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***Family
Wellbeing
Pack***

We know these times have been really tough on both adults and children. That's why we wanted to put together this wellbeing pack of fun things the whole family can do!

From crafts and cooking to self-care and ways to relax and unwind, please feel free to pick and choose which activities sound fun for you and your family!

We know that keeping children entertained can be hard, and we can also worry about their education. But learning can be fun and we can find creative ways to keep learning!

Lots of the suggestions in this booklet - Lego, Playdough, baking, crafts and colouring are all educational and will help your children learn... even if it doesn't feel like school!

16 Everyday Activities That Count as Learning

1. Cooking & Baking



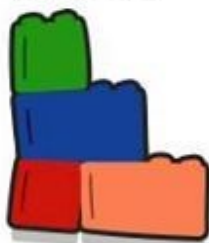
2. Meal Planning

3. Budgeting



4. Checking the Weather Forecast

5. Building with LEGO



6. Playing Card Games

7. Playing Board Games



8. Doing Puzzles

9. Imaginative Play



10. Listening to Music

11. Reading



12. Coloring, Drawing, Painting

13. Listening to Podcasts or Audiobooks



14. Writing Letters or Emails

15. Taking a Walk



16. Cleaning & Doing Chores

Craft ideas

Doing crafts can be both fun and educational! Here are some ideas for things you can make together:



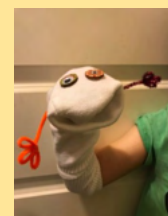
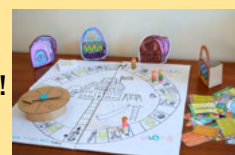
Cut holes out of a box and label with target numbers. Try hitting small balls, like golf balls, into the holes. You could use a broom or a blunt kitchen utensil, like a spoon or spatula, to do this!



Cut the middle out of some paper plates and decorate them however you'd like! Then use an empty inner from a kitchen roll, glue/Cello tape it onto a spare paper plate and you've created your own ring toss! Try the best of 5 or 10 with your kids!

Other craft ideas:

- A **family portrait** challenge. Give everyone a blank piece of paper, or a 'frame' style-print out and ask them to draw a specific person in the family, or the person on their left. Maybe even make it into a competition, or expand it to a whole family portrait!
- Cut triangles out of paper and colour in/decorate with glitter, buttons or other items to make **bunting**. Then string together with some wool or string and hang up!
- **Make your own board game and play it** - you can either stick some pieces of paper together and colour in, or cut pictures/text out of newspapers, catalogues or magazines to make one! Use counters (maybe milk tops) or dice if you'd like too!
- Use pictures from magazines or newspapers to make '**character cards**', like a pack of cards. Then ask your child/children to choose 4/5 and make up a story about them. You could theme the story, or just let their imagination run wild!
- Using your child's favourite story, ask them to draw/colour in and cut out the story's characters. They can then stick these to straws, lolly sticks, toilet roll inners (or anything that will make it stand up). Then ask them to perform it like a **puppet show**! If they don't have a favourite, maybe use a simple story like the 'Three Little Pigs' or 'Cinderella'. You could make **sock puppets** instead of you'd prefer!
- Make a junk model race car, monster or robot out of your recycling! Egg boxes and yogurt pots make great eyes or wheels! You can then colour or paint the model if you want to, or stick coloured paper or wrappers onto it!
- Set a **treasure hunt** around the house or garden! Set clues or ask your children to make up their own clues for each other. You can even make a treasure map by tearing the edges on a piece of paper (to make it look old), dabbing over with a cold tea bag (to look faded), let it dry/dry with a cool hair dryer and drawing a map and instructions onto it!



How to make Playdough!



PLAY DOUGH Recipe

Ingredients:

1 cup flour
1/2 cup salt
2 spoons of cream of tartar
1 tablespoon of cooking oil
1 cup of water
food coloring

Play Dough How-To

1. Combine the first four ingredients in a bowl.
2. Boil 1 cup of water and then add the food coloring.
3. Pour the cup of hot water to your mixture.
4. Stir, then knead until smooth.
5. On a non-stick pan (for easier stirring), cook your dough to get the consistency that you prefer. Tip: If the play dough is still sticky, just keep stirring and cooking it!

No Cook Orange Play Dough

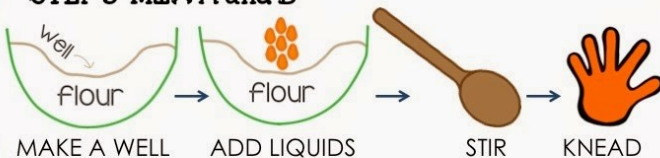
STEP 1: MIX



STEP 2: MIX



STEP 3: MIX A and B



STEP 4: TIME FOR FUN AND LEARNING!

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Stretchy

1 cup conditioner
2 cups cornflour

Glittery

2 Cups Flour
1/2 Cup Glitter
1/2 Cup Water
2 TbSp Oil
Food Colouring

Rock Salt

2 Cups Flour
1 Cup Coarse Salt
1/2 Cup Water
4 TbSp Oil
Food Colouring

Original

2 Cups Flour
1 Cup Water
1/2 Cup Salt
2 TbSp Oil
Food Colouring

Scented

2 Cups Flour
1 Cup Water
1/2 Cup Salt
2 TbSp Oil
2 TbSp Essential Oil/
Scented Shower Gel
Food Colouring

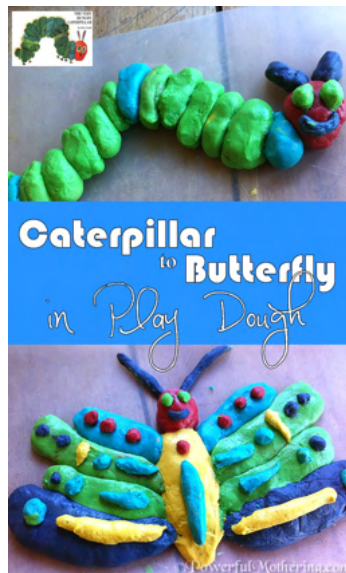
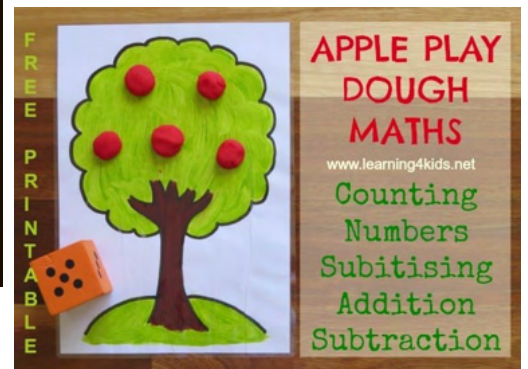


Playdough is a brilliant and cheap way to keep children entertained. We can make it ourselves from a few ingredients or buy ready-made sets! Why not try some of these challenges:

- Make a **self portrait with Playdough**, using different colours and shapes for your eyes, ears, mouth and nose! Then why not try a family member, your pet, a favourite animal or favourite flower?
- Set a challenge with Playdough and **straws or raw spaghetti sticks**—make different shapes (using the Playdough on the corners and the straws/spaghetti as sides), or try and make a race car or even a bridge! Or go out for a walk and collect twigs, leaves, stones or other objects. When you get home, combine these with Playdough into a cool monster, robot, a creature or object!
- Make an **Easter egg** or Christmas tree out of Playdough and decorate it! You can use a rolling pin (or a bottle/tin) and some cookie cutters/old milk tops/a plastic cup or beaker if you have to cut out fun shapes! Maybe decorate with some buttons, beads or whatever you have lying around!
- Make (pretend) **Playdough foods**, such as pizza or their favourite fruit!
- Make a miniature **Playdough car, house, castle, town or city!**
- Do some Playdough **maths or English!** Ask your child to spell their name or initials with Playdough, or draw a picture of a simple tree and ask your child to make then to make 5 Playdough apples to put on it. If we take 2 away, how many are left? Repeat with oranges, pears or their favourite fruits and make the maths easier or harder! You could even try cutting fractions out of playdough shapes (halves, quarters, etc).



You can find lots of Playdough suggestions by typing 'Playdough activities' into Google! You could even set a small Playdough challenge to make a specific thing out of Playdough each day!



Love Lego/Duplo? Here's not just 30, but 60 days of challenges to build with just bricks!

30 Day LEGO Building Challenge					
Build a Roller Coaster 1	Build A Town 2	BUILD A ROCKET SHIP 3	Build the world's tallest tower 4	Build An Airplane 5	BUILD THE PERFECT PIZZA 6
Build a Robot 7	Build a Boat That Floats 8	BUILD A CASTLE 9	Build a horse 10	BUILD A MAZE 11	Build a Picture Frame 12
Build A Train 13	Build A Venus Fly Trap 14	Build a Unicorn 15	Build a Pirate Ship 16	Build A Scene From Your Favorite Book 17	Build An Ice Cream Truck 18
BUILD A DOG HOUSE 19	Build A Flying Saucer 20	BUILD A SPORTS ARENA 21	Build A Water Park 22	Build A Shark 23	Build a Bridge 24
BUILD A TREE HOUSE 25	Build Your Name With Bricks 26	Build A Dragon 27	Build A Historical Scene 28	Build A Monster 29	Build an instrument 30

30 Day LEGO Challenge						
Follow the instructions for each day. The only rule is to have fun and use your imagination!			Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile		What was your favorite day?

Completed these? Type '30 day Lego challenge' into Google for lots more building challenges, including holiday themed ones!

Wellbeing ideas for the whole family

Self-care as adults can be hard, and it can be difficult for children to know how to care for themselves. We've tried to include suggestions - some that are quick, easy or simple and some more detailed - for both adults and children that may help in these challenging times.

Ways to feel better

Use this sheet to help your child to come up with ideas to feel better when they have difficult feelings.

Talk about a time when your child has had a difficult feeling – sad, angry, annoyed, jealous or scared. Discuss different things they do to help themselves feel better using the suggestions below as a prompt.

Ask children to choose their top three strategies, perhaps drawing or writing one we haven't thought of!

Keep this on display at home so when children have a difficult feeling they can help themselves to feel better.

				
Dance to your favourite song	Have a drink of water	Do some colouring	Smell your favourite smell	Hug a toy
				
Think of a happy memory of your friends/family	Think of the three best moments of the day	Do five star jumps	Ask for help	Take some deep breaths
				
Talk to a friend online	Write down how you are feeling	Think of a happy time	Watch television	Imagine your favourite place
				
Think of three solutions for your problem	Have a nap	Say you're sorry	Make a list of things you are good at	Do a full body stretch

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

HOW TO STAY CALM ABOUT

coronavirus



CHECK YOUR SOURCES



LIMIT YOUR RESEARCH



DECATASTOPHIZE



BE MINDFUL



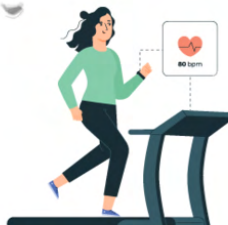
BREATHE



REST AND RECHARGE



EAT WELL



EXERCISE



WASH YOUR HANDS!!!

Self-Care & Mental Health



Tips for Kids



Share your own feelings to encourage self-awareness.

Set aside time for low stress or solo activities.

Find social groups that help them feel like they belong.

Recognize toxic stress events.



Encourage journaling and writing.



Focus on articulating feelings.



Practice self-care for yourself to set the standard.



Encourage them to focus on the moment.

"I am angry."
"I am sad."



Cultivate interests and hobbies.

Blessing Manifesting

Establish a self-care routine.

SELF-CARE IDEAS

Listen to that one song. Repeat. 	Talk to a friend. Or pet. (Wait, those are synonyms.) 	Comfort food. 	Fold laundry. (Repetition + Productivity = calm.) 
Write. Or draw. 	Play like a kid. Silly putty, bubbles, Legos, cartoons, coloring... 	Make your bed. Fresh sheets! 	Drink cocoa by the fireplace.  Don't forget the marshmallows!
Look up funny memes. 	Compliment someone and watch their face light up. Nice hat! 	Take a shower. Better yet, soak in the tub with a magazine. 	Read a book. Bonus points if it has pictures. 
Make something without caring whether it's "good." 	Have a good cry, but keep it short. Use the expensive tissues. 	Buy yourself a smallish gift, just because. 	Forgive yourself for what you couldn't do today, and resolve to try again tomorrow. 

BENEFITS OF SELF-CARE • FOR KIDS •

It may come as a surprise but self-care can be extremely beneficial for children to learn at a young age. Learn the benefits and start practicing with your child now!



When kids practice self-care they learn to identify their physical and emotional needs and can begin to take care of those needs.

Practicing self-care at a young age allows kids to create a foundation that will benefit them as adults.



Practicing self-care allows your child to develop healthy habits that they can benefit from in the future.



Your child will be able to become more independent and understand how to take care of themselves.



They will develop the skills necessary to keep themselves healthy mentally, physically, and emotionally.



Twelve Tips for Taking Care of your Teenager

Space and boundaries

Agree on some family ground rules, and respect others wishes, wants and needs. Ensure to give each other privacy and space when requested.



Many hands make light work

Encourage your child to get involved in jobs and chores around the house. Try and be specific in what you'd like help with and make sure to tell them how you appreciate their help!



Encourage or suggest

Try not to tell your teenager what to do, but to encourage or suggest things that might be helpful or useful.



Structured sleep

Encourage your child to go to sleep and get up around the same time each day, though no need to stress if they have the odd late night or lie-in!



Find the facts

Help your teenagers to seek out the facts – help them to find good, reliable sources of information and to know how they can help themselves and stay safe.



It will be OK

Reassure your teenager when they have concerns and listen to their worries. Try to tell them that it's OK to feel scared and worried. Let them know that you're there to support them.



Keep in contact with friends

Encourage your child to keep in contact with their friends, even when they can't see them in person. This could be by text, phone or video call. This will help them to feel less isolated.



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Structure

Encourage your child to build activities into their week, even if they don't have a set routine. This will give them a sense of purpose and control, and give them some structure.



Up for a challenge?

Think of a physical or creative challenge that your child may want to complete over the coming weeks or months. Maybe this could be something to do together? Make sure to encourage your child to stick with it. It will give them a sense of achievement!



Team work makes the dream work

Work together as a family unit to support and help each other. Remember, there's no 'i' in 'team'!



Boredom busters

Support your child to find things they enjoy to combat boredom. This could be a new hobby, or something they used to enjoy that they'd forgotten about.



Show them they can cope

Identify coping skills and things they can do to make themselves feel better. You could try these together and by doing this, you're teaching them the importance of self-care!



The charity 'MIND' has some more great advice on helping teens during the pandemic.
<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/supporting-your-teens-wellbeing-during-coronavirus/>



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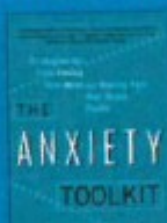
Self-care Challenges and Ideas for Adults

Here are a few challenges that you may wish to try - mindfulness is proven to have great effects on our mental health! These can be small things, but ideally things we can easily fit into our day.

30 DAYS OF MINDFULNESS

- | | | | | |
|---|---|---|--|--|
| 1
5 min mindful foot rub with lotion | 2
take a mindful shower | 3
5 min mindful walk | 4
pay attention to the sensations of giving a smile | 5
pay attention to face of someone smiling at you |
| 6
listen to a song mindfully | 7
get out of bed mindfully | 8
take two mindful bites of food | 9
take two mindful sips of any beverage | 10
get into bed mindfully |
| 11
close eyes and listen to all sounds for 2 mins | 12
chop or slice a vegetable mindfully | 13
wash or rinse your dishes mindfully | 14
in a sleeveless shirt, pay attention to air on skin for 2 mins | 15
take 6 mindful slow breaths |
| 16
massage your face, neck, and ears mindfully | 17
non-judgmentally watch your thoughts come and go for 5 mins | 18
do 10 jumping jacks and pay attention to the sensations of exertion | 19
mindfully notice the next time you are self-critical | 20
walk up some stairs mindfully |
| 21
notice the sensation of a pleasant emotion in your body | 22
notice the sensation of a unpleasant emotion in your body | 23
do a neck roll and pay attention to the sensations | 24
take two mindful bites of a piece of fruit | 25
sit outside and pay mindful attention for 5 mins |
| 26
wash your hands mindfully | 27
take two mindful sips of the last beverage you drink in the day | 28
repeat the day you found most challenging | 29
wash your face mindfully | 30
repeat your favorite day |

Mindfulness means paying attention to your current experiences e.g., smells, sounds, and the sensations of your body (like the feeling of your body breathing or of lifting your leg while walking or of lifting your hand while chopping.) Allow any sensations to come and go into and out of your awareness however they do, without judging them as good or bad.



Made by Dr Alice Boyes,
author of
The Anxiety Toolkit
and **The Healthy Mind Toolkit**
AliceBoyes.com



GOOD HOUSEKEEPING

30 DAY MENTAL HEALTH CHALLENGE

DAY 1

Do a deep breathing exercise.

DAY 2

Catch up with a friend.

DAY 3

Schedule something fun.

DAY 4

Donate something you never use.

DAY 5

Do 30 minutes of yoga.

DAY 6

Plan a healthy meal.

DAY 7

Ask for help.

DAY 8

Listen to your favorite music.

DAY 9

Take 10 minutes to read.

DAY 10

Go for a walk.

DAY 11

Budget 20 minutes of spa time.

DAY 12

Practice a favorite hobby.

DAY 13

Get distracted by a movie.

DAY 14

Go to bed 30 minutes earlier.

DAY 15

Drink just water today.

DAY 16

Schedule a game night.

DAY 17

Set a mini goal.

DAY 18

Cross an item off your to-do list.

DAY 19

Compliment someone.

DAY 20

Plan a night in with friends.

DAY 21

Try a 5-minute meditation.

DAY 22

FaceTime with family.

DAY 23

Do something outside.

DAY 24

Book a date night.

DAY 25

Unfollow negative social media accounts.

DAY 26

Say no to something.

DAY 27

Have a phone-free night.

DAY 28

Watch a silly video.

DAY 29

Write down something good that happened.

DAY 30

Adopt a new habit.

15 MINUTES TO BETTER SELF-CARE



Self-care is the act of taking care of yourself. It does not need to be complicated or time consuming. Try these 8 ideas that will take 15 minutes or less.

By Sara Robinson, MA

1 READ

Just about any type of reading will fit the bill- books, magazines, blogs, whatever! As long as it's not reading that causes you stress, it counts as self-care.



2 GO OUTSIDE

If you are able to walk, a short stroll can clear your head, allow you to enjoy nature and get you out into a refreshed place. If you can't walk, sitting outside and enjoying the day is a great choice.



3 CALL A FRIEND

Texting, emailing and instant messaging have become all-too-common. Take the time to call someone who helps you feel good and who will brighten your day.



4 COLOR

There is a fantastic new trend of adult coloring books. Coloring can act to calm you down and clear your mind as you focus on the task at hand.



5 LISTEN TO MUSIC

Choose music that you enjoy; it can be music that energizes you, relaxes you, inspires you- it doesn't matter. Take the time to focus on the music and enjoy the time to yourself.



6 PRACTICE MINDFULNESS

Sit in a comfortable position and focus on your breathing. When thoughts enter your mind, let them pass through without judgement and refocus on your breathing. When you practice mindfulness on a regular basis you will likely notice feeling more calm in your daily life.



7 TAKE A NAP

When you're not getting enough sleep it's almost impossible to be at your best. Many moms know that getting a good night's sleep is a challenge. Take the time to add to your sleep bank.



8 THINK POSITIVELY

With everything you have going on, it may be hard to be positive. However, by working to practice positive thinking, we may notice that we begin to feel better and are not as focused on the challenges.





COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact

8 Take five minutes to sit still and breathe. Repeat regularly

15 Make some progress on a project that matters to you

22 Find positive stories in the news and share these with others

29 Connect with nature. Breathe and notice life continuing

2 Enjoy washing your hands. Remember all they do for you!

9 Call a loved one to catch up and really listen to them

16 Rediscover your favourite music that really lifts your spirits

23 Have a tech-free day. Stop scrolling and turn off the news

30 Remember that all feelings and situations pass in time

3 Write down ten things you feel grateful for in life and why

10 Get good sleep. No screens before bed or when waking up

17 Learn something new or do something creative

24 Put your worries into perspective and try to let them go

4 Stay hydrated, eat healthy food and boost your immune system

11 Notice five things that are beautiful in the world around you

18 Find a fun way to do an extra 15 minutes of physical activity

25 Look for the good in others and notice their strengths

5 Get active. Even if you're stuck indoors, move & stretch

12 Immerse yourself in a new book, TV show or podcast

19 Do three acts of kindness to help others, however small

26 Take a small step towards an important goal

6 Contact a neighbour or friend and offer to help them

13 Respond positively to everyone you interact with

20 Make time for self-care. Do something kind for yourself

27 Thank three people you're grateful to and tell them why

7 Share what you are feeling to and be willing to ask for help

14 Play a game that you enjoyed when you were younger

21 Send a letter or message to someone you can't be with

28 Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Self Care Tips



1

Write a gratitude journal - record and reflect on things that you are grateful for on a regular basis



Keep hydrated - ensure you drink plenty of water (NHS recommend 6-8 glasses per day). this helps with sleep and well-being

2

3

Make notes of things on your mind, writing them down helps with letting go



Speak with a friend, neighbour or family member about things causing any concerns

4

5

Be kind to yourself



Listen to uplifting music

6



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Wellbeing Ideas For Families

1

Play a game together as a family - board games, cards, 'boy girl fruit flower', 'yes or no game', 'who am I?', there are so many to choose from!



Try your hand at mindful colouring - there are many books available for both children and adults, and hundreds of free images available on the internet to download and print at home

2

3

Enjoy some puzzle time with jigsaws - have a large puzzle where the family all work together to complete and admire your hard work as a team



Go on a family walk, listen to different birds and sounds, or turn it in to a game by asking children to spot something beginning with each letter of the alphabet

4

5

Laugh about the silly things - each family member talk about something that they have done before which is funny or a little bit silly which can help family members bond and laugh together



Ready, steady, bake! Get messy and creative with baking. Try making cookies, gingerbread or cupcakes. Get the whole family involved ...in the making and the eating!

6



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Here are some self-help resources, advice and contact numbers if you and/or your children are finding things hard. Your Peer Mentor may also be able to provide more or links to more organisations in your area.

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers.
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child



It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Ask your child what they would like to do



Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Ideas with your baby/toddler



- > Copy their facial expression and sounds
- > Sing songs, make music with pots and spoons
- > Stack cups or blocks
- > Tell a story, read a book, or share pictures

Ideas with your teenager

- > Talk about something they like: sports, music, celebrities, friends
- > Go for a walk – outdoors or around the home
- > Exercise together to their favorite music

Ideas with your young child

- > Read a book or look at pictures
- > Go for a walk – outdoors or around the home
- > Dance to music or sing songs!
- > Do a chore together – make cleaning and cooking a game!
- > Help with school work

**Listen to them, look at them.
Give them your full attention.
Have fun!**

For more information click below links:

Parenting tips
from WHO

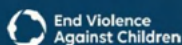
Parenting tips
from UNICEF

In worldwide
languages

EVIDENCE-BASE



unicef
for every child



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Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

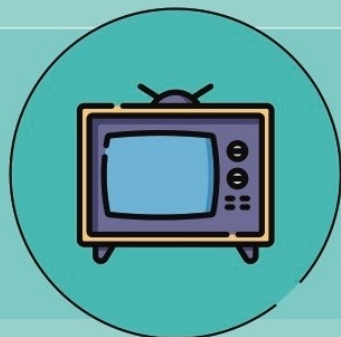
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

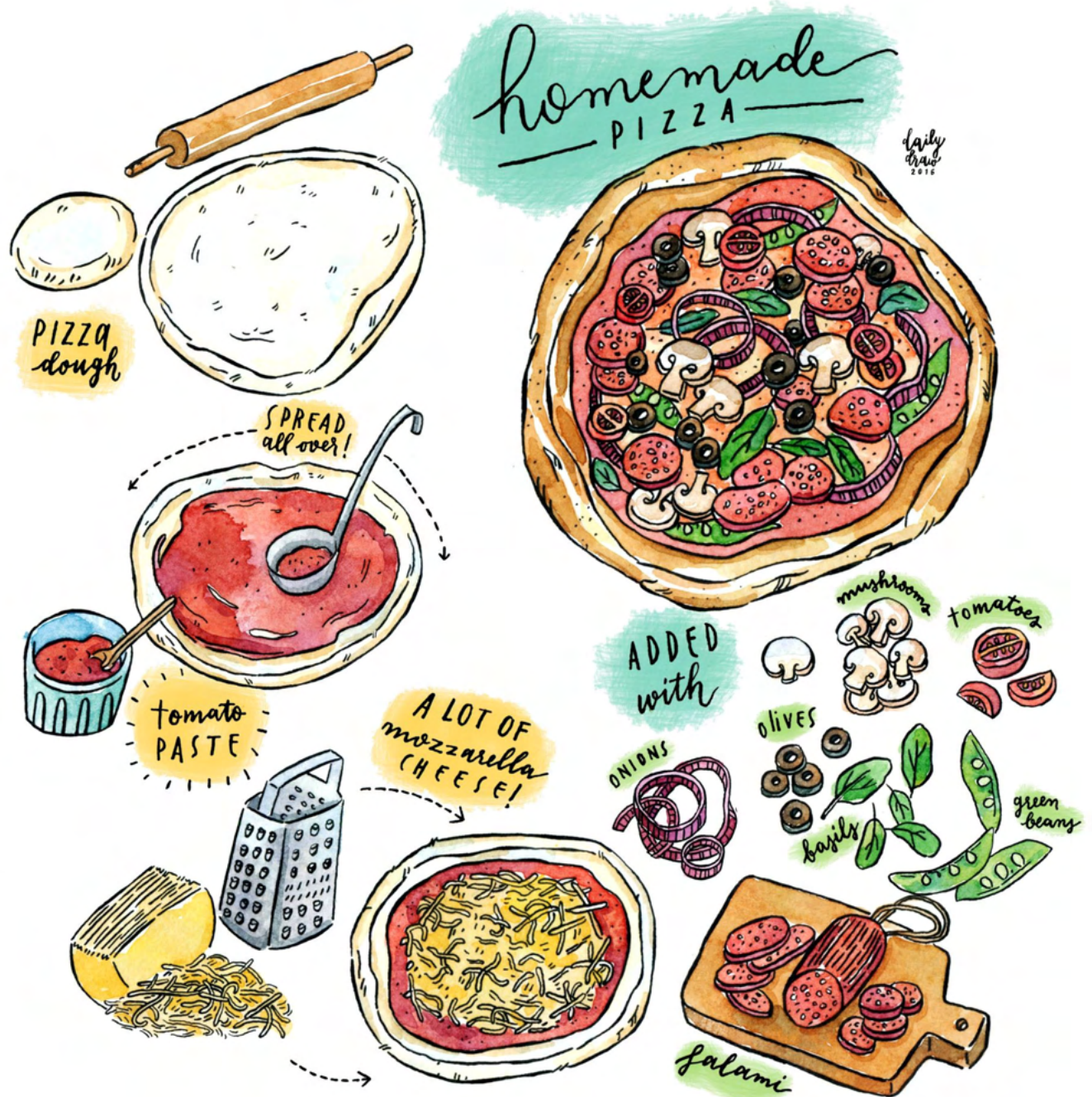
Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Don't forget that your Peer Mentor is here to help for any mental health support or drug, alcohol or substance concerns you may have. We are here to support you!

Recipes

Some savoury and sweet suggestions to have fun making together, or to make dinner time the best time of the day!



Pizza is a really versatile and flexible meal for the whole family!

Don't have pizza dough or bases? You can use a baguette cut in half, a pitta bread or even a piece of normal white bread!

Don't have tomato paste? Ketchup is just as good!

Don't like mozzarella cheese? Cheddar makes a super yummy alternative!

Pizzas can be topped with almost anything too! Why not try decorating one as a smiley face, or to look like your favourite animal?

CHILDREN'S BOOK OF Recipes



Fun dishes
for young
chefs

HOME-MADE BURGERS

Ingredients:

- 14 oz minced beef
- 1 large egg
- 3 tablespoons chopped chives
- 1 grated garlic clove
- 1 onion
- 1 tablespoon unsalted butter
- 4 rolls with grains
- ketchup and mayonnaise
- 2 tablespoons oil
- toppings*



HOME-MADE BURGERS

A tasty dish with your favorite toppings.
Become a burger master!

1



mix the meat with the egg, a pinch of salt, a pinch of pepper, the chives and garlic

2



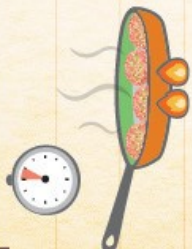
fry the onion on the butter until golden (about 3 minutes)

3



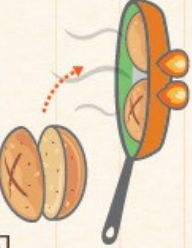
mix the onion with the meat

4



form 4 burger patties and fry them for 4-5 minutes on each side, on 2 tablespoons of oil

5



cut the rolls in half and toast them on a dry frying pan or in the oven

6



spread mayonnaise on one side of the roll and ketchup on the other and add all the toppings*



*Toppings: 8 lettuce leaves, a tomato, a sliced red onion, 2 cucumbers, 4 slices of cheese

Appetizing snacks, delicious main courses and sweet desserts...

"Children's Book of Recipes"

contains 30 beautifully illustrated cards with delectable recipes selected specifically for children. Thanks to the book, your child will learn new dishes and tastes, develop the senses, as well as practice imagination, patience and planning & organizational skills. It's time to get the whole family cooking!



More at www.SierraMadre.pl/eng

Potato Wedges



Ingredients

- 750g baby potatoes
 - 1 Tbs olive oil
 - 1 tsp cumin
 - 1 tsp smoked paprika
- (Baking or white potatoes also work!)
- (Cumin and paprika is optional)
- Salt/pepper to taste (optional)

Method

Preheat the oven to 200°C.

Scrub the potatoes in cold water then pat dry with kitchen paper.

Chop each potato into 4 wedges.

Place in a roasting tin and pour over the olive oil.

Give them a good stir to coat in oil.

Sprinkle over cumin and paprika and stir again.

Put the tin in the oven to cook for 25-30 minutes.

Take out and shake every 10 minutes to help the potatoes cook evenly.

Eats Amazing

www.eatsamazing.co.uk

Sweet potatoes also make really yummy wedges and make a healthy change! Best to peel them before washing them as the skin is a bit tough, and then follow the instructions above!

BAKED CHICKEN NUGGETS

MAKES

4

PREP & COOK TIME

30 min.

DIFFICULTY



INSTRUCTIONS

1. Preheat oven to 400 °F. Lightly grease a cooking sheet.
2. Place cornflakes in plastic bag and crush.
3. Cut chicken breast into 1-inch pieces and coat with garlic powder, paprika and Italian herb seasoning.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
5. Place chicken pieces on cooking sheet so they are not touching.
6. Bake until golden brown, about 12-14 minutes.

INGREDIENTS

- 5 chicken breasts, boneless, skinless (5-6 medium thighs)
 - 1 cup cornflake cereal
 - 1/2 tsp. Italian herb seasoning
 - 1/4 tsp. garlic powder
 - 1 tsp. paprika
- (Herbs can be left out if your child doesn't like!)

HEALTHY TIP

Try giving your favorite fried foods a makeover by cooking them in the oven. This method uses less oil and tastes delicious.



ShapeYourFutureOk.com

Vegetable Soup Recipe

Ingredients

- 2 carrots
- 2 parsnips
- 1 onion
- 1 pint of water
- 2 vegetable stock cubes



Vegetable Soup Recipe



1

Cut off the top and bottom of the carrots, parsnips and onion.

Vegetable Soup Recipe



2

Scrub the root vegetables and peel the onion.

Vegetable Soup Recipe



3

Cut all the vegetables into cubes.

Vegetable Soup Recipe



4

Put vegetables into a saucepan with the water and stock cubes.

Vegetable Soup Recipe



5

Bring to the boil and simmer until the vegetables are tender.

Vegetable Soup Recipe



6

Either serve when sufficiently cooled or for a smoother soup, blend the mixture then serve.

Slow Cooker Bolognese with Hidden Vegetables

This easy slow cooker bolognese is stuffed full of hidden vegetables for a healthy kid-friendly meal the whole family will love!



5 from 1 vote

Prep Time	Cook Time	0 mins	Total Time
20 mins	3 hrs		3 hrs 20 mins

Course: Main Course Cuisine: Italian Servings: 4 people

Author: Grace Hall

Ingredients

- 1 Tbsp olive oil
- 1 onions
- 1.5 cloves garlic
- 0.5 kg lean minced beef
- 1 red or yellow peppers or one of each.
- 0.5 courgette
- 0.5 carrot
- 125 g mushrooms
- 1.5 x 400g tins chopped tomatoes
- 1 beef stock cubes
- 1.5 Tbsp tomato purée
- 1 Tbsp worcestershire sauce
- 0.5 Tbsp dried mixed Italian herbs
- salt & pepper to taste

Don't have a slow cooker? That's ok!

You can easily adapt this recipe to cook on the hob:

Follow steps 1 and 2: firstly fry the onions in a fairly large pan, then add the garlic. Then instead of adding to a slow cooker, add the meat to the pan with the onion and garlic and stir. You can then chop and add any veggies, as in step 5, and add those to the pan too (perfect for packing in some of your 5 a day!). Cook on a medium heat until the meat turns from pink to brown (usually around 5-10 mins) and then add the rest of the ingredients (tins of tomatoes, stock, tomato puree and Worcestershire sauce/herbs if you'd like). Stir really well and leave to simmer for 5 more mins or so. Now it's ready to eat! Serve with pasta or spaghetti!

Instructions

1. Peel and chop the onions. Peel and finely chop the garlic.
2. In a large frying pan, heat the oil then fry the onions until soft, adding the garlic for the last minute of cooking. Tip onions and garlic into the slow cooker.
3. In the same frying pan, fry the beef mince in the remaining oil until browned all over. You may need to do this in 2 or 3 batches, depending on the size of your frying pan.
4. As soon each batch of meat is browned, tip it into the slow cooker.
5. Prepare the rest of the fresh vegetables; de-seed and chop the peppers, grate the courgette, grate the carrot, chop the mushrooms (the finer the better for picky children!). Once prepped, add each vegetable to the slow cooker.
6. Pour in the 3 tins of tomatoes, crumble in the stock cubes and add the tomato purée, Worcestershire sauce and herbs to the slow cooker.
7. Mix well until all of the bolognese ingredients are well combined in the slow cooker.
8. Place the lid on the slow cooker and cook for 8 hours on low or 3 hours on high.
9. Once cooked, give the bolognese a good stir and season with salt and pepper to taste.
10. Serve with cooked spaghetti, a sprinkling of cheese and fresh basil to garnish (optional).

Notes

Note: You won't need to add any liquid other than the tinned tomatoes as the vegetables will release a lot of their own liquid. You may even need to drain off a little excess liquid at the end. To do this, just scoop it up from where it has pooled at the edges with a large spoon before stirring the bolognese.

(Recipe from eatsamazing.co.uk)

Eggy Bread Fingers



Ingredients

- 1 large egg
- 1 Tbs milk
- 2 small slices of bread
- 1 tsp butter

Method

Break the egg into a shallow dish. Add the milk and whisk together.

Cut each slice of bread into fingers.

Dip the bread in the egg and turn to coat on both sides.

Heat the butter in a frying pan until melted and bubbling.

Add the bread fingers and cook until golden brown.

Turn half way through to cook on both sides.

Serve with fresh fruit and yoghurt.

Eats Amazing

www.eatsamazing.co.uk

Cheese & Tomato Egg Muffins



Ingredients

- vegetable oil
- 4 large eggs
- 150g cherry tomatoes
- 100g cheddar cheese
- salt and pepper

Method

Heat the oven to 180°C. Brush a 6 hole muffin tin with vegetable oil.

Break the eggs into a bowl and whisk.

Put 3 tomatoes to one side and chop the rest. Grate the cheese and put $\frac{1}{4}$ to one side.

Mix the rest of the cheese, the eggs and the chopped tomatoes together with some salt and pepper.

Spoon the mixture into the muffin tin. Sprinkle over the rest of the cheese.

Slice the 3 tomatoes and put one half in each muffin tin hole.

Bake for 25 minutes until puffed up and golden.

Eats Amazing

www.eatsamazing.co.uk

www.eatsamazing.co.uk has loads of fun recipes perfect for kids - from soups to burgers, snowman garlic bread to homemade granola, as well as full meal and snack recipes, there's something to suit everyone!



Baked Potatoes



colander



vegetable brush



fork



oven mitts



plate



4 baking potatoes



1. Preheat the oven to 400 (red).

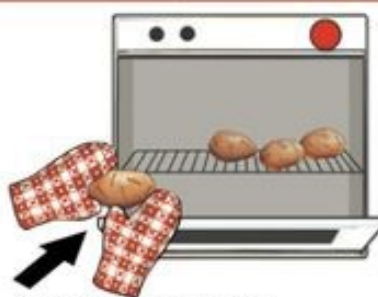


2. Use the brush to wash the potatoes in the colander in the sink.

(You can rub the potatoes over with your hands under the water if you don't have a brush!)



3. Prick the potatoes with the fork.



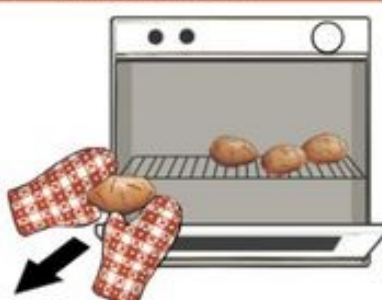
4. Use oven mitts to put the potatoes in the oven.



5. Set the timer for 55 minutes.



6. When the bell rings ... turn the oven OFF (white).



7. Use oven mitts to remove the potatoes.



8. Serve.

68

Baked potatoes make a really healthy and delicious meal! They taste fantastic with lots of different toppings - butter, cheese, baked beans, spaghetti hoops, tuna or chilli. You could also serve with almost any meal (such as sausages and gravy or a casserole) as a source of healthy carbohydrate!

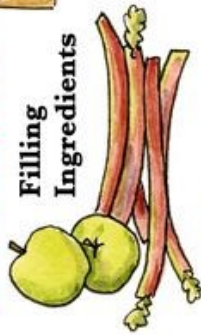
Maybe try making some baked potato monsters with different vegetables, cheese and tomatoes! (recipe for this on eatsamazing.co.uk)



Serve hot with ice cream, cream or custard!

Stewed Fruit Crumble

Filling Ingredients



Between 7-14 oz of light brown sugar to taste

1/4 tsp mixed spice

Boil the ingredients until practically soft, taste and add more sugar if it's too sour but do not over sweeten, it should still be a little tart, remember the topping is always sweeter.



1 1/2 lbs fruit, peeled, roughly chopped

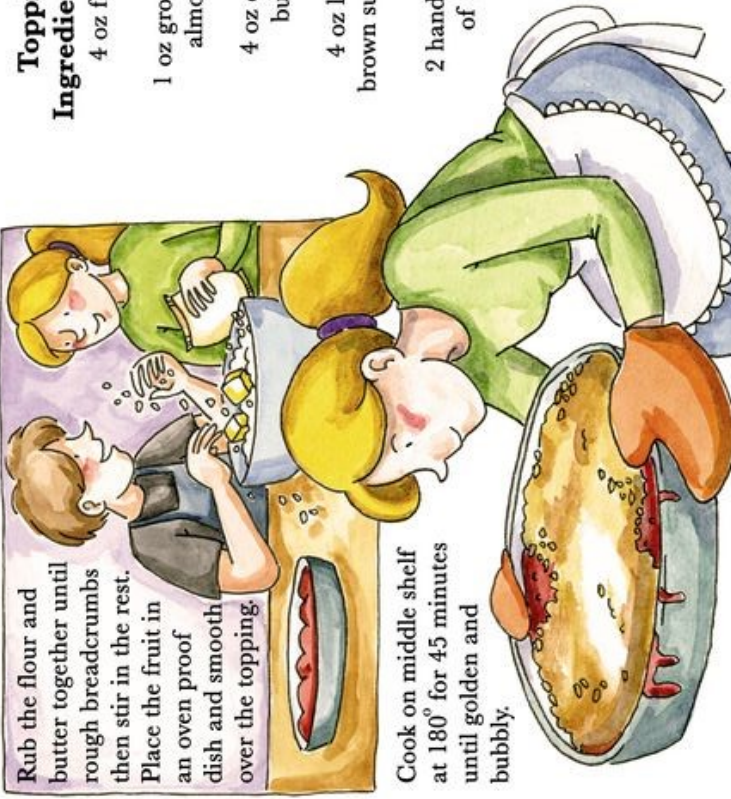
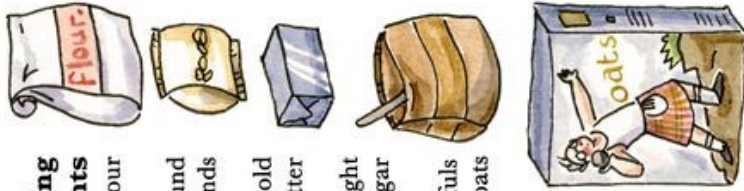
A big splash of fruit juice



Rub the flour and butter together until rough breadcrumbs then stir in the rest. Place the fruit in an oven proof dish and smooth over the topping.

Cook on middle shelf at 180° for 45 minutes until golden and bubbly.

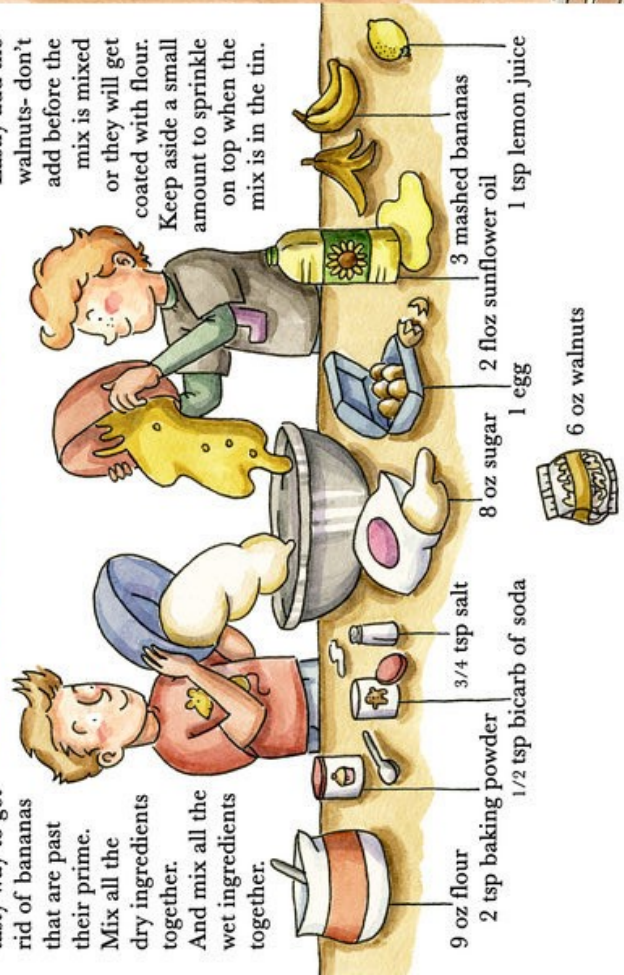
Topping Ingredients
4 oz flour
1 oz ground almonds
4 oz cold butter
4 oz light brown sugar
2 handfuls of oats



Banana Bread

An easy and tasty way to get rid of bananas that are past their prime. Mix all the dry ingredients together. And mix all the wet ingredients together.

Then combine. Lastly add the walnuts- don't add before the mix is mixed or they will get coated with flour. Keep aside a small amount to sprinkle on top when the mix is in the tin.



St. David's Day Recipes

Pice ar y Maen (Welsh Cakes)



Ingredients:

1lb Self Raising Flour

8oz Butter

6oz Sugar

3oz Currants (Optional)

2 Eggs

Makes about 36.

You will need:

Large mixing bowl

Whisk

Wooden Spoon

Griddle

Metal Spatula

Floured Board

3inch fluted cutter

Sieve the flour in to the bowl, then rub in the butter until it resembles bread crumbs.

Then add the sugar and currants.

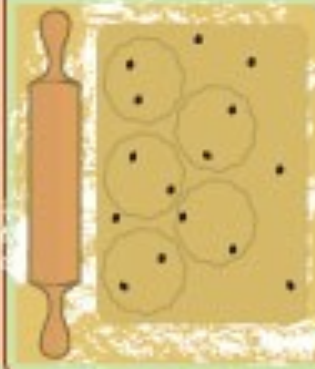


Whisk the egg separately then add to the mix.

Form a ball of dough with the mixture.



Roll out the dough on to the board, about 1cm, and cut in to circles.



Melt butter on the griddle, and cook until each side of the cake is brown.



Sprinkle with sugar.



Learning ideas at home

There are lots of ways that we can keep our children learning while at home! Check out some of the resources below, all of which are free and many of which suit a variety of ages and stages!

Amazon - Maths4all and Science resources

<https://www.amazon.co.uk/b?ie=UTF8&node=17637547031>

BBC bitesize - many subjects for all ages

<https://www.bbc.co.uk/bitesize> - the BBC are also playing 3h of primary school content every day on CBBC, and 2h of secondary school content on BBC2 - both of which are available on Freeview TV, the Red Button and iPlayer.

Scholastic - curriculum-based resources from primary school up to GCSE

<https://shop.scholastic.co.uk/home-learning>

Natural History Museum and Science Museum

History, nature and science resource from dinosaurs to volcanos. You can also take virtual tours of both museums.

<https://learning.sciencemuseumgroup.org.uk/learning-resources/>

<https://www.nhm.ac.uk/take-part/try-this-at-home.html>

Chester Zoo

Lots of free animal-themed resources. They are also doing live weekly sessions with different animals on their social media pages - including sloths, bears and giraffes! <https://www.chesterzoo.org/schools/>

London Zoo

<https://www.zsl.org/zsl-london-zoo/zsl-london-zoo-online-resources>

Twinkl—lots of free resource packs for different ages

<https://www.twinkl.co.uk/resources/parents/free-resources-parents/for-parents-free-resources-parents>

Khan Academy - free sign up for resources for all ages and subjects

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

Top Marks - different resources for all ages

<https://www.topmarks.co.uk>

Learning to draw resources

<https://www.easypeasyandfun.com/how-to-draw/>

<https://letsdrawkids.com/lesson/how-to-draw-monster>

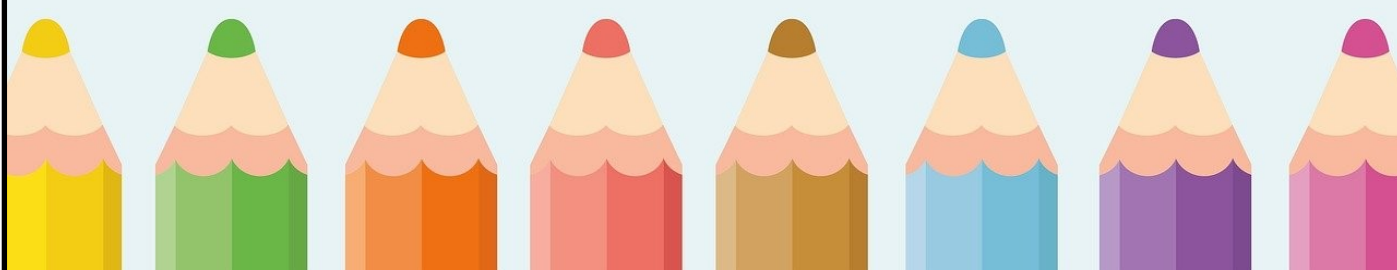
<https://www.youtube.com/channel/UC5XMF3Inoi8R9nSI8ChOsdQ>

Extra craft resources

www.hobbycraft.co.uk/ideas - www.activityvillage.co.uk - www.thebestideasforkids.com

Concerned about internet safety? - <https://www.internetmatters.org/> has great resources, 'fake news'-finding games for children and advice about how your family can stay safe online.

And many more! Have a chat with your Peer Mentor if you're struggling to find resources!



Cyfle Cymru

Cymru Iach ar
GWAITH | Gwasanaeth
Di-Waith

Healthy
WORKING | Out of Work
Wales Service

And remember...

You are doing the best you can in really hard circumstances - you can be proud of yourself for that!

No need to compare yourself with what other people are doing - the support you are giving your family is enough!

Please reach out to your Peer Mentor for support. We are here to help!

ask@cyflecymru.com

0300 777 2256