



# A MONTH OF ACTIVITY IDEAS (MONTH 1)

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OVER THE COMING WEEKS WE MAY BE AT A LOSS OF  
WHAT TO DO AND/OR HOW TO DO IT

HOPEFULLY SOME OF THE IDEAS THAT FOLLOW WILL  
ENABLE YOU TO COME UP WITH YOUR OWN IDEAS  
TO SHARE

*KEEP SAFE AND WELL AND ILL BRING SOME MORE IDEAS SOON*

*CAROLINE BENHAM*

# SECTIONS TO THIS POWERPOINT

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KEEPING A ROUTINE



CURRENT OR NEW  
ACTIVITIES FOR YOU TO  
TRY



MINDFULNESS EXERCISES

# THE IMPORTANCE OF DAILY ROUTINES

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As has been shared in the media for people who are working from home there are a few tips we can consider



Get up at a normal time



Get dressed



Find time for physical exercise



Find a time boundary for relaxation



Try and keep to a time boundary with your work day



Go to bed at a similar time so your body clock isn't confused

# BE AWARE OF YOURS AND OTHERS ANXIETY

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WHEN WE UNDERGO PERIODS OF CHANGE WE CAN BECOME ANXIOUS UNTIL THE SITUATION SETTLES



IF THERE IS A SITUATION YOU HAVE NO CONTROL OVER, TRY AND LET IT GO AND TRY TO FOCUS ON THE THINGS YOU CAN DO.



IF YOU ARE FEELING OVERWHELMED, SAY YOU ARE AND FIND A SPACE WHERE YOU CAN TAKE SOME TIME.



TRY AND ASK OTHERS IF THEY ARE OKAY AND IF THEY AREN'T ASK IF THERE IS ANYTHING YOU CAN DO TO HELP – THERE MAY NOT BE, BUT ITS ALWAYS GOOD TO ASK

# WHAT I WANT AND WHAT I NEED

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Sometimes we can get overwhelmed and we genuinely think we need something



Take time to consider if you need it, or if you just want it



If you just want it, try and identify a time when you will be able to have it and leave it there



If you feel it is a real need, try and talk to someone about it and listen to what their opinion is and see if you really need it

# ACTIVITIES FOR YOU TO THINK ABOUT

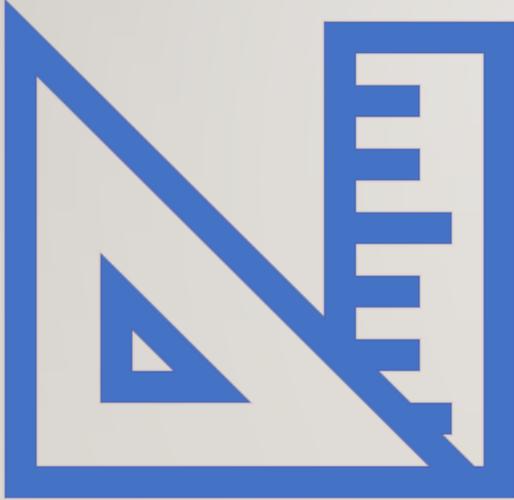
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# IDEAS FOR STUDENTS

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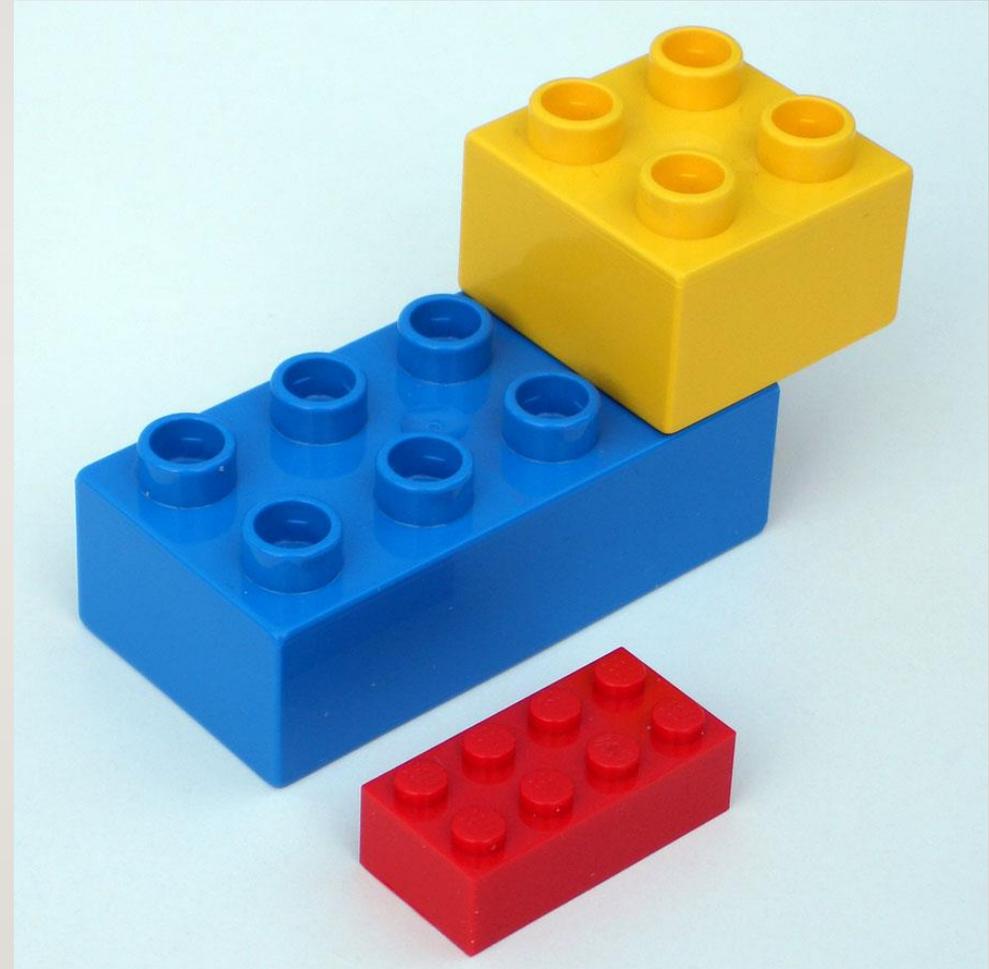
- Design a poster that reinforces everything will be okay



# BARRIER GAME I

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- Barrier games are an excellent way of developing listening skills and can be fun also
- Find 2 matching sets of 5 lego pieces –
- Each person has a set
- Put a folder or something similar between you (so you cannot see each others pieces
- One person describes to the other how to assemble the pieces
- Once you have followed the instructions show your partner and see how well you've understood
- Now get your partner to have a go!!!



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# BARRIER GAME 2

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- Barrier games are an excellent way of developing listening skills and can be fun also
- Find 2 pieces of paper–
- One person draws a simple drawing on their paper (like a simple house shape)
- Put a folder or something similar between you (so you cannot see each others pieces)
- One person describes to the other how to draw their picture (without saying what it is)
- Once you have followed the instructions show your partner and see how well you've understood
- Now get your partner to have a go!!!



# START A HAPPINESS JOURNAL

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At the end of every day spend a little time with a small notebook



Think about anything at all that happened during the day that made you smile or that made you feel grateful



Write down these thoughts



Why would I do this? It is very easy to get into negative habits when we are feeling unsettled, by writing down factual events and positive thoughts we are train ourselves to look for positives in each and every day.

# TAKE A WALK OUTSIDE

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If you are able to go out into your garden or further afield, make a point noticing



Smells



Sights



Sounds



Touch



Taste



# TRY COMPLETING PUZZLES (YOU MAY BE SURPRISED AT HOW YOU ENJOY IT)

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You may find that there are puzzles in your home that have been sitting at the back of a cupboard – get them out and give them a go!!



You may find that this brings back some great memories and it will also give you something to finish



Jigsaws, crosswords, wordsearches – or go online to find some or download an app

# HAVE A PAMPER DAY

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Pamper days do not need to cost much



You can pamper yourself with a long bath, a refreshing shower, using a face mask, trying to style your hair differently, using your make-up or moisturising your skin

# MUSIC

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Listen to your favourite music and really take time to listen to the lyrics and the beat.



Maybe write down your favourite lyrics and make a piece of art out of it so you can stick it to your wall or to a cupboard

# PHYSICAL EXERCISE

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ANY PHYSICAL EXERCISE IS  
GOOD FOR BOTH OUR MOOD  
AND OUR PHYSICAL BODY



CYCLE, JOG, JUMP



JOIN IN WITH A WORKOUT  
ONLINE



JUST GOING FOR A WALK IS  
GOOD FOR US AS IT HELPS US  
TO STRETCH OUT NATURALLY  
WHEN WE HAVE BEEN SITTING  
FOR A LONG PERIOD

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## START A MINI PROJECT

We all have things we enjoy, walking, gaming, art, crafting, sport, history and the list goes on

Think about what we like about our interest

Make a project book, PowerPoint,

Explore other ways of enjoying or finding out about your area of interest

# GENERAL COOKING

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CHOOSE AND COOK A SIMPLE MEAL USING INGREDIENTS IN YOUR HOUSE



TRY THE “READY STEADY COOK” APPROACH WITH LIMITED INGREDIENTS



OFFER TO COOK A FAMILY MEAL, BUT DON'T WORRY IF YOU ARE NOT ALLOWED

# BAKING

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If you have the equipment and ingredients try  
and cook something simple if you haven't  
done so before



If you are already interesting in cooking try  
something more adverntuous

# ART

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What ever you have at home, and even if it is just one pencil, you can always practice drawing in many ways



You can use the back of envelopes to draw on and then cut the picture out and put it in an envelope for another time when you can collect them in a sketch book or scrap book

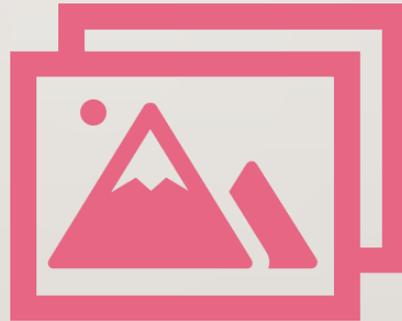


You can also go online and look for tutorials if you want to learn a new skill for line drawings

# PHOTOGRAPHS

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- Look at old photographs and remember positive experiences and share these experiences with others



# HAPPY JAR

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FIND AN OLD CLEAN  
JAR



FIND SOME PAPER TO  
CUT UP



WRITE ON THE  
PAPER SOME OF THE  
THINGS THAT MAKE  
YOU SMILE



PLACE THESE IN THE  
JAR



GET THEM OUT  
WHEN YOU FEEL SAD  
OR WHEN YOU FEEL  
YOU NEED TO



MAYBE HAVE THIS AS  
A FAMILY ACTIVITY

# WATCH COMEDY

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Its always good to laugh and  
there's always time for us to  
laugh



Watch a TV comedy



Go online and look at  
compilation clips of comedy  
you like

# PETS

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Enjoy time with your pets



If you have a dog, maybe look at training videos and teach your dog some new commands –



just remember the dog could get bored if we expect too much from it



Watch the behaviour of small mammals such as guinea pigs and hamsters and learn about them

# EAT AS WELL AS YOU CAN

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- Its always important to eat but remember if you are using less energy you need to eat less so maybe consider healthy eating options



# MAKE A WISH

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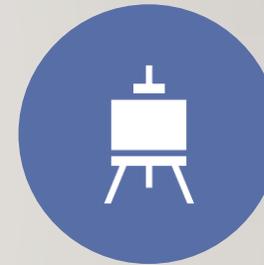
THINK ABOUT WHAT MAKES  
YOU HAPPY



MAKE A WISH THAT IS EITHER  
A FANTASY OR SOMETHING  
THAT IS REALISTIC



THINK ABOUT WHAT LIFE  
WOULD BE LIKE IF THAT  
WISH CAME TRUE



DRAW PICTURES OR CUT UP  
IMAGINES FROM MAGAZINES  
IF YOU HAVE THEM TO  
CREATE A PIECE OF ART

# THINK OF SOMEWHERE YOU WILL VISIT

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Where is it?



How many people live there?



What would you see there?



Where would you visit if you were there?



What would you eat there?



What activities could you do there that you cant do here?



Maybe the whole family could do this and you can find out things you didn't know about your family

# TALK TO PEOPLE

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IT IS GOING TO BE REALLY  
IMPORTANT TO STAY IN  
CONTACT WITH OTHERS



SPEAK TO YOUR  
FRIENDS/FAMILY BY PHONE  
IF YOU CAN



SPEAK TO YOUR  
FRIENDS/FRIENDS BY EMAIL  
IF YOU CAN



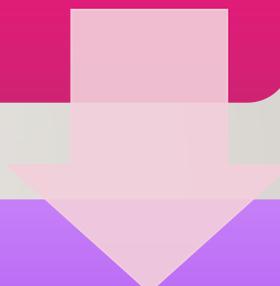
SPEAK TO YOUR  
FRIENDS/FAMILY ONLINE IF  
YOU CAN



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## HAVE A SORT OUT

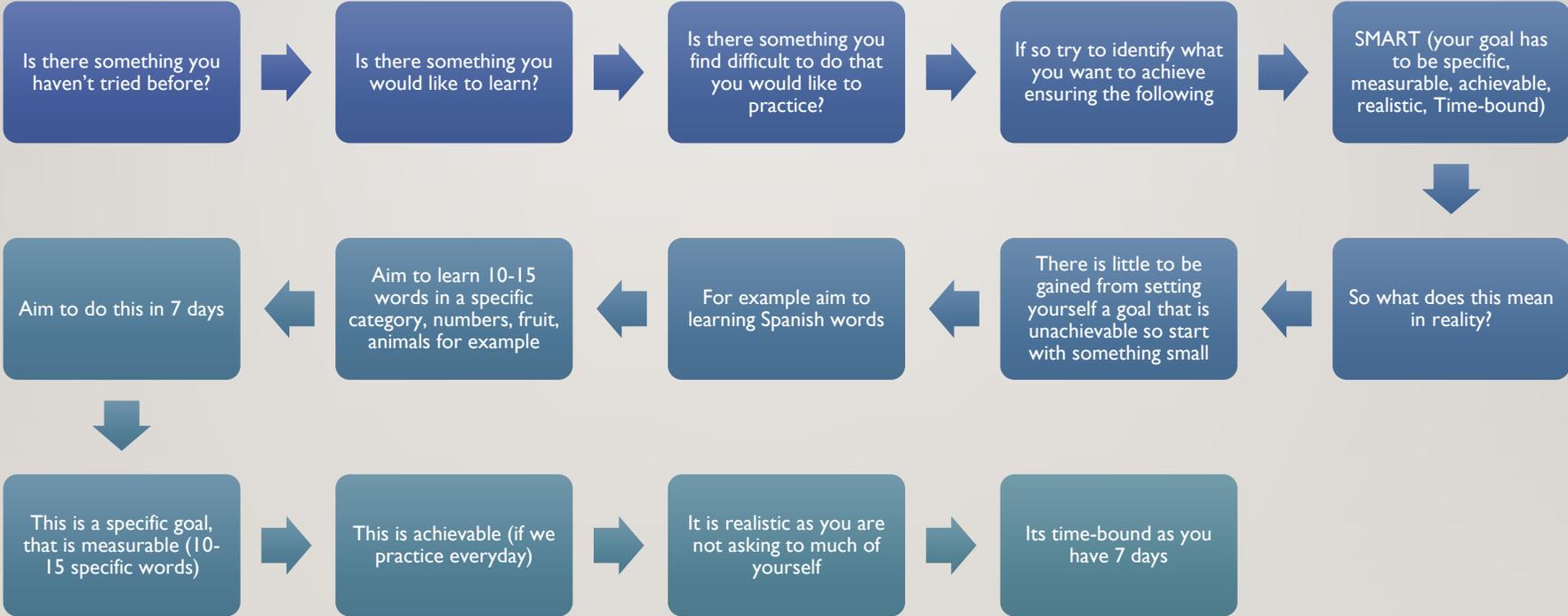
Sorting things out when you are in the mood to do so, is a great way of occupying your time.



It can also help you get rid of any rubbish that may have been accumulating under your bed or in your cupboards

# SET YOURSELF A CHALLENGE

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# SING ALONG

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Find a song you all like



Write down the lyrics if  
you need to



Put the music on and all  
sing together



(You can do this at home,  
on your own, with your  
family, online, with your  
friends)



Have fun!!!

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# MAKE SOME SALT DOUGH

Using our hands to mould and manipulate dough is a relaxing activity we can take part in at any time

Take 1 cup Flour

Take ½ cup salt

Take ½ cup water

Knead and using food colouring to colour, or food essences to create a smelly dough

See who can make the most creative, funniest creations or just use it to help you relax

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# MAKE A LAVA BOTTLE



# MINDFULNESS ACTIVITIES

- Please find, on the following slides some ideas for helping find some calm for the times we find ourselves in

# MINDFULNESS WALKING

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WALK SLOWLY AND CALMLY  
FOR 10 MINUTES IN A QUIET  
SPACE



TAKE NOTE OF THE FEELING  
OF THE SURFACE UNDER YOUR  
FEET AND HOW THIS CHANGES



TAKE NOTE OF HOW YOUR  
BODY MOVES WHEN YOU  
TAKE EACH STEP, YOUR FEET,  
YOUR ANKLES, YOUR KNEES,  
YOUR HIPS, YOUR TRUNK,  
YOUR ARMS AND YOUR HEAD



THIS IS A REALLY GOOD WAY  
OF LEARNING TO SLOW  
DOWN AND WALK IN A  
RELAXED WAY

# LOOK ON THE INTERNET

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LOOK ON THE INTERNET AND  
TRY AND FIND SOME  
ACTIVITIES YOU CAN TAKE  
PART IN THAT INCLUDE THE  
WORDS



MINDFULNESS



YOGA



MEDIATION

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# BODY SCANNING

|          |  |
|----------|--|
| Lay down | Lay down in a quiet room and close your eyes   |
| Name     | Name each part of your body moving from your toes to the top of your head (you don't need to say this out loud)                          |
| Identify | Identify each part of your body, notice how it feels.  |
| Feel     | If you feel tension, tense the area and then relax it and feel the difference  |
| Relax    | Once you have moved through your body, take note of how your body feels and enjoy the weight of your body on your bed or floor or chair. |

# MINDFULNESS BREATHING

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|          |  |
|----------|--|
| Take     | Take a deep breath   |
| Notice   | Notice how your belly fills with air   |
| Hold     | Hold your in-breath for a few moments  |
| Exhale   | Exhale, slowly   |
| Continue | Continue to do this for as long as is comfortable, and if it feels hard the first time, try again another time ] |

# LISTENING EXERCISE

- Sit in a quiet place
- get yourself into a comfortable position
- Close your eyes
- Take some slow deep breathes
- Listen to what you hear
- As you start to focus notice what else you can hear that may be far away in the distance
- Continue until you want to stop
- Open your eyes
- Get up slowly and calmly

# YOUR SHANGRI LA

- Sit in a quiet space
- Get comfortable
- Close your eyes and visualise a place in your mind that is full of beauty
- Where is it?
- What is the temperature like there?
- What can you see?
- What can you smell?
- Who else is there?
- What else is there?
- What does it feel like?
- When you walk through the area, what sounds can you hear?
- What does the ground feel like under your feet?
  
- When you are ready – open your eyes and try to draw what you saw, or write about it... so you can return

