



IVANHOE SCHOOL

LEARNER WELLBEING

Advice and Resources



CONNECT

Good relationships are important for your mental wellbeing.



Positive, happy, respectful relationships are important for your mental wellbeing. They can help you build a sense of belonging, give you an opportunity to share positive experiences, opinions and goals and provide emotional support or allow you to support others with any issues, including mental health.

- Talk to your friends and family
- Chat to your neighbour
- Eat a meal with your family
- Play a board game with family/friends
- Speak to family/friends on the phone
- Have a family movie or games night

Contacts and resources that can help:

Parents/Carers

Maudsley Charity – Tips for parenting

All

Mental health – CAMHS websites

ChildLine – Available at any time

Online Support

Kooth – Anonymous online support and counselling

Healthforteens – Support with feelings, health, and relationships

Mind – Mental health support and advice

Stem4 – Supporting positive mental health in teenagers

Apps

MindShift – Helping teens to cope with anxiety

SAM – Self-help for anxiety management



BE ACTIVE

Being active is not only great for your physical health and fitness, but evidence also shows that it can really improve your mental health and wellbeing by raising your self-esteem and helping you to set goals and feel motivated to achieve them. It also causes chemical changes in your brain which can help positively change your mood.

- Dance to your favourite song
- Walk a dog
- Skip
- Join a sports team
- Play a game in the playground
- Walk, cycle or scooter to school
- Help in the garden
- Run a race with friends
- Make up your own game or sport



Sports at Home

Inclusive Sports at Home

Tennis at Home

Football at Home

Cricket at Home

Joe Wicks - The Body Coach

Getting Fit as a Family

Try the Couch to 5k app – takes beginners from walking to running for 30 minutes in just 9 weeks.



KEEP LEARNING

Learning new things is good for your self-esteem, confidence and develops resilience.

Learning new skills can improve your mental wellbeing by boosting your confidence and self-esteem, helping you to build a sense of purpose and achievement and possibly helping you to connect with others with the same interests.

- Visit a museum or art gallery
- Try out a musical instrument
- Do a word search or puzzle
- Learn to cook a new recipe
- Learn about nature
- Learn a poem to recite
- Learn to play chess
- Learn a new word each day
- Learn a new dance routine

Cooking

Try and cook new healthy recipes

Download Smart Recipes app to help you prepare tasty and healthier meals

Poetry

Join in with a variety of poems

Poetry for teens

Nature

Learn more about the world around us

Ecological Issues: for teenagers

Visit a Museum

The National Gallery

Science Museum

British Library



GIVE

Being kind to others helps us all to feel better.

Acts of giving and kindness towards others can improve your wellbeing by creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth, and helping you connect with people around you. The acts of kindness can be big or small, all that matters is that you feel connected to the act and the person or people it helps.

- Smile and say thank you
- Make a homemade present or card for no reason
- Hold a door open for someone
- Give someone you love a hug
- Send your old toys or clothes to a charity shop
- Help a grandparent with the shopping
- Help around the house – wash the dishes or do some dusting
- Listen to someone else and how they are feeling

What is kindness?

<https://www.youtube.com/watch?v=O9UByLyOjBM>

<https://www.youtube.com/watch?v=mdA2sByFX1I>

Finding ways to demonstrate kindness:

<https://www.randomactsofkindness.org/kindness-ideas>

<https://www.naturalbeachliving.com/acts-of-kindness>

Educate:

Visit websites of local, national and international charities to see how kindness is impacting the world around us

<https://www.unicef.org.uk/>

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

<https://centrepoin.org.uk>

<https://www.sja.org.uk/>

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



Helping the world around us:

- Take donations to a local food bank
- Take unwanted clothes/items to a charity shop
- Volunteer at a charity shop/shelter/community cafe
- Pick up litter in your local area
- Welcome new neighbours to your area



TAKE NOTICE: LIVING IN THE MOMENT

We can all find it hard to stop in our busy lives and think about what is important to us. But paying more attention to the present moment, which includes your thoughts, feelings and emotions, your own body and your surroundings (both immediate and world-wide) can improve your mental wellbeing.

This awareness can be called ‘mindfulness’.

Mindfulness can help you to stop and appreciate the smaller things in life and make you appreciate what you do have. There are many ways to begin practicing mindfulness and connect more with yourself and the world around you, from intricate colouring in, to sitting quietly in your favourite space in your home or garden, to meditating at the start or end of your day.



Getting outside and explore nature

<https://www.wildlifewatch.org.uk/activities>

Mindful colouring

<https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>

https://youthfocus.com.au/wp-content/uploads/2018/04/YF_Mindful-Colouring_FA.pdf

A space for drawing or writing about your feelings

<https://www.childline.org.uk/toolbox/art-box/>

Mindfulness and self-reflection

Daylio app: Diary Mood Tracker – An opportunity to understand your habits and keep a track of your activities to become more productive

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

<https://www.mindful.org/mindfulness-for-kids/>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

TEN DOS AND DONT'S

1 Eat healthily and drink plenty of water

2 Get plenty of sleep as you need to recharge your batteries

3 Get plenty of exercise

4 If you are worried speak to someone. A family member, teacher, or friend

5 Reduce the amount of time you spend on technology

6 Get outside and enjoy the fresh air

7 Try new hobbies and activities

8 Spend time with your family and friends

9 Express your feelings through art, music or maybe a journal

10 Smile and laugh as this helps to boost your mood

MY WELLBEING MATTERS

My wellbeing goal this year is:

.....
.....
.....
.....
.....
.....

The activities/resources that made the biggest impact on me were:

Connect

- 1.
- 2.
- 3.

Be Active

- 1.
- 2.
- 3.

My wellbeing advice to others is:

Give

- 1.
- 2.
- 3.

Take Notice

- 1.
- 2.
- 3.