

GET IN TOUCH



Connecting with people is really important for our wellbeing. This is because connecting with people helps us to build stronger relationships and also helps us to feel close to and valued by others.

During a time where we can't always see people in person, we still need to be able to connect to people so this where you come in...

We want you to try and bring a smile to someone's face by writing a nice letter to an older friend, a relative or maybe a neighbour. Not only will this make someone else feel better, it will also make you feel great too.

Here are the instructions:

- Pick someone to write a letter to that you think would love to hear from you
- Using a piece of paper write a letter to this person. You can write about football, what you have been up to, your favourite memory with that person or maybe tell them about your favourite hobby
- The important thing is that you share a story that makes the person who reads the letter smile
- In the letter, can you ask the person some questions, for example 'Have you started any new hobbies during lockdown?'. This may encourage them to reply to your letter so you can keep the connection going
- Once you have completed your letter can you share this letter with the person it is for? You can do this by posting your letter if you have a stamp or drop it through their letterbox if they live nearby. If you cannot do either of those, you could ring the person and read out what you have written or ask your parents/guardians to email it or send them a picture of it

The fact that you have taken the time to write a letter will mean so much to them and you should be proud of yourself for doing it.

STAY SAFE. STAY FIT. STAY CONNECTED.



WELLBEING QUIZ

Create a 10 question quiz about your favourite hobby or animal.

Test a person in your household or even a family member or friend over the phone.

Q1)

A)

Q2)

A)

Q3)

A)

Q4)

A)

Q5)

A)

Q6)

A)

Q7)

A)

Q8)

A)

Q9)

A)

Q10)

A)

HAND PRINT BREATHING



Hand Print Breathing is a very simple exercise that can calm you down and help you feel less anxious.

With this activity, you have two tasks to complete.

Task One: Using the hand print worksheet, can you decorate the hand print using your favourite colours, patterns, and pictures? Be creative and enjoy it.

Challenge: You can even draw around your own hand instead of using the template.

Task Two: Once you have created your hand print, you are going to use it to do a breathing exercise.

Follow the instructions below. If you need help, ask a parent or adult to have a go with you.

- Stretch your hand out and place it on top of the paper hand print
- Using the pointing finger of your other hand, trace up and down your fingers
- Breathe in as you trace up your finger
- Hold your breath at the tip of your finger
- And breathe out as you trace down
- Keep going until you have traced all five of your fingers

Challenge: Can you show this breathing exercise to someone in your house and explain why it is good for you?

Whenever you're feeling worried, stressed, or anxious you can now do this exercise and it may help you to feel calm and relaxed.

HAND PRINT TEMPLATE

