

Communication!

Share some happiness!



Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories.

Think Outside the Box!



You matter! We often think of others before ourselves...

Get Active!

Find something energetic to do for at least 30 minutes. Try to make sure that you increase your heart rate. You could try running, practising some sporting skills, trampolining or testing your fitness.



Do what you Love!



Create your own song, rap or tune to show how you are feeling! You can use your voice, an instrument, or even a household object to create interesting sounds to use in your piece of music.

Send it to us!

What's on your mind?



Talk about the things that are worrying you or you feel unsure about. It can really help to talk things through!

How do you let off steam?

Think about what you do when you are feeling sad or angry. **What helps you to feel better? What other ideas could you try?**

Remember this advice for when a friend might need it!

Follow our PE Twitter page for weekly/daily challenges!

@SharplesPE

Happiness Playlist

Create a playlist of songs that make you feel good! Share it with friends and family so they can use it too. Which songs have you included and why?



Catch up with a friend you haven't spoken to for a while.

This could be someone from school who you cannot see at the moment. Check in and see how they are. Let them know how you are feeling too.



What are your proudest achievements and how did they make you feel? Try to think of a small goal to work towards each day so you can feel that same sense of achievement.



Put on your favourite music and dance around the room!

Sing along to a song you like.

Check-In

Let us know how you're doing! Having a bad day? Tell someone.....

-A friend
-Year Coordinator
-Parent/Carer

**LOCK
DOWN**



Self-care and support for young people

Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.

Here's some **self-care tips** to help **protect against stress**:



Try

Nurture your physical health – body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.

Set aside time to have fun or do something nice for yourself – positive emotions can help build a buffer against stress.

Spend time on an activity you enjoy – whether painting, playing guitar, or learning a new sport.

Talk to someone – tell a trusted friend or family member about how you're feeling, or chat online on a support site like **Childline** or **The Mix**.

Avoid

Overdoing it on caffeine, alcohol or sugar – they're a quick fix which can increase stress in the long term.

Overworking – we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.

Chasing perfection – it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.

Too much screen time – it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.

Bottling up your feelings and assuming they will go away – this can make things worse in the long run.

If you're struggling to manage your stress, don't keep it to yourself – there is no shame in seeking help.

A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See **list of support organisations**



Kooth kooth.com

Free support services for young people delivered by qualified counsellors via online chat.

Mental Health and Behaviour in Schools

gov.uk/government/publications/mental-health-and-behaviour-in-schools-2

The Department for Education (DfE) developed this set of advice and practical tools to help schools promote pupil mental health, identify and support pupils with more severe needs and make appropriate referrals to specialist agencies where necessary.

Mental Health Foundation mentalhealth.org.uk

UK charity dedicated to finding and addressing the sources of mental health issues. Includes information, research, resources and an invaluable A-Z of mental health terms.

Mind mind.org.uk

National charity providing information, advice, and campaigning to promote and protect good mental health for everyone.

MindEd minded.org.uk

Free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. Also includes e-learning resources for professionals and volunteers.

Mindfulness in Schools Project training courses mindfulnessinschools.org/courses

A charity whose aim is to encourage, support and research the teaching of secular mindfulness in schools.

MindUP mindup.org/u-k

A learning programme for teachers and pupils based on positive psychology and mindfulness.

The Mix themix.org.uk | Tel: 0800 808 4994

A leading digital support service on a range of issues impacting young people's wellbeing including mental health, money, homelessness, employment, relationships and drugs. An online chat and a crisis messenger is available on the site.

myHappyMind myhappymind.org

A curriculum to help schools develop resilient children who celebrate themselves and others, build positive relationships and thrive. Supports schools in creating a positive and growth-oriented whole school culture.