

Lockdown Home Learning Tools

# Mental Health & Wellbeing Activity Pack

For Parents, Schools and Youth Groups



## Welcome!

e-wellbeing is an NHS approved digital wellbeing service brought to you by YMCA Dialogue, one of the largest providers of counselling and therapeutic services in the South East. The e-wellbeing platform provides advice, practical tools and tips to support the emotional health and wellbeing of children and young people.

We know that lockdown and home learning can be tough, so this pack is filled with tools and worksheets to help young people with their mental wellbeing during this tricky time.

To find out more, visit us at: [e-wellbeing.co.uk](https://www.e-wellbeing.co.uk)

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# Change and Transitions



Change is an essential part of life. It's happening to us at all times in small ways as well as big. Sometimes we resist change because we are scared of the unknown and that can lead us to feel stressed or worried.

**Can you think of a time you dealt with change?**

**Was it...**

At Home

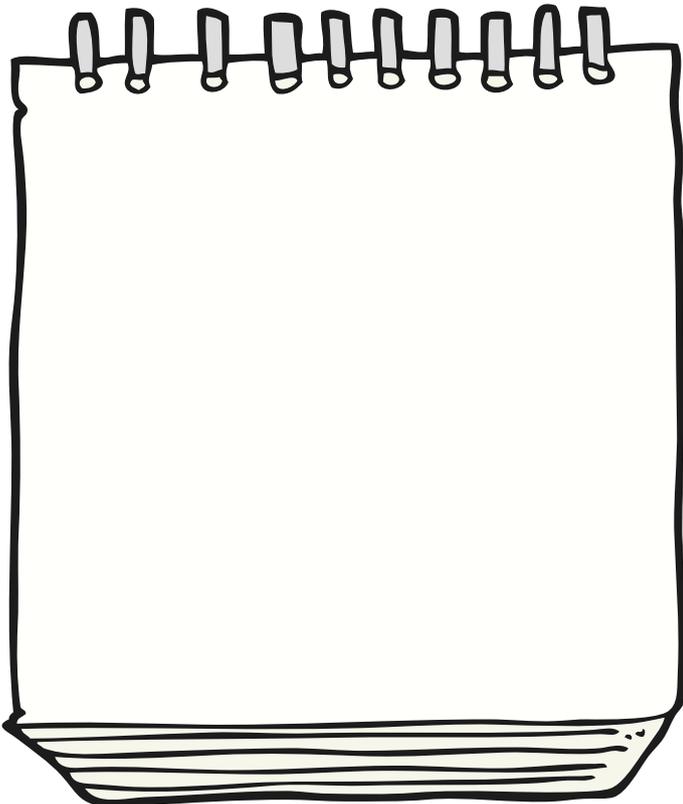
With my friends

At School

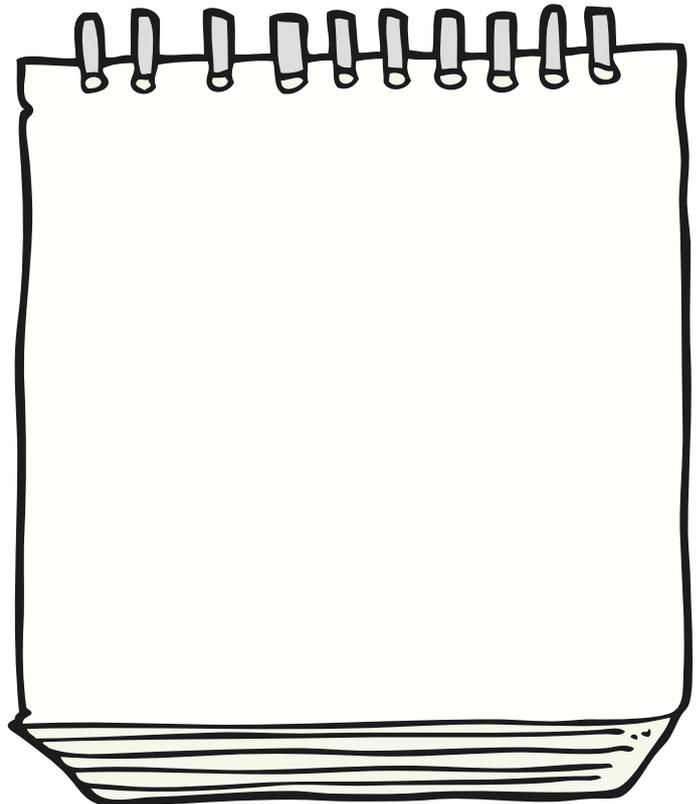
At a club or sports  
team

Other \_\_\_\_\_

**What helped you cope with change last time?**



**What advice would you give somebody going through change?**



# My Worries

MY WORRIES ARE...

What is the evidence for my worry?

EVIDENCE FOR

EVIDENCE AGAINST

# What is the problem?

THE PROBLEM IS...

Can you think of three steps to help solve the problem?

STEP 1

STEP 2

STEP 3

Who can I talk to about my worries?

Person 1 is...



Person 2 is...



Person 3 is...



# Challenging Anxious Thoughts

## Anxiety says...

**What if it doesn't work out?**

**I can't cope with this**

**Worrying stops bad things from happening**

## Instead consider...

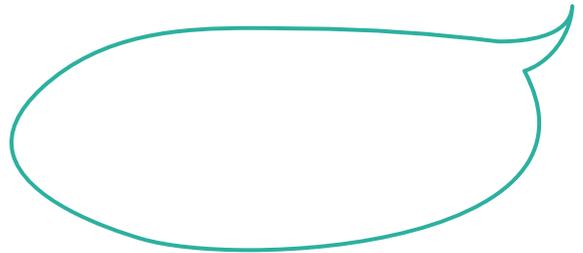
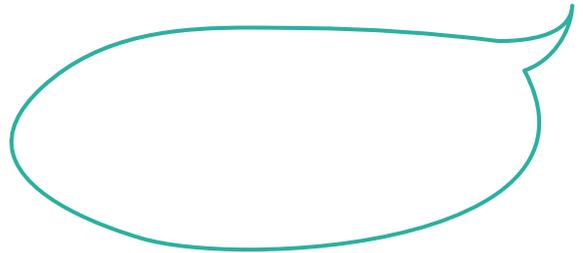
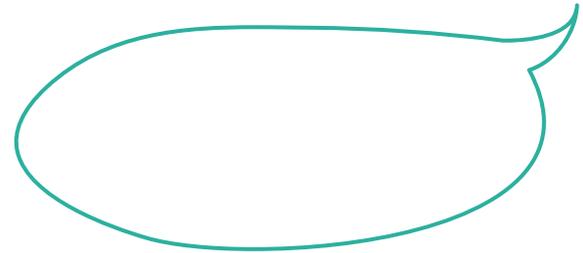
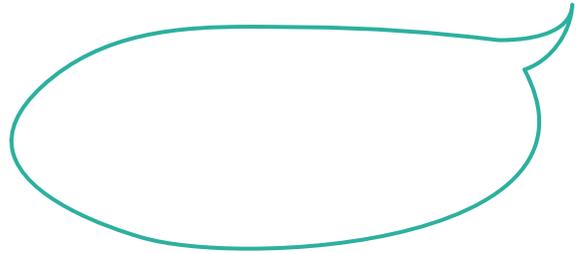
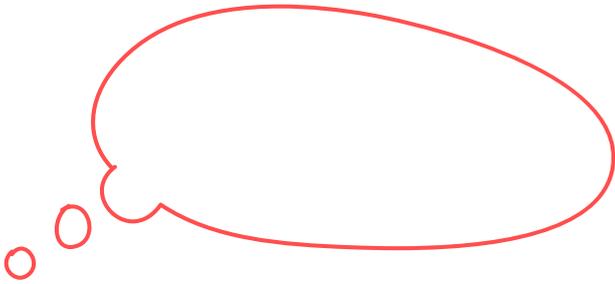
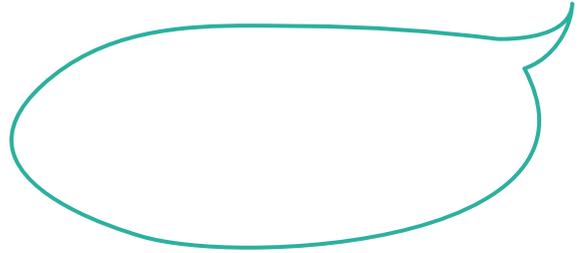
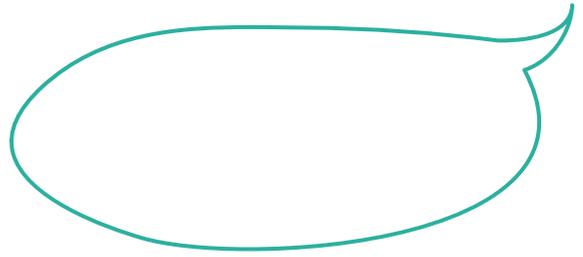
**What if it does work out?**

**You've coped so far and you're still here**

**Can I remember a time where I didn't worry and it turned out okay?**

## Anxiety says...

## Instead consider...



# What is Self-Care?

Self-care means doing things that help your emotional, mental and physical wellbeing. Self-care can mean different things for different people.

In **GREEN** colour in acts of self-care that you do to help you when you are feeling down. In **RED** colour in the ones you would like to do. Fill in the blanks with your own ideas.

Watch my favourite movie or tv show

Take a break from my phone

Do something creative like drawing or colouring

Say no to something I don't feel up to

Have a walk outside

Talk to a friend

Have some alone time

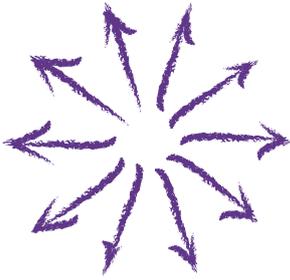
Listen to some music or a podcast

Take a bubble bath

# Feelings About Lockdown

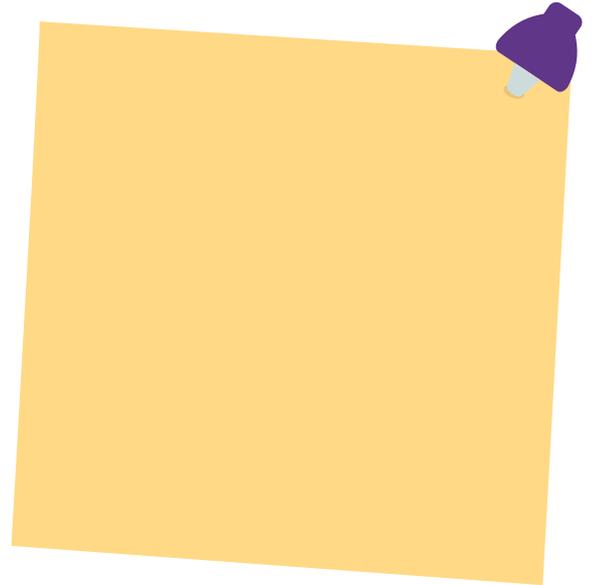
## Positives:

e.g. I just learnt a new skill



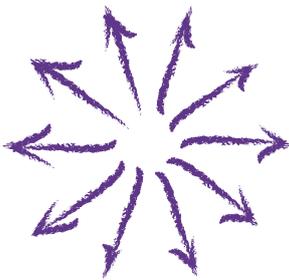
## What did I learn about myself?

e.g. I am resilient and flexible



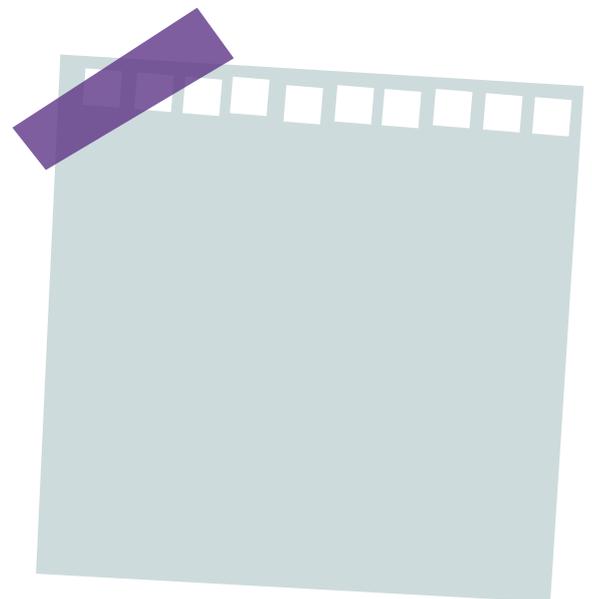
## Negatives:

e.g. I miss my friends



## How will I use lockdown to improve my life?

e.g. I'll create new healthy habits



# Your Calm Place

- 1. Find a quiet space**
- 2. Close your eyes if it feels safe to do so**
- 3. Think of a place that makes you feel calm**
- 4. Notice the sounds, smells, colours of this place**
- 5. Stay there in your mind until you feel calm**



# Grounding Technique

Focusing on your senses when you're feeling worried or anxious can help you feel grounded.

**Try noting:**

**5**

**4**

**3**

**2**

**1**

**things  
you can  
see**



**things  
you can  
touch**

**things  
you can  
hear**



**things  
you can  
smell**

**emotion  
that you  
feel**



# Breathing Technique

Deep breathing can help you relax when you're feeling anxious. There are lots of techniques you can try but start with this one:



**Inhale through your nose for 4 seconds**

**hold for**



**seconds**



**Exhale through your mouth for 6 seconds**

**Repeat as long  
as you need**



**Until you  
feel calmer**

# Other resources



## The e-wellbeing podcast

The podcast on all things mental health. Each episode features interviews with experts and mental health practitioners on topics currently impacting young people's wellbeing.

Check out the podcast by visiting:  
[anchor.fm/e-wellbeing](https://anchor.fm/e-wellbeing)

## The coronavirus module on the e-wellbeing website

It's okay if you're experiencing a range of emotions due to everything going on around us at the moment.

Find out why you might be feeling this way:  
[e-wellbeing.co.uk/modules/coronavirus](https://e-wellbeing.co.uk/modules/coronavirus)



## Find services in your local area

Find mental health support in Sussex:  
[e-wellbeing.co.uk/services](https://e-wellbeing.co.uk/services)

You can also find further support using this link:  
[e-wellbeing.co.uk/crisis](https://e-wellbeing.co.uk/crisis)

YMCA Dialogue's Therapeutic Services:  
[ymcadlg.org/dialogue](https://ymcadlg.org/dialogue)

## Where To Go For

A website for young people to find information about services in Brighton & Hove including mental health, money, drugs, sexual health, local activities and more.

Visit: [wheretogofor.co.uk](https://wheretogofor.co.uk)

