



My Active Minds Activity Workbook

**GAMES AND ACTIVITIES
TO HELP ME FEEL HAPPY**



Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer

Aim for
at least
60
minutes
everyday



Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



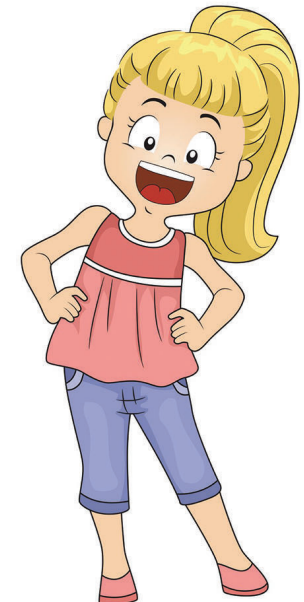
Sit less



Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday

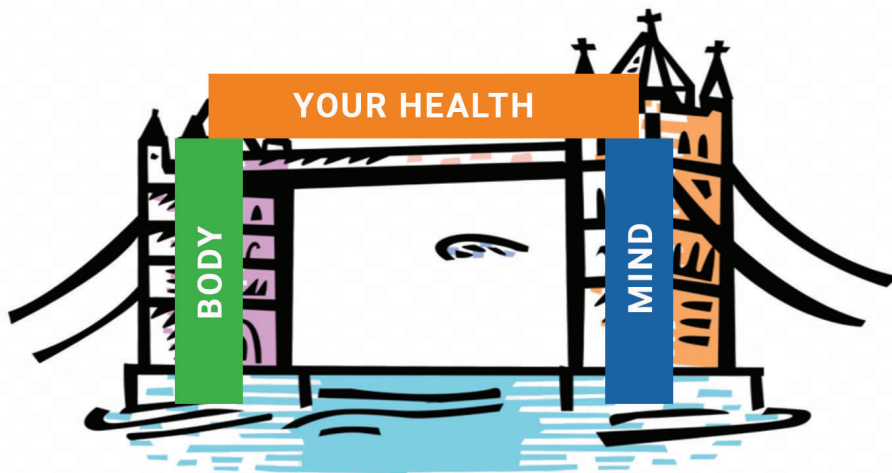
UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive



WE ALL HAVE MENTAL HEALTH



Our health is like a bridge.



if you do not look after your body,
your mind can get ill
if you do not look after your mind,
your body can get ill
both mind and body can be a little ill or very ill

So, look after your body and your mind together by doing lots of exercise every day
and get your heart to beat fast and be happy.

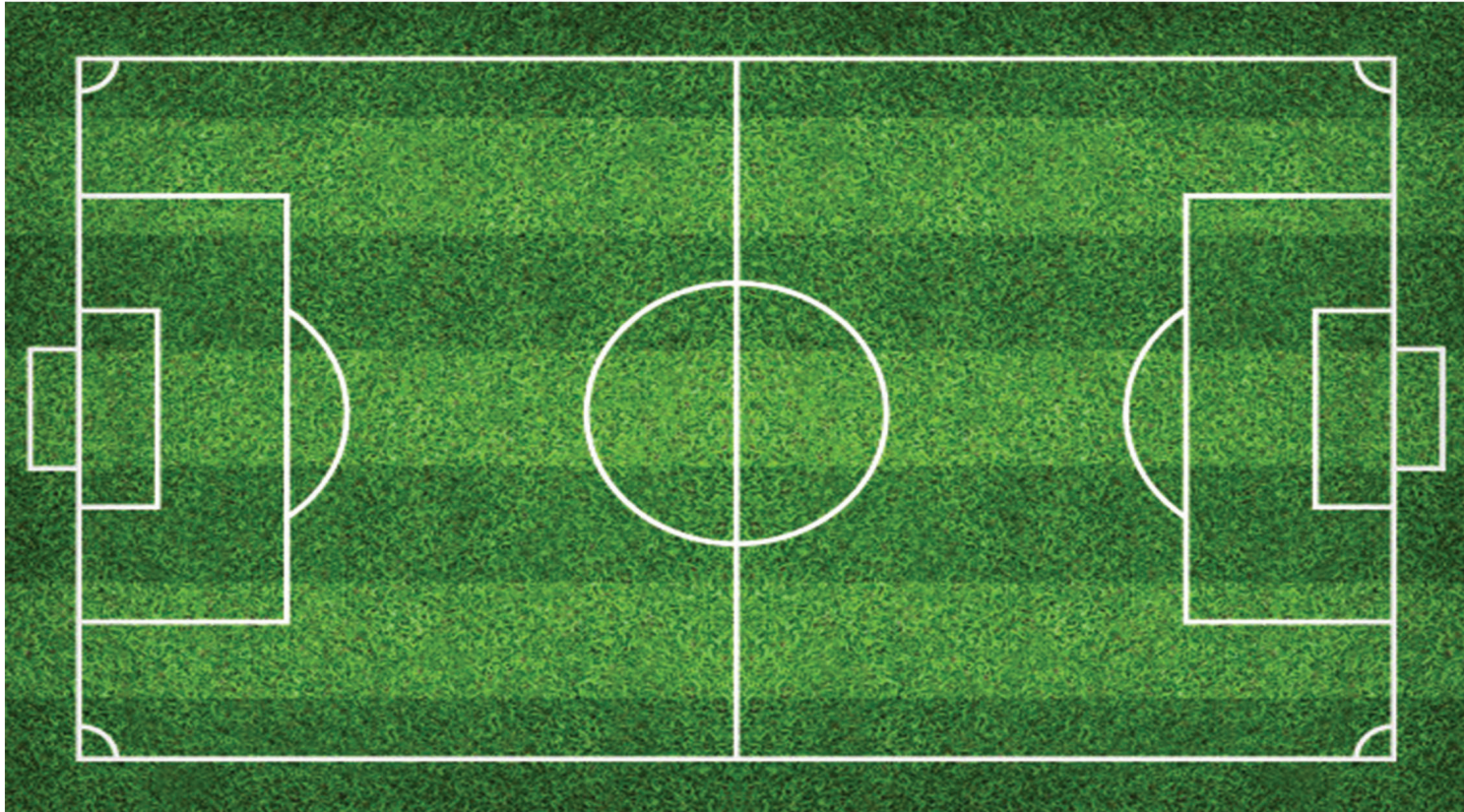
WHO IS IN YOUR TEAM?

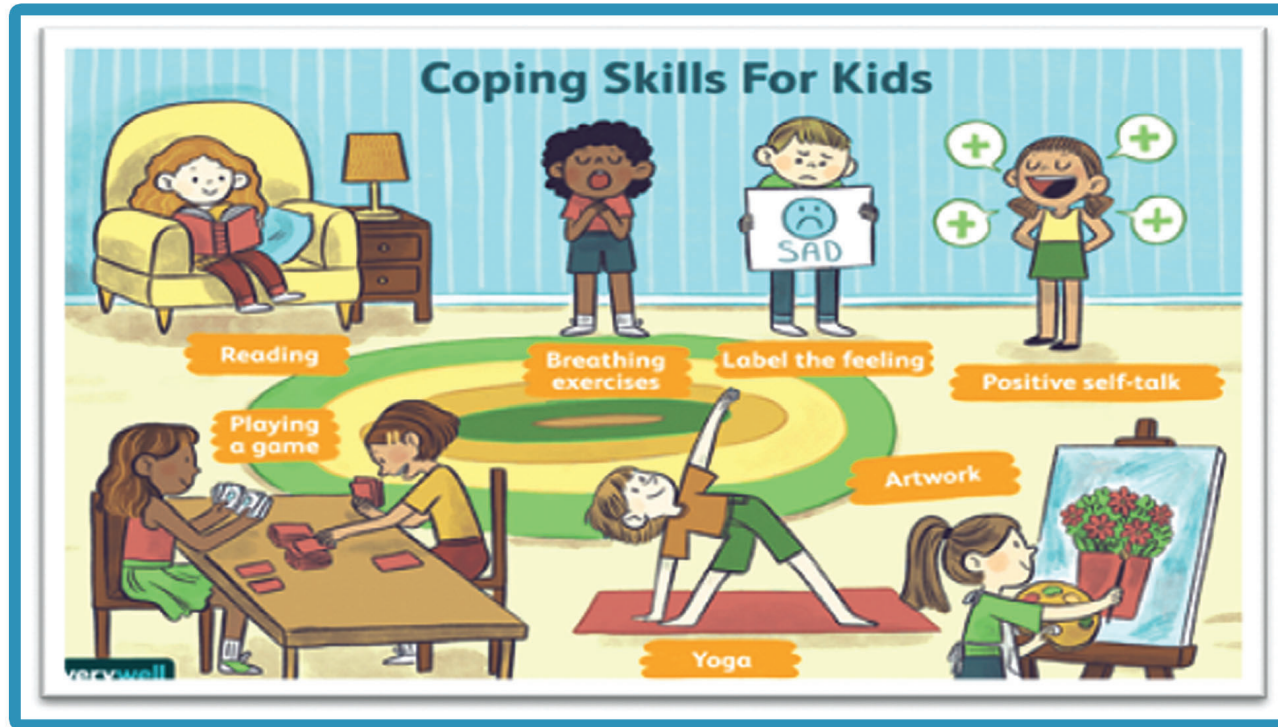
With someone you trust (for example, your teacher, your friend, one of your parents) think about who are the people who are making up your (sport) team.

Who are the people who play important roles in our lives?

These people can be alive or people who have passed away.

They may be present in our lives now or people we have known in the past. Perhaps they may be people who we admire from afar.





WRITE WHAT DO YOU LIKE TO DO WHEN YOU ARE FEELING DOWN?

My Support Team

Explain why they are special to you and what they can help you with.

Write their names and how you can get hold of them when you want to ask for their help.

Keep this with you for emergencies.

Name	They can help with...	I can find them...

BAREFOOT WALK

TAKE A WALK AND BE AWARE OF WHAT YOU ARE THINKING

Try walking barefoot across a stretch of grass. How does the ground feel beneath your feet - is it cold or damp? Does it tickle? Do you notice any other sensations?



Sometime it's good to stop and take notice of what is going on around you. Doing this can help you become more aware of how are thinking and feeling.

BARK TEXTURES



Stand next to a tree and close your eyes. Take a minute to run your hands along the trunk. What do you feel? Are there any sensations that are particularly noticeable?

Use a crayon to make a rubbing of the tree's texture. To do this, press your paper on the tree trunk and rub your crayon hard over the surface.

Explain what the drawings remind you of.

MINDFUL MANTRA

Develop a mindful mantra. A mantra is something you can repeat to yourself. You may find it helpful to combine it with a breathing exercise - take a deep breath in, then say your mantra as you exhale.

Here are some examples of good mantra:

There is no one better to be than myself.

I am enough.

I get better every single day.

I am an amazing person.

All of my problems have solutions.

Today I am a leader.

I forgive myself for my mistakes.

My challenges help me grow.

I choose my own attitude.

I'm choosing to have an amazing day.



OBSERVE AND LISTEN



On a walk in the forest, take a minute to observe and listen to your surroundings. Keep your eyes open or close them if you wish. Were there any particular sights, sounds, smells or sensations that captured your attention?





ROLL AND RESPOND

PRACTICE TELLING SOMEONE HOW YOU FEEL.

Go out in the playground and with a couple of friends.
Take turn to roll and respond.

(Each of you must bring their own die).



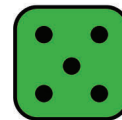
What are you most looking forward to in Spring?



If you could have one season twice a year, which could it be and why?



..Someone who..



How would you describe Autumn to an alien?



Which would it be and why?.



How does Winter make you feel different from the other other seasons?

Learn to REFLECT ON YOUR FEELINGS

Go out in the playground and with a couple of friends..
Take turn to roll and respond.
Each of you must bring their own die.



Top 3!

- Top 3 Feelings You Like To Experience
- Top 3 Things That Can Stress You Out
- Top 3 Uncomfortable Feelings
- Top 3 Things You Feel Grateful For
- Top 3 Joyful Memories



Complete It!

- "I feel happy when..."
- "I sometimes worry about..."
- "A time I felt sad was when..."
- "I feel loved when..."
- "Something that can get me angry is..."



True or False?

- It is not okay to feel mad.
- How we think about something can impact how we feel.
- Everyone expresses feelings the same way.
- Other people can make you feel a certain way.
- Feelings can help you learn more about what you need.



What If...

- What if you just won the school spelling bee, how might you feel?
- What if you were feeling annoyed or irritated, what might have just happened?
- What if you were feeling stressed out, what is something kind you can do for yourself?
- What if you could choose to experience an emotion more often, which would it be?
- What if your friend was feeling hurt or sad, how might you be able to tell?



Risk!

- Make a sad face. Show us!
- Show us what your posture might look like if you were feeling proud.
- What do you look like when you feel excited? Act it out!
- Pretend you are feeling bored, what would your facial expression look like?
- Without using words, how could someone tell you were feeling angry?



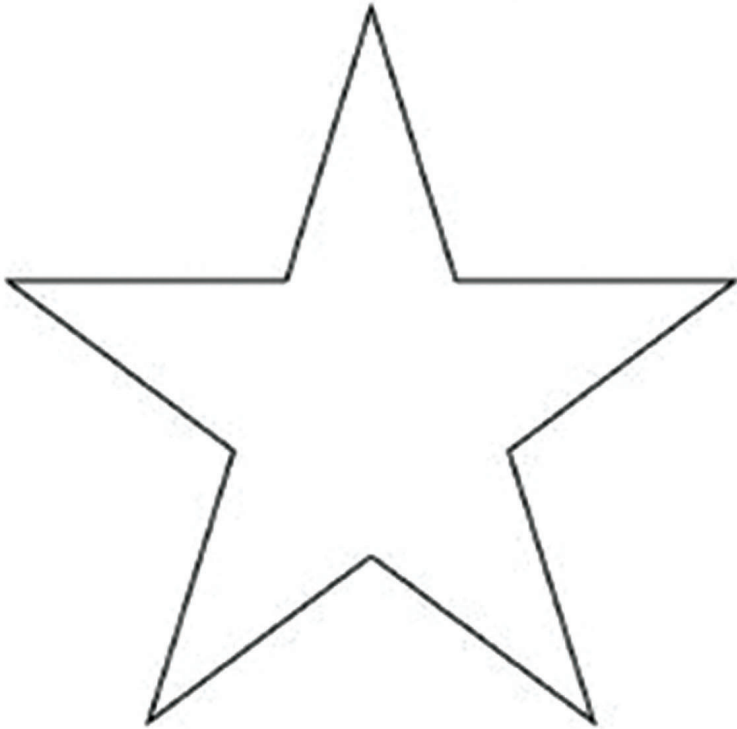
You Just...

- You just noticed you were feeling strong, what happened?
- You just felt your stomach hurt, what feeling might you be experiencing?
- You just cried, what might have happened?
- You just screamed, what are two different emotions you might be experiencing?
- You just felt disappointed, what happened?

5 STAR QUALITIES

Ground rule: only share what you don't mind "you like in you like in yourself". Sit in a circle with a group of family and friends (making sure you leave at least 1m between each person if they are not in your family)

Think of some of the strengths and qualities that they like in yourself and others. Use the ball to roll or throw round the circle so that everyone can say a word or phrase to describe these qualities, e.g. kind, caring, funny, full of energy, a good friend.



Write positive qualities about YOU in each of the points (five words or phrases in all) and colour in the star to make it as special as you are. When you finish show your star to your group and tell them about your 5 star qualities. It is really important to be aware of all the positive qualities that YOU have and that make YOU unique

Cut out a star outline and write your own name in the middle of the star.

YOU ARE AMAZING! CELEBRATE WHO YOU ARE

Name: _____

Celebrating our successes and recognising our achievements in life helps keep us on track and motivated towards our future goals.

It doesn't matter if these are large or small, there is always something we can take from every experience. So take some time out to reflect on your progress - you deserve it!



A goal I celebrated was...



How I celebrated was...



How I felt was...



The image or words that remind me of my celebration are...



FIVE WAYS TO SMILE ON THE WAY TO SCHOOL

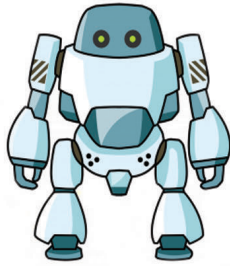


School-children in Brighton & Hove have been sharing the benefits of an active journey to school. They tell us that walking, scooting, cycling (and even skateboarding) are great ways to help us 'SMILE', improve our mental health and practice the '5 ways to well-being'



Click on the link to watch the video






<https://youtu.be/AqGRpkErVgY>



MY REWARD CHART



My name is.....

 Do something nice for other people?										
 Have fun outdoors?										
 Work on your relationships with others?										
 Try something new?										
 Feel happier?										

Do you want to....

-  Have fun outdoors?
-  Try something new?
-  Feel happier?
-  Do something nice for other people?
-  Work on your relationships with others?



Quiz

How many minutes of exercise should you do every day to feel healthy?

10

20

40

60

70

Which of these actions can help you feel better when you are not happy?



Is feeling nervous about a big event such as sports day at school normal.



YES

NO

MAYBE

Answers: 1: 60 – 2: talk and play – 3: yes, it is normal

"I just go on that walk, that beautiful place... . I love that, that's what I like more than anything in life, just being out there, you know, and there's nobody round to bother you, you might see the odd person, you say good morning [...] it is tranquillity, that's peace, some peace of mind and you're out there, nobody around to bother" you, you know what I mean." **KEVIN**



"They have big tree there, one big tree. I sit there when I like to think about things and make decisions. I love that place because you have the falling water, it's coming down there, you have the river here so it's beautiful place. Winter or summer or spring or anything, I don't mind. Any time of the year, I go there and think about it, any problem I have."

Helima

"Sometimes I have a little rest by going for a little walk in the fresh air. I find some lovely plants...wild garlic... you can eat it. Where I live there is a bit of a hill and if you walk up you feel more energy. You see plants and animals. I am really happy and tell myself to walk more." **MAI**

