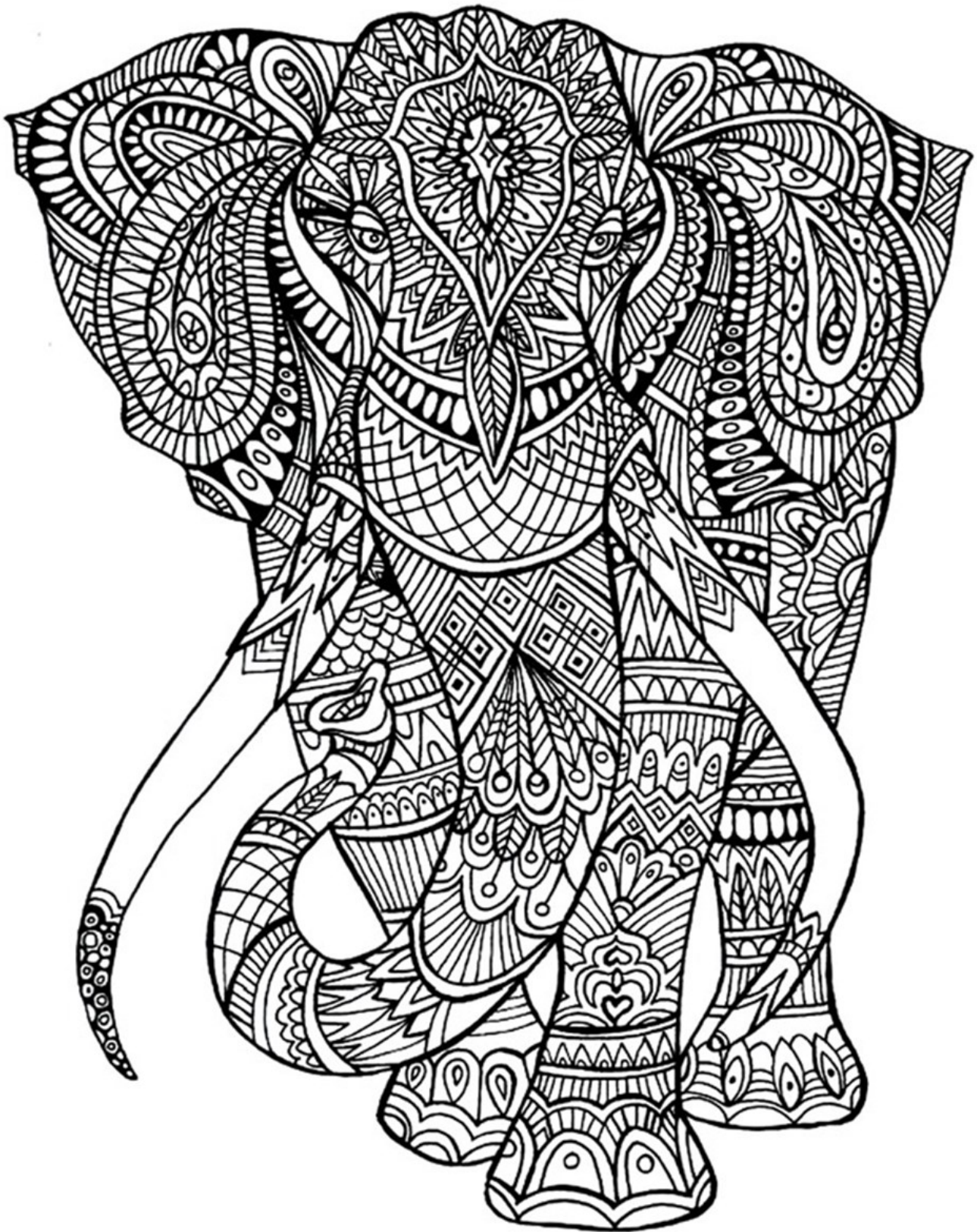
Step by step guide to drawing...an elephant!

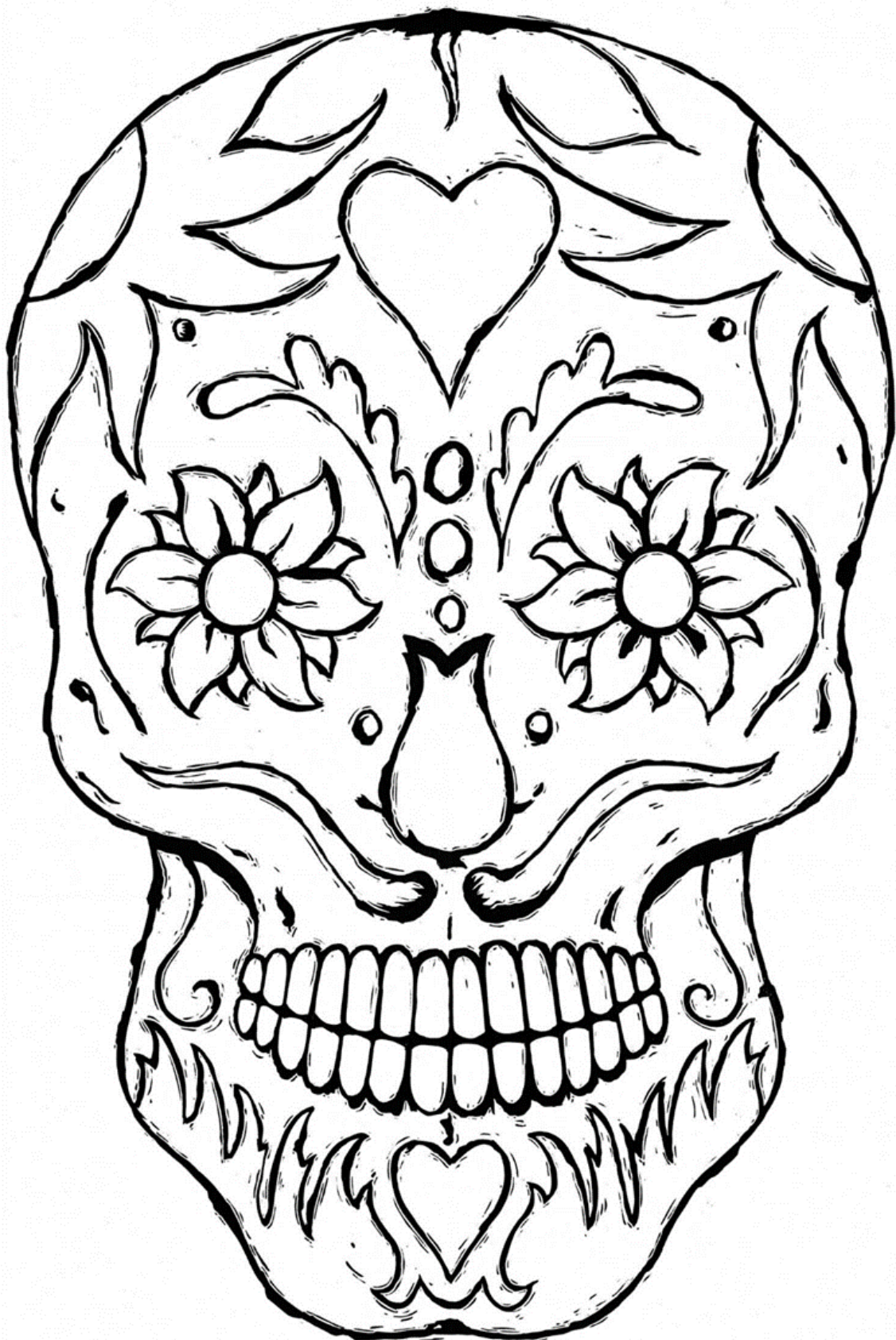


Why not create a picture in the space below?

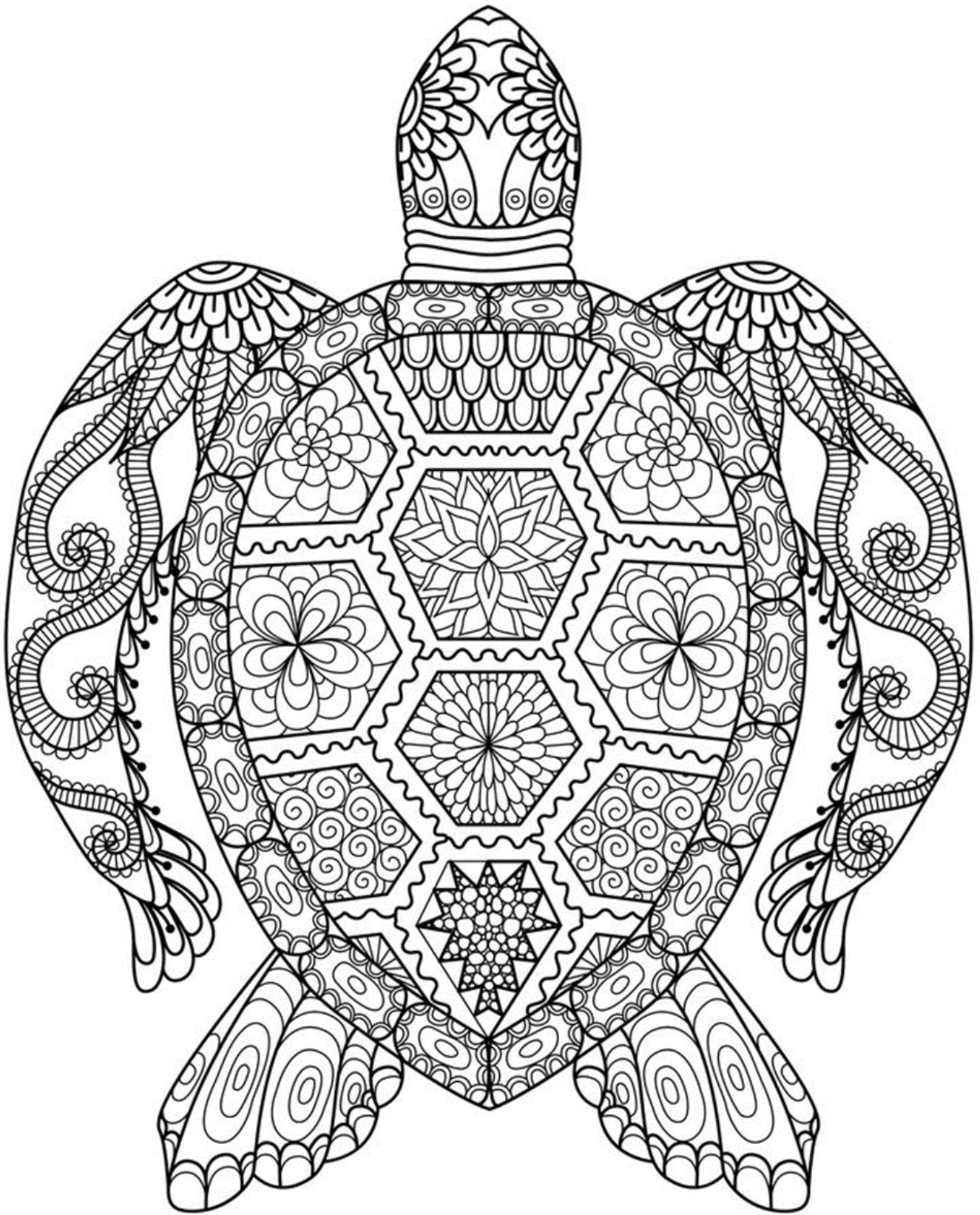
You can take some inspiration from the images in this pack.

Be creative





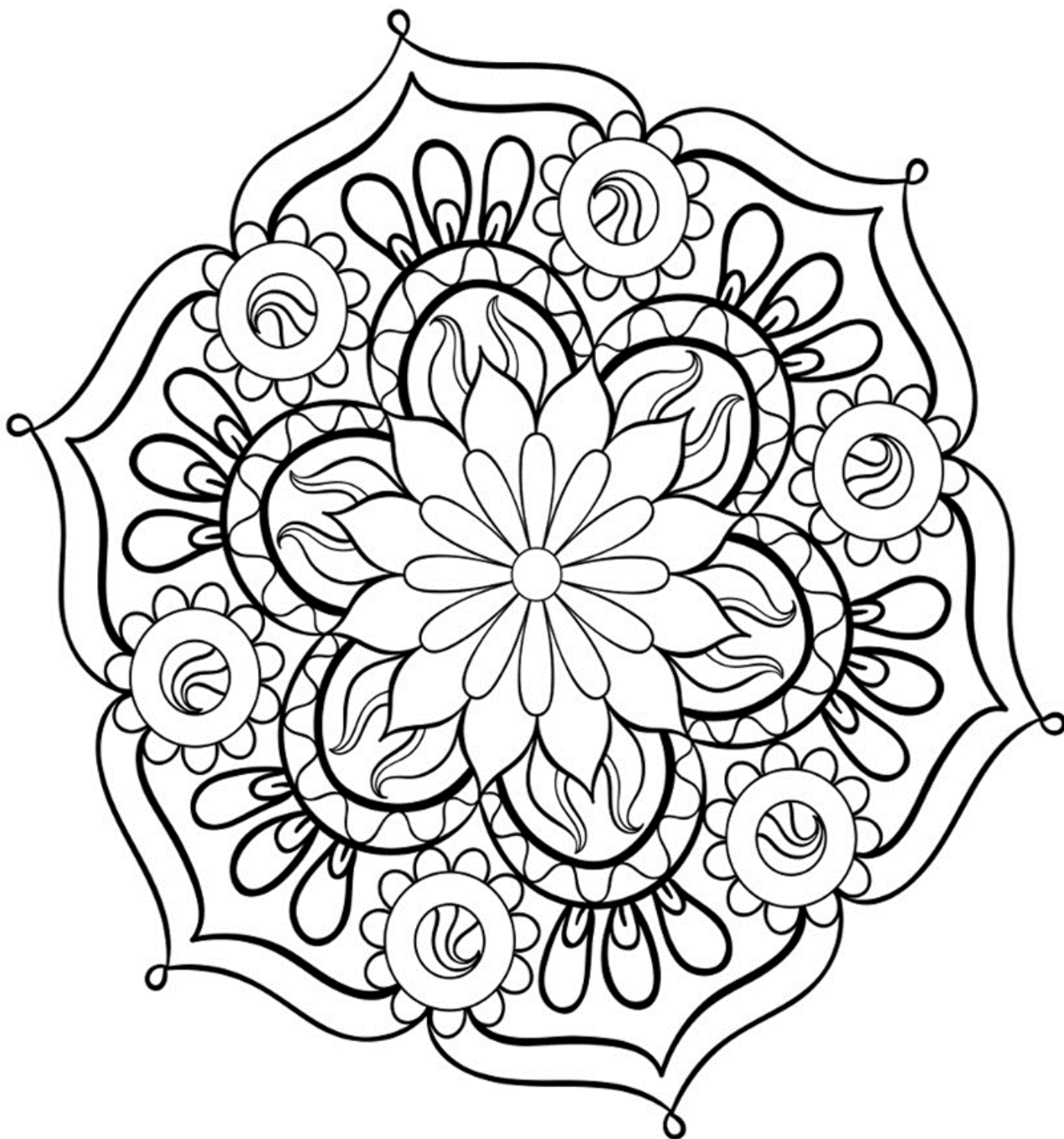




Be creative



Be creative





Challenge your brain!

In this section, have a go at some of the puzzles, crosswords and challenges we have found!

SPORTS



ACROSS:

1. What game is played with a round black and white ball?
2. Tees, ballmarkers and _____ balls.
4. What person uses a bow and arrow?
5. Racquets, balls and 2 or 4 people play.
7. Cross country and downhill.
8. What sport uses a high net and ball?
13. Competition in running.
14. Famous Song:
Take Me Out To The _____ Game.
15. Wear it when you play football.
16. Jumping off a high board.
17. A _____ boat uses oars.

DOWN:

1. Using a board in the ocean.
3. What sport uses a _____ ball to get strikes and spares?
6. Water and bathing suit.
9. Yards, running and touch down.
10. Bat, ball and mitts.
11. Running, jumping, hoop and ball.
12. Ice, puck and stick.
14. Fighting with gloves on.

ANIMALS

G	E	S	U	O	M	H	N	W	R	B	W	C	W	L
X	D	A	Q	H	J	X	O	O	M	L	T	H	W	J
B	W	S	H	N	L	H	T	P	I	C	R	A	W	M
Y	W	M	E	F	F	A	R	I	G	L	K	D	O	G
R	C	K	R	R	R	S	Y	K	T	H	I	P	P	O
J	T	O	W	I	E	F	B	X	X	L	Q	R	J	E
D	R	O	T	A	G	I	L	L	A	E	B	Z	H	X
T	H	N	X	P	I	C	L	F	C	R	V	Z	S	Z
V	N	H	R	S	T	H	E	T	D	R	I	B	I	Q
N	Z	A	C	S	T	Y	X	L	W	I	N	H	F	L
W	U	Q	H	K	L	J	A	E	A	U	F	A	H	F
V	Q	Q	D	P	O	Y	K	N	V	Q	Z	A	T	V
X	M	T	L	Q	E	T	J	Y	E	S	Y	R	C	H
T	A	C	K	Q	C	L	K	M	O	N	K	E	Y	R
P	T	S	H	W	L	Y	E	T	D	R	A	H	T	L

CAT

DOG

BIRD

ELEPHANT

HIPPO

SQUIRREL

GIRAFFE

FISH

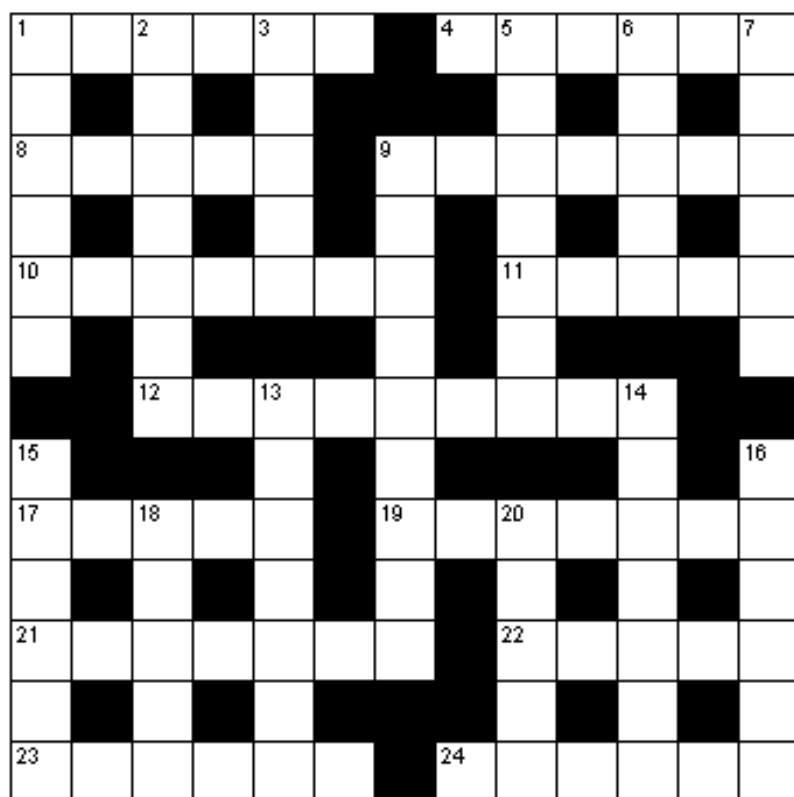
MOUSE

MONKEY

ALLIGATOR

LION

TIGER



Across

- 1 US coin (6)
- 4 Academy awards (6)
- 8 Juliet's lover (5)
- 9 Lake District county (7)
- 10 Somebody else (7)
- 11 Governed (5)
- 12 Making clothes (9)
- 17 Stand-offish (5)
- 19 Ahead (2,5)
- 21 Vacation (7)
- 22 Red-breasted bird (5)
- 23 Puzzling question (6)
- 24 Cure (6)

Down

- 1 Scandinavian country (6)
- 2 Ease (7)
- 3 Historical era (5)
- 5 Japanese warrior (7)
- 6 Spring month (5)
- 7 Beer and lemonade mixture (6)
- 9 Inquisitiveness (9)
- 13 Unbeliever (7)
- 14 Farewell (7)
- 15 Assemble (6)
- 16 Mean, ungenerous (6)
- 18 Lubricated (5)
- 20 Coercion (5)

COLOR

WORD SEARCH

y	b	r	b	p	g
e	l	e	r	i	g
l	u	d	o	n	r
l	e	s	w	k	e
o	r	a	n	g	e
w	h	i	t	e	n

HINT: The first letter of the word begins with it's color!

red
blue
yellow

green
pink
orange

brown
white

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Solar System Word Search

S U N Z J H R R O S J N D Z R D
P L A O U M V X N U H H B B I M
H N X D P A F W P H P S N T U M
S J F K I D S T A R L F E I T H
M M Q B T E H J X D A O P Q U S
N U Y O E V C M I W N G T Z M Q
P R V N R U T A S I E R U F J D
F A W T A N V R M I T B N M T V
S N Z K T V K S N G B A E C U W
P U Z S E A E H C I M R W A H D
T S X N F N T E T O C E C O Y L
N S U D C O A H I U P C X F V H
M S F G X R T K R M F A N H Z O
Q O T L T B O Y O A O B I F V E
C F I H H I R B U V W O D X S L
V K P V D T W N H D K E N A B A

PLANET

SUN

MOON

STAR

EARTH

MARS

MERCURY

VENUS

JUPITER

NEPTUNE

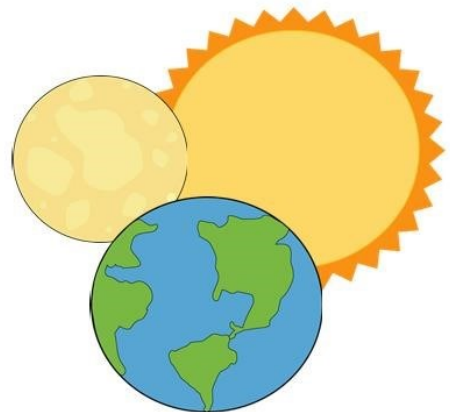
SATURN

URNANUS

ORBIT

ROTATE

AXIS



Find 12 differences



Challenge
your brain

9		6		1	3			8
	5	8					9	
	3						1	
	6		8			9	2	
		3	4		9	1		
	4	9			6		3	
	9						8	
	1					6	7	
4			9	6		3		1

The Simpsons Characters

L	E	N	N	Y	O	W	I	L	L	I	E	U	O
G	R	A	M	P	A	S	R	E	H	T	I	M	S
K	U	S	A	T	U	K	L	Y	E	T	S	E	L
R	M	S	H	R	M	R	I	P	M	M	U	R	M
U	R	S	P	A	N	O	S	L	E	N	C	A	O
S	B	G	I	B	A	L	A	L	R	N	R	B	U
T	U	L	S	U	T	E	L	C	R	G	T	E	U
Y	R	H	T	I	N	A	I	U	E	N	M	P	R
B	N	R	M	S	E	H	O	U	P	A	A	R	H
A	S	K	E	P	D	C	A	R	L	T	A	O	O
R	Y	S	L	R	E	L	I	G	T	S	G	A	M
N	N	Y	R	A	T	T	E	Y	S	T	E	R	E
E	R	T	S	O	B	R	A	L	P	H	L	O	R
Y	S	E	L	M	A	A	K	D	L	H	S	H	M

SELMA
RALPH
CLETUS
LENNY
BARNEY
APU
SMITHERS
HOMER
GRAMPA
WILLIE
NED
LISA
MARGE
MR BURNS
KRUSTY
BART
CARL
PATTY
NELSON
MOE

Only Fool & Horses

A	Y	H	L	E	P	E	C	K	H	A	M	D	E
L	O	V	E	L	Y	J	U	B	B	L	Y	A	Y
Y	R	E	O	D	P	D	E	R	E	K	B	D	G
T	R	A	D	E	R	L	A	O	D	O	O	N	O
Y	S	L	O	B	E	T	O	D	E	H	Y	A	O
E	K	E	B	U	Y	N	L	N	Y	K	C	R	D
N	R	A	L	A	O	M	E	E	K	D	I	G	S
K	V	A	N	L	O	A	A	Y	O	E	E	R	G
C	T	Q	E	N	E	L	R	A	M	E	R	E	A
A	E	D	T	R	E	B	L	A	L	A	N	T	R
H	K	L	D	B	V	R	R	E	T	T	O	R	T
E	R	R	B	D	T	U	N	C	L	E	N	E	O
D	A	Y	Y	H	R	B	H	D	E	L	B	O	Y
L	M	L	E	U	Q	A	R	E	D	L	K	R	R

SELL
 PECKHAM
 MARKET
 PLONKER
 UNCLE
 LOVELY JUBBLY
 MARLENE
 HACKNEY
 VAN
 GRANDAD
 TRADER
 TROTTER
 ALBERT
 GOODS
 RODNEY
 BOYCIE
 DELBOY
 RAQUEL
 DEREK
 BUY

Relaxing

Try doing guided imagery to relax

Have you ever been in the middle of a stressful situation and wished you could be somewhere else—like lying on a tropical beach?

Guided imagery helps you use your imagination to take you to a calm, peaceful place.

Because of the way the mind and body are connected, guided imagery can make you feel like you are experiencing something just by imagining it.

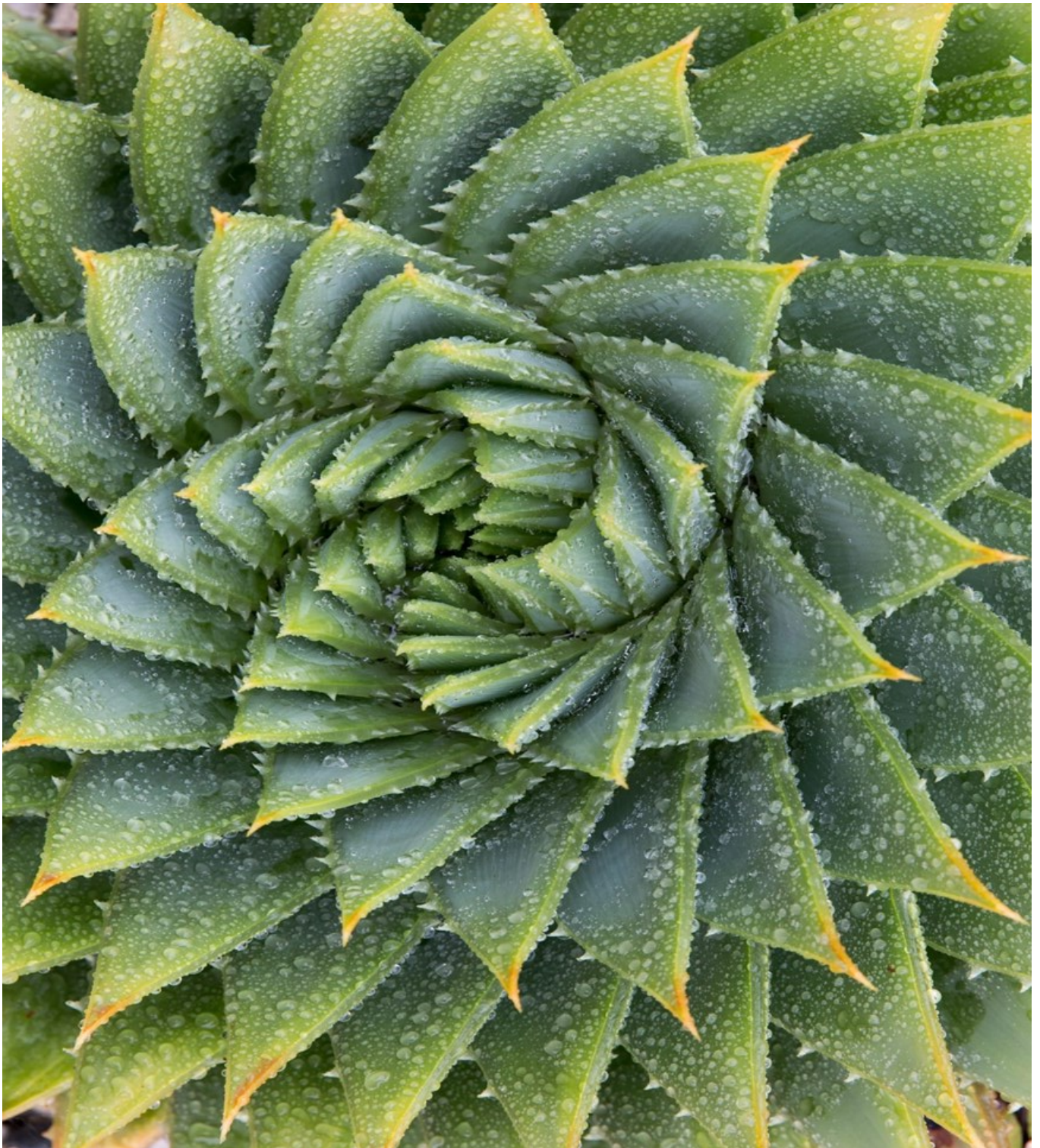
- You can do guided imagery with audio recordings, an instructor, or a script (a set of written instructions) to lead you through the process.
- You use all of your senses in guided imagery. For example, if you want a tropical setting, you can imagine the warm breeze on your skin, the bright blue of the water, the sound of the surf, the sweet scent of tropical flowers, and the taste of coconut so that you actually feel like you are there.
- Imagining yourself in a calm, peaceful setting can help you relax and relieve stress.

How do you do guided imagery?

To give guided imagery a try, follow these steps:

1. Find a comfortable place to sit or lie down. Close your eyes.
2. Start by just taking a few deep breaths to help you relax.
3. Picture a setting that is calm and peaceful. This could be a beach, a mountain setting, a meadow, or a scene that you choose.
4. Imagine your scene, and try to add some detail. For example, is there a breeze? How does it feel? What do you smell? What does the sky look like? Is it clear, or are there clouds?
5. It often helps to add a path to your scene. For example, as you enter the meadow, imagine a path leading you through the meadow to the trees on the other side. As you follow the path farther into the meadow you feel more and more relaxed.
6. When you are deep into your scene and are feeling relaxed, take a few minutes to breathe slowly and feel the calm.
7. Think of a simple word or sound that you can use in the future to help you return to this place. Then, when you are ready, slowly take yourself out of the scene and back to the present. Tell yourself that you will feel relaxed and refreshed and will bring your sense of calm with you.
8. Count to 3, and open your eyes. Notice how you feel right now.

Calming images



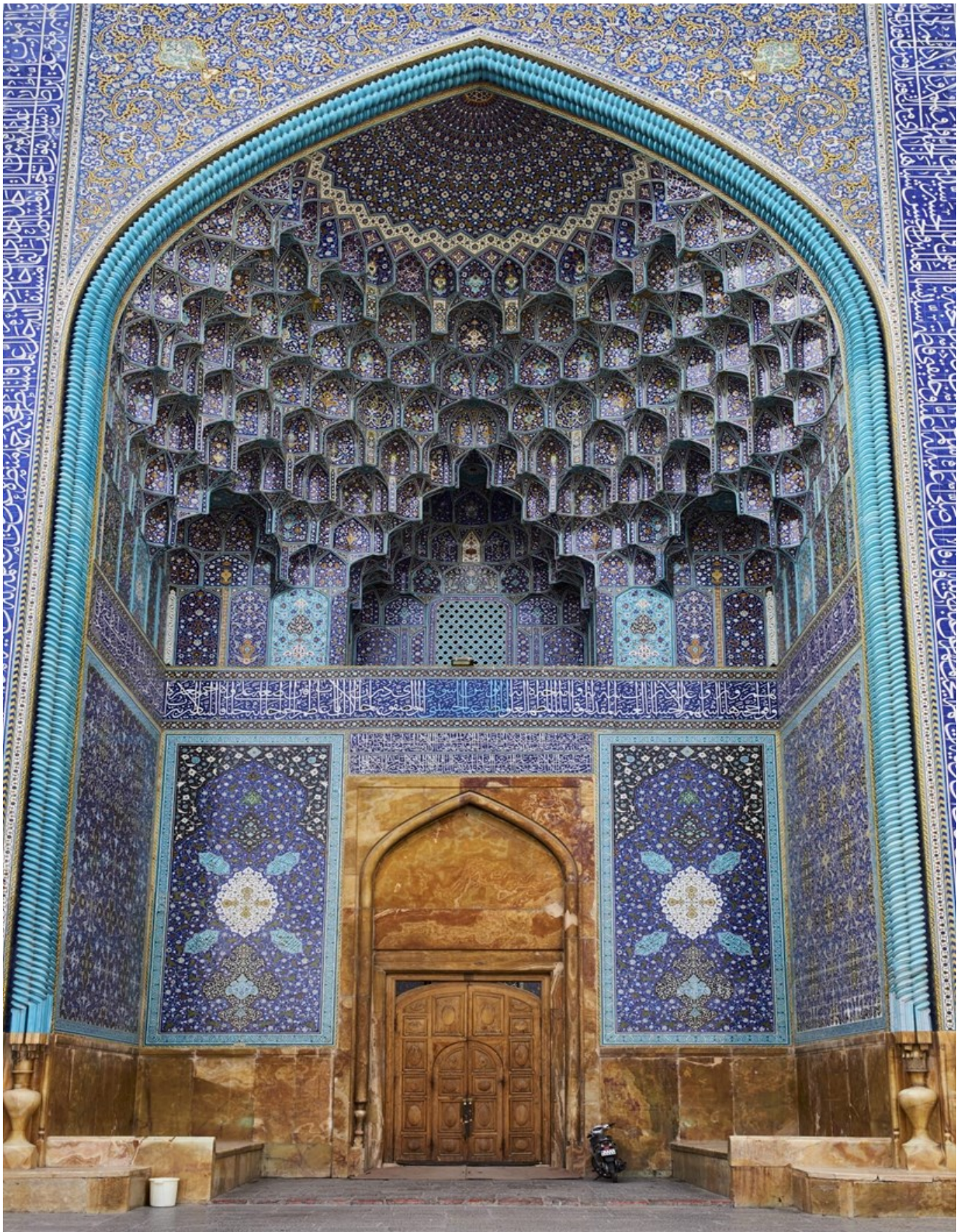
Calming images



Calming images



Calming images



Mindfulness exercises to do at home

Mindfulness refers to being 'present' and fully aware of what we are doing at this specific moment. It is a space free from distraction and judgement. It helps us to be aware of our thoughts and feelings, without being caught up in them.

Using your hands to feel

Collect some objects that would be interesting to hold. Have a look around your home or garden and see what you can find! Some ideas for objects to find could be feathers, putty, stones, clothing, cushions, flowers ... the possibilities are endless!

Once you have collected the objects you can start the exercise. Spend some time to feel around each of the objects and notice what you can feel and the differences between the objects in how they feel.

You can make a note of what you have found doing this exercise to record your thoughts.

Using your eyes to see

You can be in any room in your home or in your garden. Spend some time to look around the area that you are in.

Whilst you are looking around the area you are in, make a note of the things you can see straight away and have noticed all the time.

Once you have finished noting those things down, spend some time to look around the area again but this time you are trying to find things you have not noticed before. This could be smaller in detail such as a crack in the wall for example. Make a note of your new findings!

Using your ears to listen

You can be in any room in your home or in your garden. Close your eyes and spend time listening to the sounds you can hear.

Make a note of all the different sounds you can hear and try to describe them to compare the differences in sound.

Using your nose to smell

Gather some objects that are different in smells. This could be fruits, flowers, perfume ... be creative in your choices!

Close your eyes and spend time trying to notice the different smells of each of the objects one at a time.

Make a note of all the different smells you can notice and try to describe them to compare the differences in smells between the different objects.

Using your mouth to taste

Gather different types of fruits or food choices.

Take time to eat each type of fruit or food one at a time noticing the taste and texture.

Make a note of the differences in taste and texture you have experienced and describe this to compare the differences between each of the fruits or food you have tasted.

