



pivot

Wellbeing

# COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJs in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	<b>NO ELECTRONICS</b> Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bedrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	<b>ELECTRONICS OK</b> Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight



## Headspace: Guided Meditation

( Android, iPhone, iPad )

Headspace: Guided Meditations and Mindfulness takes a calm, relaxed approach to bringing calm relaxation into the lives of adults and kids. Headspace app, aims to keep children "calm and focused" through short meditation exercises.

The app will help kids fall asleep and wake up peacefully. It uses common meditation techniques like becoming aware of environmental sounds, breath awareness, breath counting, and more. Kids can learn the basics of meditation and mindfulness. Kids can follow the instructions and are reminded by the app to meditate each day. They can develop the habit of making time for personal growth and self-reflection in different situations, such as bedtime and waking up. It is also being used by mental health professionals and licensed therapists in medical sectors.



## Smiling Mind

( Android, iPhone, iPad )

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom. An especially good choice for the younger users out there, as it was created specifically with students in mind. Smiling Mind offers programs for a variety of age groups, including 7-9, 10-12, 13-15, 16-18 and adults. The app has an easy-to-use interface for keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change.



## Calm

( Android, iPhone, iPad )

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

Enjoy 100+ guided meditations to help you manage anxiety, lower stress and sleep better. Sleep Stories are soothing tales read by well-known voices to help people unwind and fall into a deep sleep each evening. Also enjoy 10 minute guided video lessons on mindful movement and gentle stretching.

<https://www.bbc.co.uk/programmes/p04pxgfk>

www.kooth.com



Free, safe and anonymous  
online support for young people

Monday - Friday 12pm - 10pm  
Saturday - Sunday 6pm - 10pm

● offline

LOGIN

IN CRISIS?



## What Are the Benefits of Mindfulness for Children?

Recent research has repeatedly shown that a daily dose of mindfulness improves attention, boosts self-esteem, and helps kids better monitor their emotions.

“Research indicates that brain training involving mindfulness practices can strengthen areas of the brain responsible for attention, emotional control, and problem solving,” say psychologists Kirk Strosahl and Patricia Robinson, authors of *In This Moment*. “There is emerging evidence that mindfulness-based brain training produces permanent structural changes in the brain.”

Some studies have also found that children who regularly practice mindfulness were more empathetic than their peers. In one small study, preschoolers were given stickers and told to distribute them to whomever they chose. Before learning mindfulness, the children mostly gave the stickers to friends; afterward, they happily gave the stickers to kids they didn't know or didn't like.

## How Can We Get Started?

The best (and easiest) way to start a mindfulness practice is to encourage your child to focus on her breathing. Here are two easy, kid-friendly techniques to help get you started:

- **Hot Chocolate Breath:** This technique starts with your child holding up her hands as if she were holding a mug of hot chocolate right under her face. Prompt some basic visualization, and ask her to imagine first smelling the hot chocolate — inhaling deeply through her nose — and then blowing it to cool it down, exhaling smoothly across the surface out her mouth. Have her repeat this breathing pattern and visualization — in through her nose smelling, and back out through her mouth, cooling off — for a minute or two. Encourage her to let her breath find its own rhythm: not too fast, and not too slow.

Using imagery like this — connecting the exercise to the pleasant sensation of drinking hot chocolate — provides kids with a positive association and helps them make sense of their breathing patterns. Slow, deliberate breathing is what calms down the body and the brain; the visualization jumpstarts the prefrontal cortex and helps children with ADHD focus their wandering attention.

- **7/11 Breath:** This technique is popular with athletes, police officers, and teachers who are regularly placed in high-pressure, high-perfor-

### MINDFULNESS AT SCHOOL

Find 10 exercises for stronger school focus at <http://additu.de/10-school>

### Easy Mindfulness Exercises for Kids with ADHD

from the editors of

**ADDITUDE**  
Strategies and Support for ADHD & LD

4. **Play “I Notice...”** This is basically “I Spy,” but with a range of answers, which teaches your child to develop awareness. Chances are, once they look, they’ll find things you never noticed before either. Try to find an object in each color of the rainbow, notice different textures (soft, hard, prickly, squishy), or shapes (square, circle, triangle).
5. **Try yoga.** Balance poses, like Tree, encourage focus and control. Upside-down poses, like legs raised against the wall or a shoulder stand, encourage calm. There are a million resources available for it; try [Cosmic Kids Yoga](#) on YouTube for inspiration.
6. **Knitting.** Knitting teaches concentration, control, coordination, and a little math, too. As an added bonus, it involves sensory input and fine motor development. If regular knitting is too complicated, try crocheting or even finger knitting. The repetitive motion is calming, the feel of the yarn is soothing, and kids feel proud of themselves for making something.
7. **Digging in the garden.** Gardening is a bit like knitting — repetitive, sensory, with an exciting end result — but is better suited to kids who need a lot of gross motor movement. As it turns out, kids who aren’t good at sitting tend to be awesome at digging. Have them dig to pull up weeds, plant a butterfly or bee garden, or find a local community garden that needs help.
8. **Pause app.** There’s an app for everything, right? In a world flooded with technology, there’s an app for slowing down, too. **Pause** turns breathing and moving slowly into a fun, blobby game. Have your child use it for a minute or two at a time to focus, calm down — and maybe even get better at that sitting still thing.

#### CALMING APPS

Find 3 online tools for overstimulated kids at <http://additu.de/calming>

## 4 Fun Mindfulness Activities and Exercises for Young People

Let's start with these simple ways to attune children with their bodies. At a young age, humans naturally curious about the strength and flexibility of their bodies. It's a great age to introduce body-mind awareness as a valuable way to take care of themselves.

### Mindful Posing

One easy way for children to dip their toes into mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017).

Ask the kids how they feel after a few rounds of trying either of these poses. You may be surprised.

### Spidey-Senses

While on the subject of superheroes, this can be a related “next step” to teach kids how to stay present.

Instruct your kids to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in (Karen Young, 2017).

This is a classic mindfulness exercise and encourages observation and curiosity—great skills for any human to practice.

### The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these **strong emotions** feel overwhelming.

- First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.
- Finally, use the following script or take inspiration from it to form your own mini-lesson:

*“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).*

[Now put the jar down in front of them.]

*Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions”* (Karen Young, 2017).

This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

Try having the kids focus on one emotion at a time, such as anger, and discuss how the shaken versus settling glitter is like that emotion.

## **Safari**

The Safari exercise is a great way to help kids learn mindfulness. This activity turns an average, everyday walk into an exciting new adventure.

Tell your kids that you will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they’ll need to focus all of their senses to find them, especially the little ones (Karen Young, 2017).

A similar exercise for adults is the mindfulness walk. This exercise provokes the same response in children that a mindful walk elicits in adults: a state of **awareness** and grounding in the present.

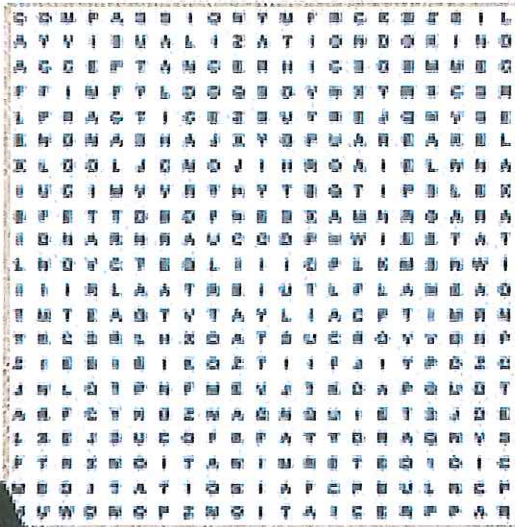
If you’re interested in more information on how to encourage the practice of mindfulness in children and teens, you can check out the other exercises from this [website](#). Otherwise, head on to the next section where we lay out key tips for teaching these concepts.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mindfulness Word Search

**DIRECTIONS:**  
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- ACCEPTANCE
- APPRECIATION
- ATTENTION
- AWARENESS
- BREATHERS
- CALM
- CLARITY
- COMPASSION
- DETERMINATION
- FLEXIBILITY



- FOCUS
- GRATITUDE
- INSPIRATION
- JOYFUL
- KIND
- LISTEN
- LOVE
- MEDITATION
- MINDFUL
- NONJUDGMENTAL
- OBSERVATION
- PATIENCE
- PRACTICE
- PRESENT
- QUIET
- REFLECTION
- RELAXATION
- SERENITY
- THOUGHTS
- VISUALIZATION

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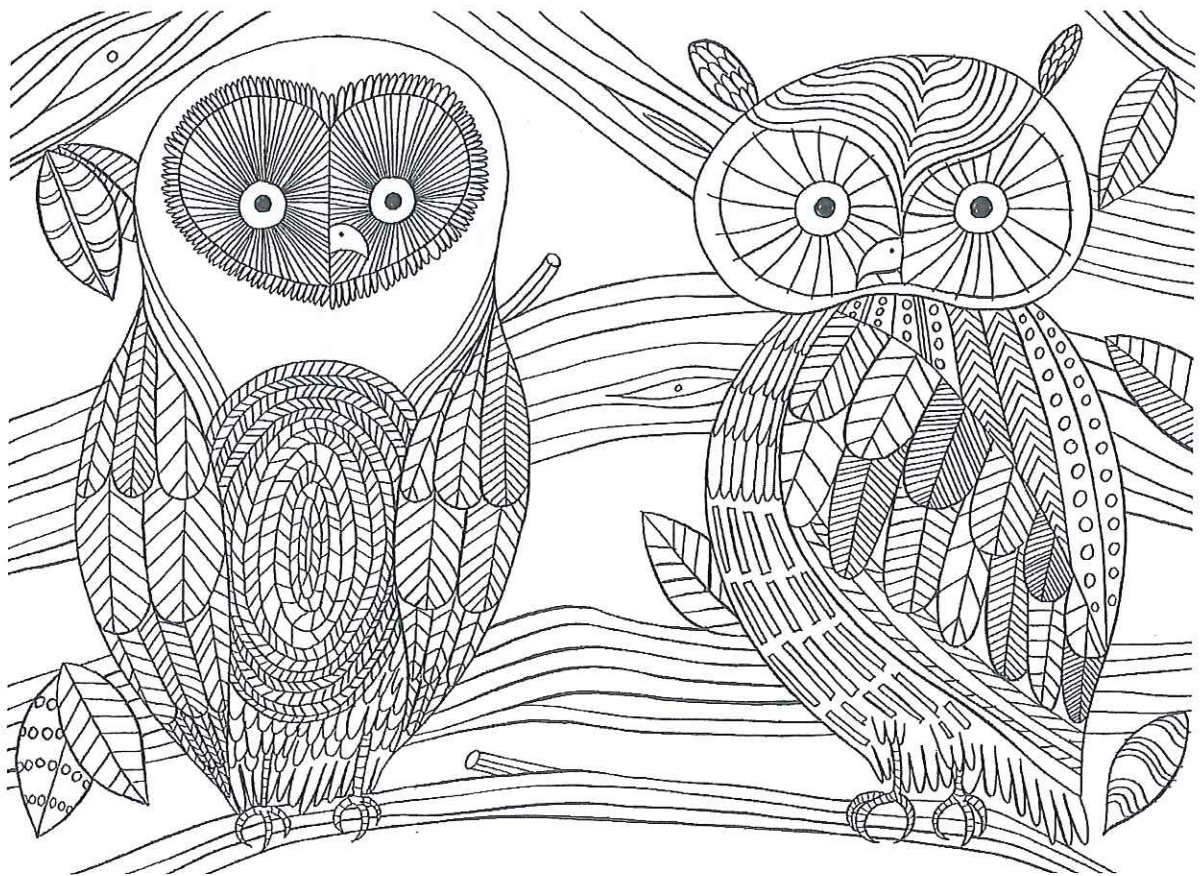
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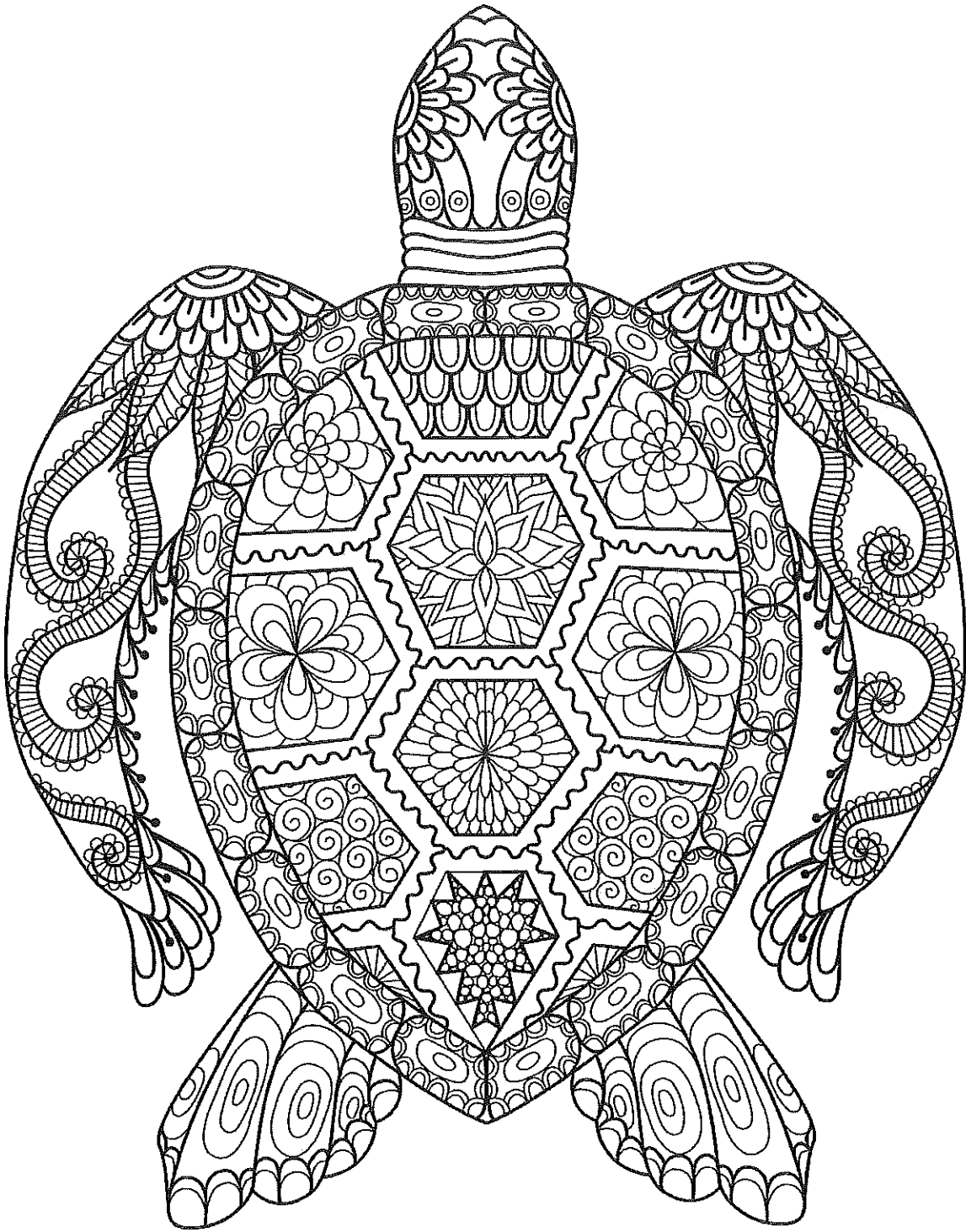
## Mindfulness

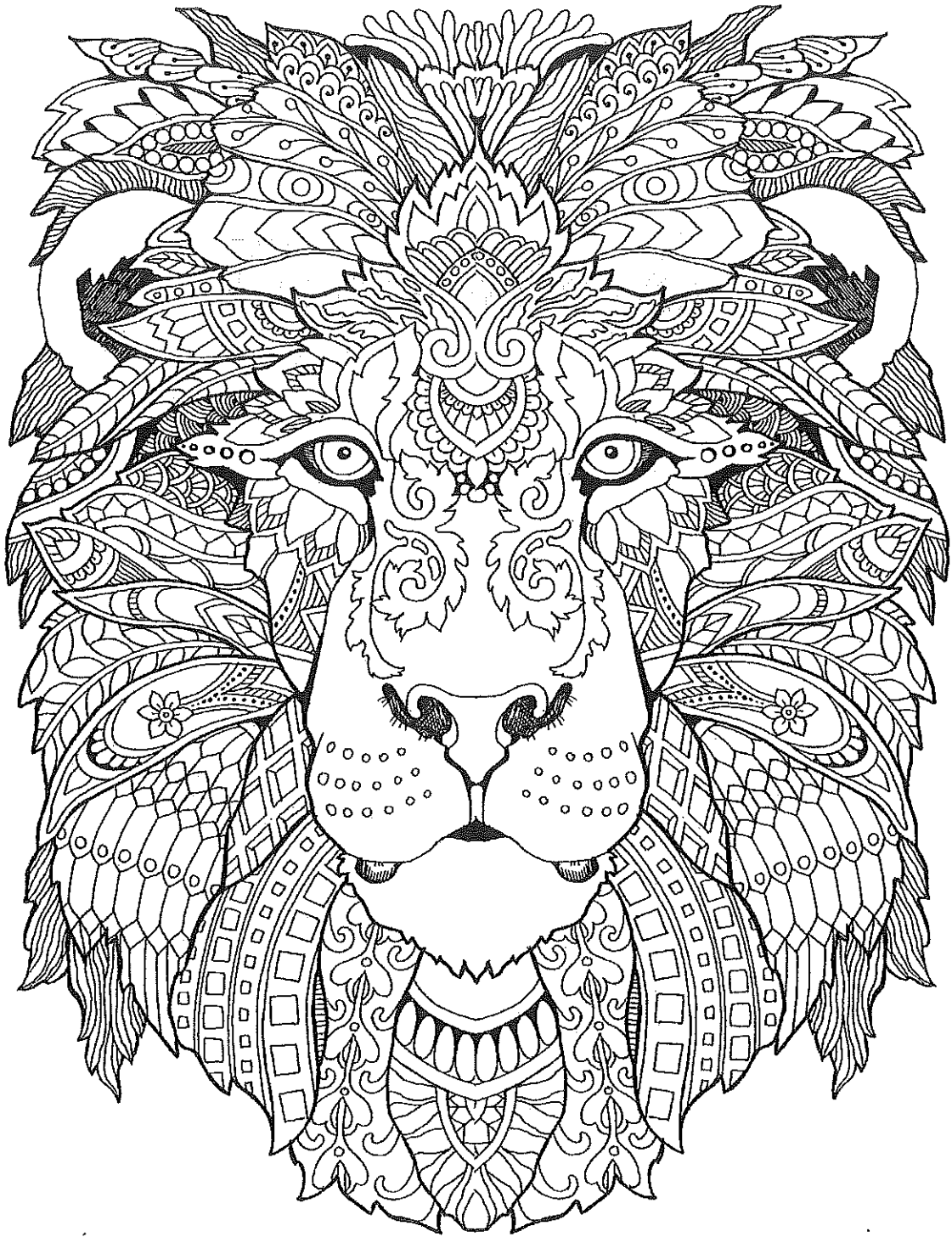


- accepting
- attitude
- awareness
- barriers
- compassion
- feelings
- focused
- kind
- lifestyle
- love
- mindfulness
- nonjudgmental
- personal
- present
- reflection
- selfcare
- senses
- value
- wellbeing









## Anger management



- Recognise your anger signs: Being aware of what causes our anger and what goes on inside us when we are getting angry can help us to understand it and manage it better.
- Count to 10 and breathe slowly: This can give you time to think and calm down.
- Talk about how you feel: This could be with anyone that you find comforting to talk to, don't bottle it up.
- Do something creative: This can help channel your energy and focus towards something else, anger is a way of expressing ourselves so expressing ourselves in other ways is helpful.
- Listen to calming music: This can help to change your mood and slow down your physical reaction.

## Top Apps

- Anger and Irritability Management Skills (AIMS): make anger logs and reflect on your emotions (ages 13-25)
- What's Up?: tools and techniques for managing anger
- Calm: relax to deal with anger (ages 6-25)

## Extra information

- Mental Health Foundation: Anger
- Young Minds: Worried about your child – Anger aggression and violence
- Mind: Anger
- Young Minds: Feeling angry
- NHS Choices: Why am I so angry?

## Top tips for coping with teen depression



- Talk to someone: This could be anyone that you find helpful to talk to –don't bottle it up
- Stay in touch: Try to keep connected to a few people. This can help your mood
- Look after yourself: Take a look at things in your everyday routine such as your eating, drinking and sleeping habits to see if small changes could improve your mood
- Tune into your thoughts: Spotting unhelpful thoughts can help to challenge negative thinking
- Be more active: There's loads of evidence that exercise improves our mood – you could try anything from walking the dog to riding a bike, trampolining or swimming
- Have a routine: Creating a routine increases your chances of doing things that improve your mood. Build in small challenges you can achieve as well as treats
- Professional help: If your mood is really getting in the way of your life, you may need extra support from someone trained to help – this might include talking therapy such as cognitive behavioural therapy (CBT). People who are very depressed sometimes find that medication can help too

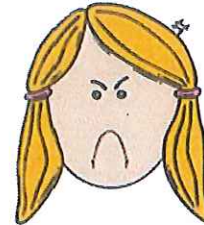
### ...young person looking for help and support

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.


- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.




## The Anger Game:



For every  say one thing that makes you angry.

For every  say one thing that you can do to cool off when you are angry

For every  say one way you can show self control at school.

For every  describe a time when it was hard for you to show self control.

For every  describe a not so good choice you made when you were angry.

For every  describe a good choice you can make when you are angry.

# EMOTIONS TRACKING DIARY #1

Track your emotions throughout the day.

## INSTRUCTIONS

At the start of your day, set a reminder on your phone to buzz every 3 hours

(Note: Be sure to turn the reminder off before you go to sleep). When your phone buzzes, take a moment to consider how you are feeling – note your mood, any associated physical sensations, what you are doing and who you are doing it with (i.e., working, eating a meal, watching TV, exercising).

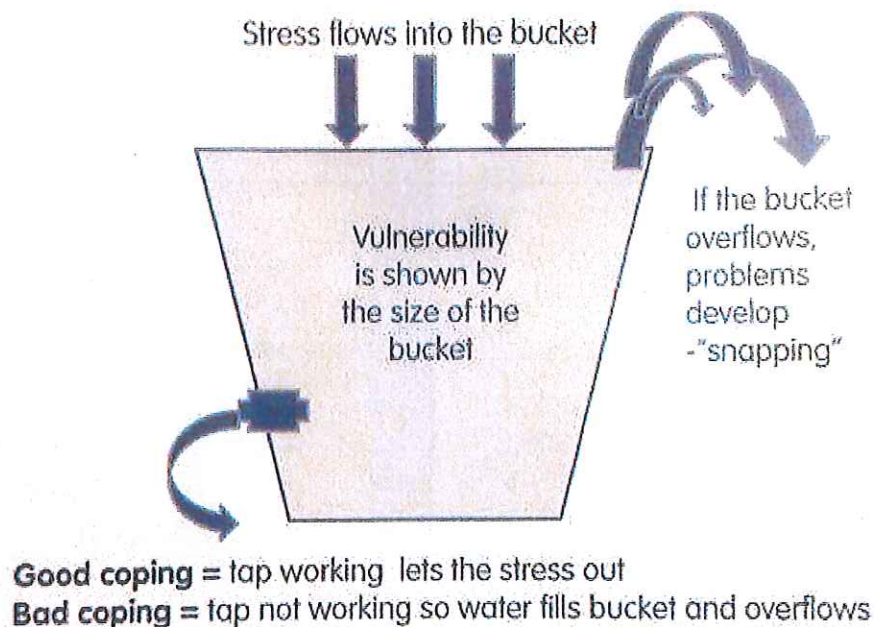
DAY .....

TIME	EMOTION	HOW IT MAKES ME FEEL	ACTIVITY	WHO I'M WITH
1				
2				
3				
4				
5				
6				

## Stress bucket activity

### The Stress Bucket

(Source: Brabban & Turkington 2002)



Discuss the diagram above, note the tap or release valve which is a metaphor for coping skills.

First think about the size of the bucket – the worksheet enables you to choose a size to reflect how vulnerable the person feels they are in relation to managing the stresses in their life.

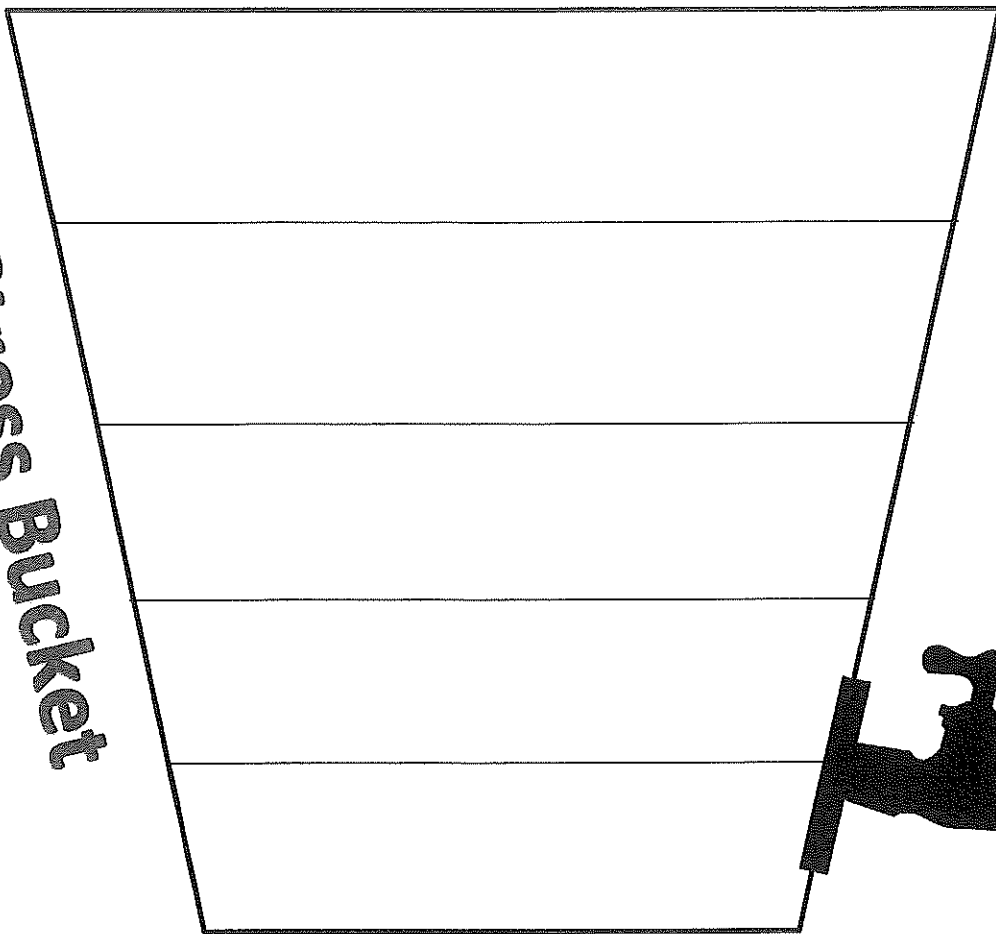
Secondly, ask the young person to think about the things that could go in the bucket, all the things that contribute the stress in their life.

Thirdly, ask the following questions or ask the young person to ask themselves:

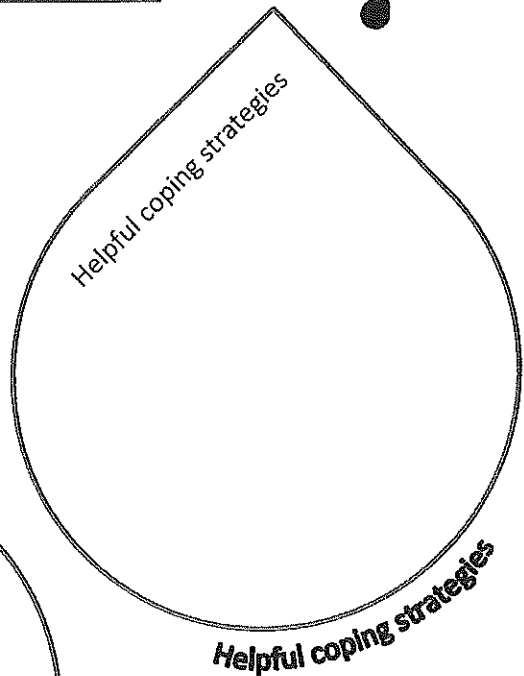
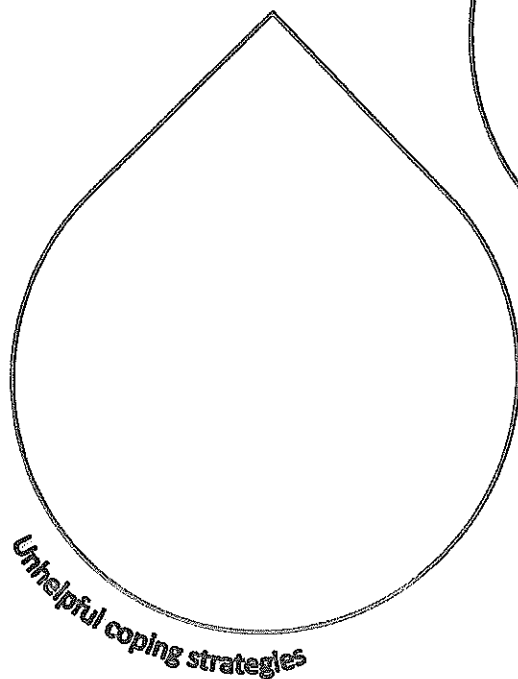
1. Do you have any evidence to support your feelings?
2. What can you change?
3. What can't you change and need to accept?
4. What needs your urgent attention?
5. Can anyone help you?

Finally, ask the young person to consider the helpful and unhelpful coping strategies that they employ. Are there any unhelpful strategies that they could reduce and any helpful ones they could increase?

# Stress Bucket



1. Do I have any evidence to support my feelings?
2. What can I change?
3. What can't I change and need to accept?
4. What needs my urgent attention?
5. Who can help me?





# How many positives can you think of?

Fill in the shapes with as many positives you can think of.  
E.g. "I am brave, kind, caring..."

**I AM**

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**I HAVE**

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**I CAN**

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**Question 1:** In what decade did the word 'teenager' enter everyday language to represent not just an age but also an attitude?

- (a) the 1920s (b) the 1930s (c) the 1940s

**Question 2:** Which country gave us the word 'teenager'?

- (a) America (b) Australia (c) England

**Question 3:** In 1944, LIFE magazine summarised the teen age by stating "*There is a time in the life of every American girl when the most important thing in the world is to be ....?*"

- (a) one of a crowd of other girls and to act and speak and dress exactly as they do.  
(b) different in every respect to every other girl on the block.  
(c) the most popular girl in High School.

**Question 4:** With reference to 1960s slang words, if a teenager called you a 'hawk' in the 1960s what would they be accusing you of?

- (a) being a government spy (b) being greedy (c) being a war supporter

**Question 5:** Judy Garland became America's first teenage movie star following her role as Dorothy in the original 1939 version of 'The Wizard of Oz'.

**TRUE or FALSE?**

© [www.free-for-kids.com](http://www.free-for-kids.com)

**Question 6:** According to the National Sleep Foundation, approximately how much good quality sleep does the average teenager need every night to stay alert and healthy?

- (a) 8 hours 15 minutes (b) 9 hours 15 minutes (c) 10 hours 15 minutes

**Question 7:** How old was the English author Mary Shelley when she started writing the original Frankenstein novel which was first published in 1818?

- (a) 17 years old (b) 18 years old (c) 19 years old

**Question 8:** In October 2014, at the age of 17, Malala Yousafzai became the first teenager to win a Nobel Peace Prize.

**TRUE or FALSE?**

**Question 9:** According to a Spring 2019 survey of 9500 US teenagers, which on-line video service do they spend the most time watching?

- (a) Netflix (b) YouTube (c) Cable TV

**Question 10:** According to the same survey mentioned in Question 9 what percentage of their spending was on food, snacks, drinks, etc?

(a) 23% (b) 33% (c) 43%

**Answer 1:** (c) the 1940s

It is generally accepted that the word 'teenager' was first widely used in the mid 1940s. The word itself had been in general circulation since the early 1920s but it was only in the 1940s that it first began to mean more than just an age as it came to represent a whole culture and attitude.

**Answer 2:** (a) America

**Answer 3:** (a) one of a crowd of other girls and to act and speak and dress exactly as they do.

You can visit LIFE magazine's fascinating on-line article and photography about [The Invention of Teenagers](#) to learn more about attitudes and perceptions in the 1940s. *"It is a world of sweaters and skirts and bobby sox and loafers ..."*

**Answer 4:** (c) being a war supporter

The slang word 'hawk' was particularly aimed at people who supported the Vietnam war which ran through the 1960s from 1955 to 1975. Conversely, the slang word 'dove' was used to describe somebody who opposed the Vietnam war.

**Answer 5:** **TRUE.** Judy Garland was just 17 years old when she starred in the 1939 release of 'The Wizard of Oz'. She won her first Oscar award a year later in 1940.

**Answer 6:** (b) 9 hours 15 minutes

According to the National Sleep Foundation the average teen needs around 9 1/4 hours of good quality sleep every night to perform at their best. A study found, however, that only 15% achieve at least 8.5hrs sleep on a school night.

**Answer 7:** (b) 18 years old

The novel was finally published when she was twenty years old. The first edition in 1818 was published anonymously although Mary Shelley's name appears on the 1823 second edition (published in France).

**Answer 8:** **TRUE.** She is a Pakistani activist and at the age of 17 was the youngest-ever recipient of a Nobel Prize.

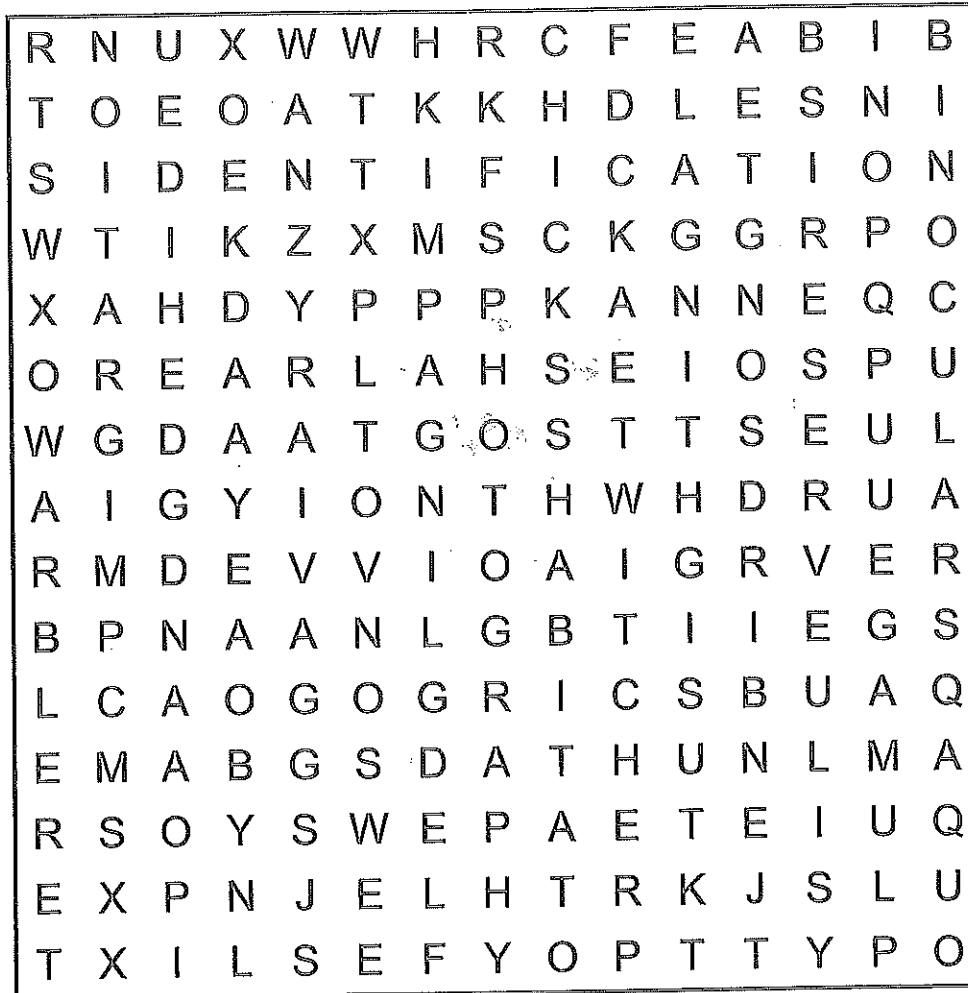
**Answer 9:** (b) YouTube

According to the survey US teens spend around 37% of their daily video time on YouTube, ahead of Netflix at 35% and cable TV at 12%. You can check out the Taking Stock With Teens Report for yourself; just Google it!

**Answer 10:** (b) 23%

That's the end of our quiz all about teenagers. Would it be helpful if this free quiz was available on a printable PDF sheet? Let us know.

Birdwatching



AVIARY

BEAK

BINOCULARS

BIRDSONG

CHICKS

DISPLAY

FLEDGLING

HABITAT

HIDE

IDENTIFICATION

MIGRATION

NESTING BOX

ORNITHOLOGY

PATIENCE

PHOTOGRAPHY

PLUMAGE

QUIET

RESERVE

SIGHTING

TWITCHER

WARBLER

No. 32

### Famous Walls

R	K	R	E	M	L	I	N	K	I	R	F	G	W	X
E	P	M	Y	M	D	T	H	A	D	R	I	A	N	S
A	R	I	X	O	I	N	E	D	D	O	L	F	A	I
N	A	I	L	E	R	U	A	S	I	L	E	S	I	A
T	L	R	C	L	X	T	W	E	S	T	E	R	N	S
O	H	C	I	R	E	J	F	O	S	L	L	A	W	E
N	B	W	D	K	I	N	F	O	H	O	M	T	N	T
I	W	F	S	T	A	S	A	T	S	A	N	R	R	F
N	L	P	R	Q	T	B	X	A	W	L	I	A	N	A
E	I	Z	R	O	A	A	R	Y	I	I	L	J	P	L
C	I	T	N	A	L	T	A	A	Y	V	R	A	P	T
N	A	I	V	R	E	S	O	K	Y	A	E	N	W	T
U	Y	T	I	C	K	R	O	Y	A	I	B	S	W	U
P	R	L	L	A	W	T	A	E	R	G	D	L	O	R
N	K	O	S	T	N	E	P	R	E	S	R	L	K	D

ANTONINE

ATLANTIC

AURELIAN

AVILA

BERLIN

DIYARBAKIR

FLODDEN

GREAT WALL

HADRIAN'S

KREMLIN

SAKSAYWAMAN

SERPENT'S

SERVIAN

SILESIA

TRAJAN'S

VIA ANELLI

WALLS OF JERICHO

WALLS OF STON

WALLS OF TROY

WESTERN

YORK CITY



AMAZON

ARKANSAS

CONGO

EUPHRATES

INDUS

ISHIM

LENA

LIMPOPO

MACKENZIE

MADEIRA

NIGER

NILE

ORANGE

PURUS

RIO GRANDE

SALWEEN

VOLGA

YANGTZE

YELLOW

YUKON

ZAMBEZI



ADRIATIC SEA

ARCTIC OCEAN

ATLANTIC OCEAN

BALTIC SEA

BLACK SEA

CASPIAN SEA

DEAD SEA

HUDSON BAY

INDIAN OCEAN

IRISH SEA

LAKE ONTARIO

LAKE SUPERIOR

LOCH NESS

NORTH SEA

PACIFIC OCEAN

PERSIAN GULF

RED SEA

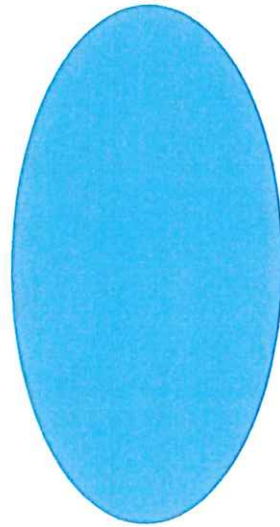
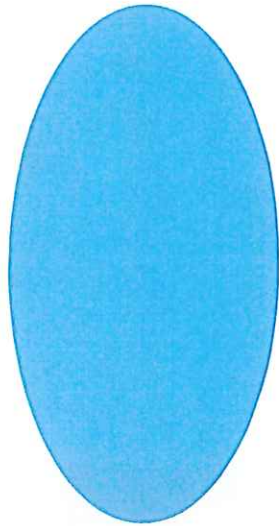
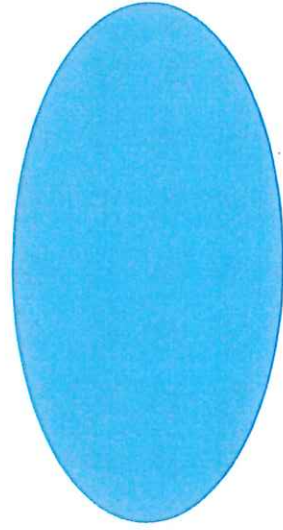
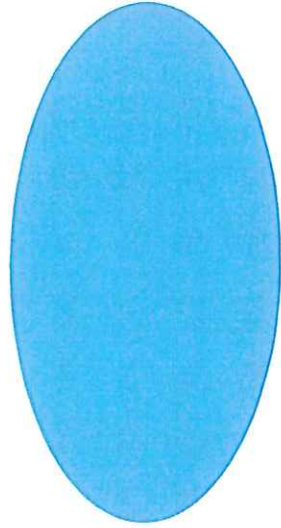
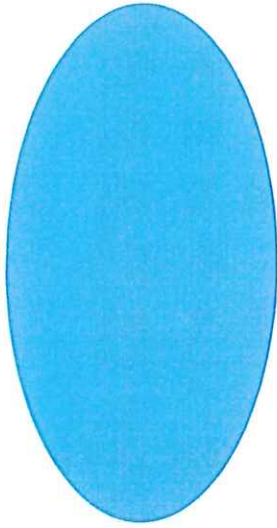
RIVER SEVERN

RIVER THAMES

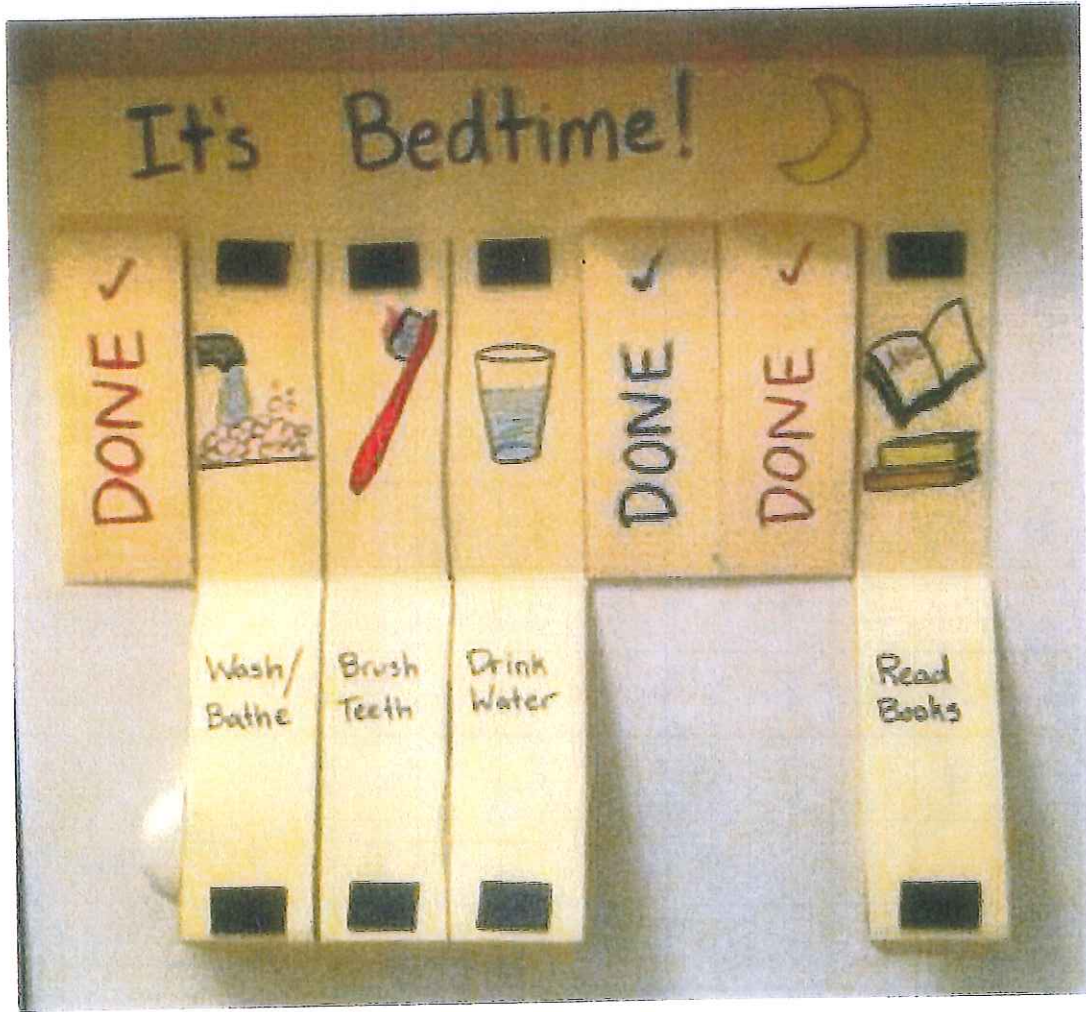
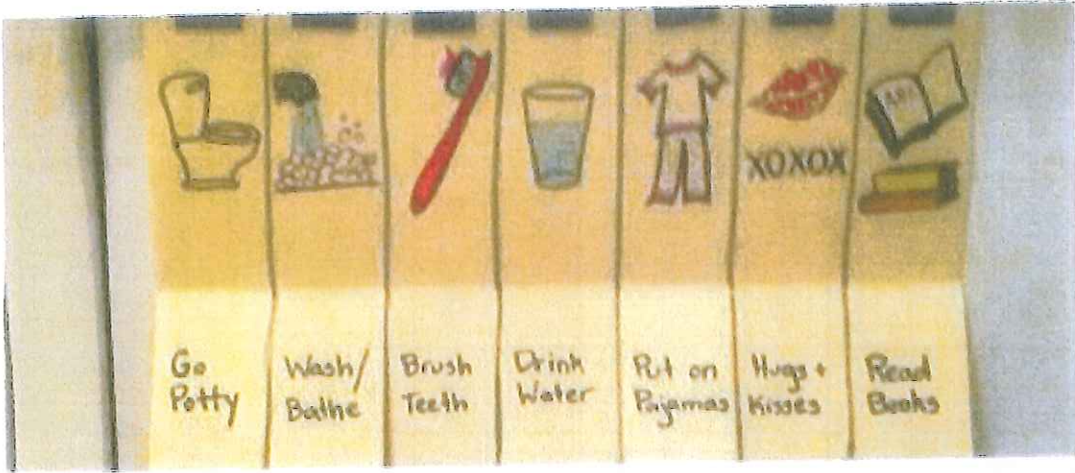
SUEZ CANAL

TASMAN SEA

CREATE MY OWN BEDTIME ROUTINE







No. 5

Easy

7			1			5		6
			2					
	8	1		4	6			
	7				5	1		8
	6	5	4		8	2	7	
8		9	3				4	
			9	6		7	5	
					1			
4		6			2			1

No. 6

Easy

	4		8			5		1
3								
		5		7	2		6	4
6					8	1	4	
		3	1		4	6		
	5	1	7					3
1	9		2	4		7		
								9
7		8			1		2	

No. 39

Moderate

				8		7	6	
	8				7			2
						1		4
		2	7			3		8
			3		5			
7		5			4	6		
4		9						
3			5				7	
	7	6		9				

No. 40

Moderate

		7		4			3	
			6					7
	8	1	2					
		3		2				9
		2	7		8	3		
4				3		7		
					5	2	9	
2					4			
	6			7		5		

No. 3

Easy

	4		5			2	6	
				2		8		1
6							4	
	1	9		4	6			
3	6		1		9		7	2
			2	5		6	1	
	3							6
5		6		3				
	9	8			2		5	

No. 4

Easy

			4					
2	9			6	8			1
	5	7		1	2			6
		2				6	4	
9			7		4			5
	7	4				3		
6			2	5		7	9	
3			9	7			6	4
					6			

# Solutions

No. 37

2	6	7	5	8	3	1	9	4
4	5	3	9	6	1	8	2	7
8	1	9	7	2	4	5	3	6
5	7	1	4	3	9	2	6	8
6	3	2	1	7	8	9	4	5
9	4	8	6	5	2	3	7	1
7	2	6	3	1	5	4	8	9
3	9	5	8	4	7	6	1	2
1	8	4	2	9	6	7	5	3

No. 38

7	5	6	1	2	8	3	9	4
9	8	3	6	4	5	7	2	1
1	2	4	9	3	7	6	5	8
6	1	5	2	8	3	4	7	9
3	9	2	4	7	1	8	6	5
4	7	8	5	9	6	1	3	2
5	6	9	7	1	4	2	8	3
2	3	1	8	6	9	5	4	7
8	4	7	3	5	2	9	1	6

No. 39

9	2	3	4	8	1	7	6	5
1	8	4	6	5	7	9	3	2
5	6	7	9	3	2	1	8	4
6	4	2	7	1	9	3	5	8
8	9	1	3	6	5	4	2	7
7	3	5	8	2	4	6	9	1
4	5	9	2	7	3	8	1	6
3	1	8	5	4	6	2	7	9
2	7	6	1	9	8	5	4	3

No. 40

6	5	7	8	4	1	9	3	2
9	2	4	6	5	3	8	1	7
3	8	1	2	9	7	4	6	5
8	7	3	4	2	6	1	5	9
5	9	2	7	1	8	3	4	6
4	1	6	5	3	9	7	2	8
7	4	8	1	6	5	2	9	3
2	3	5	9	8	4	6	7	1
1	6	9	3	7	2	5	8	4

No. 41

7	4	3	8	6	5	9	1	2
5	2	9	4	7	1	8	6	3
8	6	1	3	2	9	7	5	4
2	9	7	1	3	6	4	8	5
6	3	5	9	4	8	1	2	7
1	8	4	7	5	2	6	3	9
3	7	8	5	1	4	2	9	6
4	1	2	6	9	3	5	7	8
9	5	6	2	8	7	3	4	1

No. 42

5	8	9	6	3	1	2	4	7
3	7	4	2	8	9	1	6	5
6	2	1	4	5	7	9	8	3
1	6	3	5	9	2	4	7	8
2	5	8	7	6	4	3	1	9
4	9	7	8	1	3	5	2	6
8	4	6	9	2	5	7	3	1
7	3	5	1	4	6	8	9	2
9	1	2	3	7	8	6	5	4

No. 43

3	2	1	7	8	9	4	5	6
6	4	9	2	3	5	7	8	1
7	8	5	6	4	1	9	3	2
8	1	7	5	9	4	6	2	3
9	5	3	8	2	6	1	4	7
2	6	4	1	7	3	8	9	5
5	7	8	4	1	2	3	6	9
4	9	6	3	5	7	2	1	8
1	3	2	9	6	8	5	7	4

No. 44

3	4	6	2	1	8	5	7	9
5	9	1	3	7	6	4	8	2
8	2	7	9	5	4	3	1	6
9	5	8	1	2	3	7	6	4
1	6	2	4	8	7	9	3	5
7	3	4	6	9	5	1	2	8
6	8	3	5	4	1	2	9	7
4	1	9	7	6	2	8	5	3
2	7	5	8	3	9	6	4	1

No. 45

8	7	4	3	5	6	2	1	9
6	2	1	8	7	9	5	4	3
9	3	5	2	1	4	7	6	8
3	4	8	9	2	1	6	7	5
2	5	9	7	6	3	4	8	1
7	1	6	5	4	8	3	9	2
4	6	2	1	9	5	8	3	7
1	8	7	4	3	2	9	5	6
5	9	3	6	8	7	1	2	4



# ACTION CALENDAR: MINDFUL MARCH 2020



SUNDAY

1 Set an intention to live with awareness and kindness

8 No plans day. Slow down and let spontaneity take over

15 Stop to just watch the sky or clouds for ten minutes today

22 Have a device-free day and enjoy the space it offers

29 Appreciate your hands and all the things they enable you to do

MONDAY

2 Get outside and notice five things that are beautiful

9 When someone is speaking, take a full breath before you reply

16 Do something creative that absorbs your attention

23 Take an unusual route and notice what looks different

30 Mentally scan down your body and notice what it is feeling

TUESDAY

3 Cultivate a feeling of loving-kindness towards others today

10 Stay fully present while drinking your cup of tea or coffee

17 Look around and spot 3 things you find unusual or pleasant

24 Notice when you're tired and take a break as soon as possible

31 Go nature spotting today. Even in a city, life is all around

WEDNESDAY

4 Start today by appreciating that you're alive and have a body

11 Notice how you speak to yourself. Try to use kind words

18 If you find yourself rushing, make an effort to slow down

25 Make a list of amazing things that you take for granted

THURSDAY

5 Every hour simply take three calm breaths in and out

12 Feel the cool of a breeze or warmth of the sun on your face

19 Listen deeply to someone and really hear what they are saying

26 Tune in to your feelings, without judging or trying to change

FRIDAY

6 Eat mindfully. Appreciate the taste, texture & smell of your food

13 Stop, breathe and just notice. Repeat regularly during the day

20 Happy International Day of Happiness! [dayofhappiness.net](http://dayofhappiness.net)

27 Stop work earlier and use the time to be still and relax

SATURDAY

7 Listen to a piece of music without doing anything else

14 Enjoy doing any chores or tasks more mindfully today

21 Notice the joy to be found in the simple things of life

28 Bring to mind all the people you love and care about



"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn



ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://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](http://www.actionforhappiness.org/10-keys)

# MENTAL HEALTH SNAKES AND LADDERS

**time to change**  
let's end mental health discrimination

**Time to Change encourages everyone to talk about mental health.** Mental health problems affect one in four of us yet people are still afraid to talk about it. For people with mental health problems not being able to talk about it can be one of the worst parts of the illness. So by getting people talking about mental health we can break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all.

Our Mental Health Snakes & Ladders game is designed to bring friends, family, work colleagues and school-mates together for 20 minutes, whilst also raising awareness of mental health and mental health stigma.

## Game pieces

In addition to this board, which we recommend printing out on A3 paper in colour, you will need:

- A die
- As many playing pieces as you have players. Coins can make excellent make-shift playing pieces as can various items of office stationery

## Instructions

1. The object of the game is to progress up the board following the squares 1 to 100 and be the first player to reach the last square.
2. To take your turn, roll the die and move forward the number of spaces rolled.
3. If you land on a **FACT** - read the fact aloud for the group to raise mental health awareness and understanding.
4. If you land on a ladder, climb the ladder by moving your piece to the square at the top of it.
5. If you land on a snake, slide down the snake by moving your piece to the square at the bottom of it.
6. You must land exactly on the last square to win. If you roll a number too high, bounce back down the board by the appropriate number of squares. Good luck!

**Ask Twice!**  
The average person in the UK says they are fine 14 times every day, but how often do they really mean it? With 1 in 4 of us experiencing a mental health problem every year, it's likely someone around you - whether a friend, work colleague or family member - might be struggling. Sometimes we say we're fine when we're not, so if you notice someone acting differently, ask twice.



100 FINISH	99	98	97	96	95	94	93	92	91	90
81	82	83	84	85	86	87	88	89	91	90
80	79	78	77	76	75	74	73	72	71	70
61	62	63	64	65	66	67	68	69	70	71
60	59	58	57	56	55	54	53	52	51	50
41	42	43	44	45	46	47	48	49	50	51
40	39	38	37	36	35	34	33	32	31	30
21	22	23	24	25	26	27	28	29	30	31
20	19	18	17	16	15	14	13	12	11	10
1	2	3	4	5	6	7	8	9	10	11
START										

Department of Health & Social Care  
Comic Relief  
Mind  
Community Fund



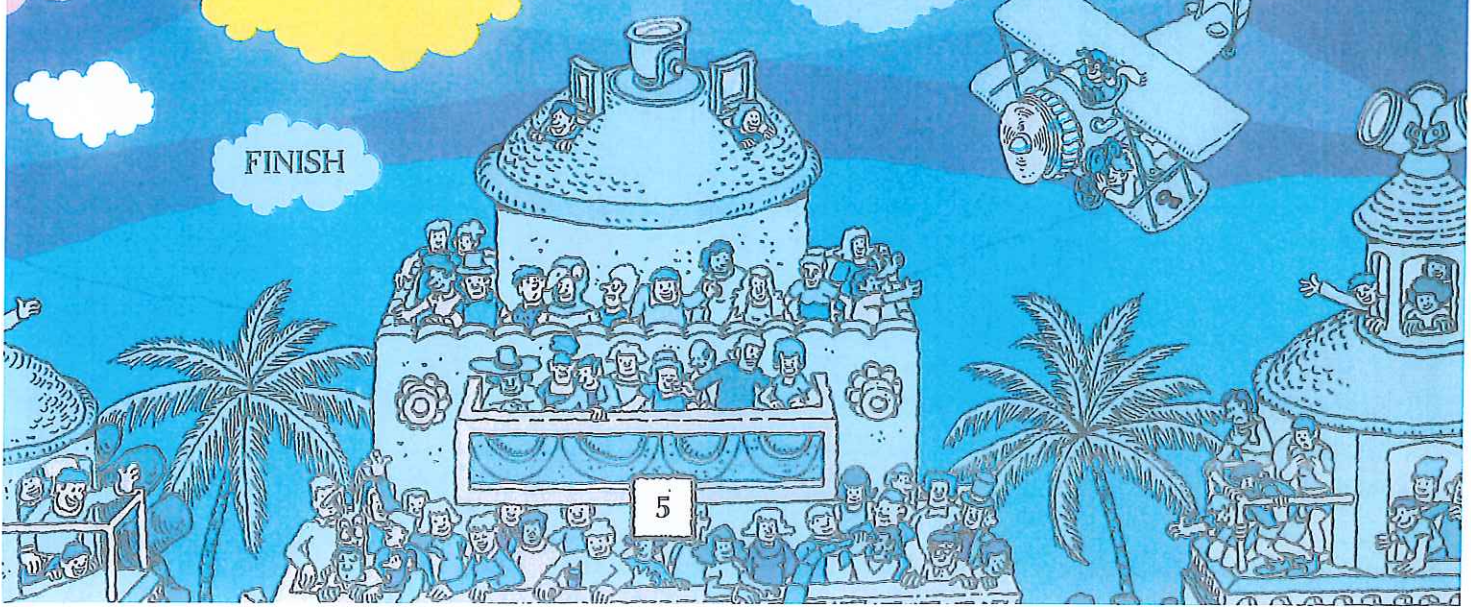
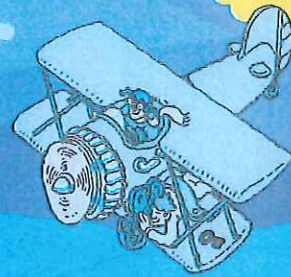
# UP IN THE CLOUDS

Ta-da! Help Wizard Whitebeard hop to the finish by moving in repeated sequences of yellow, pink, white and then blue clouds. You can only hop to a cloud that is close by!

START



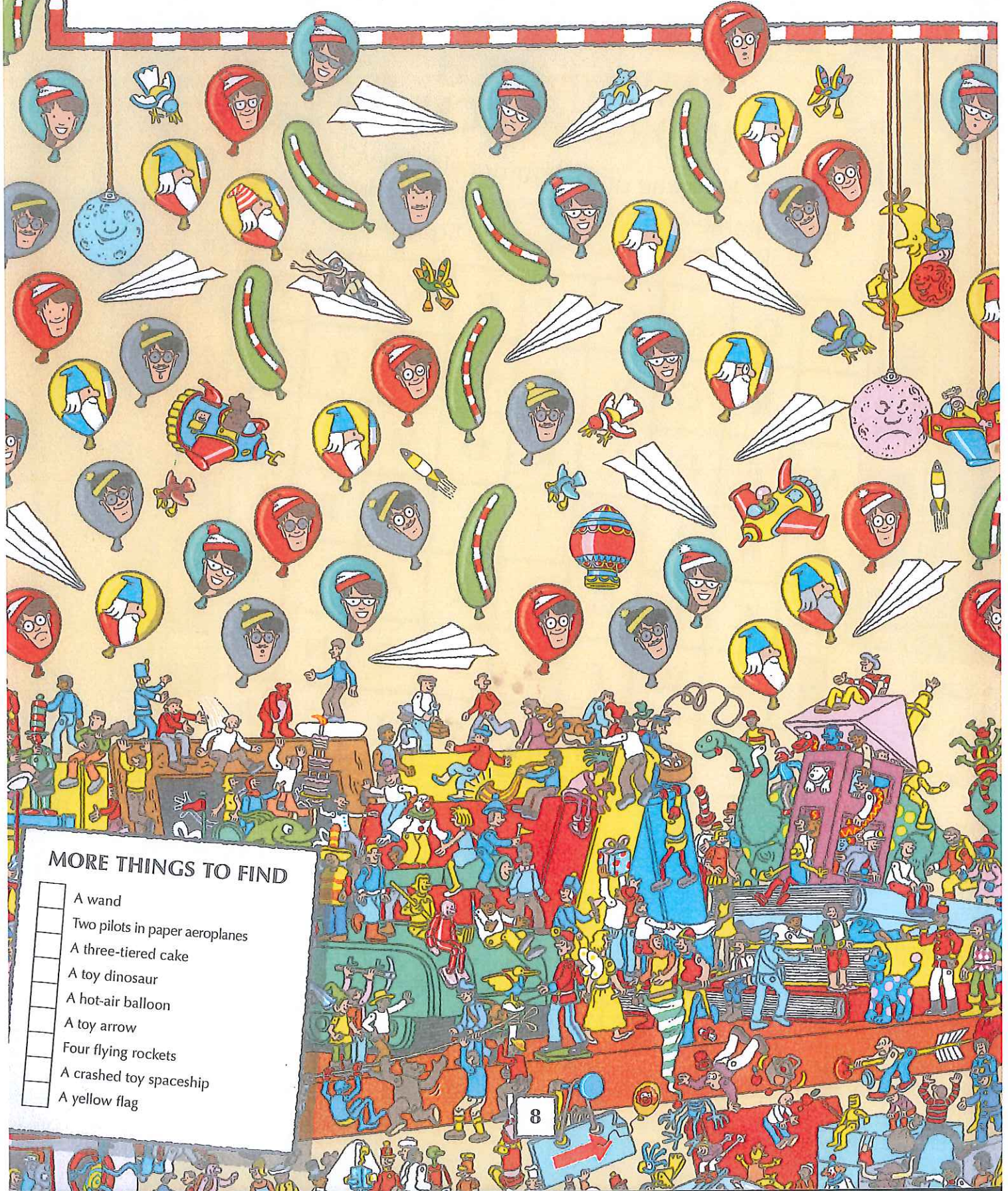
FINISH





# SUPER SWARM

Find five floating balloons with real pictures of me and my friends on them (for Woof, all you can see is his tail – it has five red stripes!).



## MORE THINGS TO FIND

- A wand
- Two pilots in paper aeroplanes
- A three-tiered cake
- A toy dinosaur
- A hot-air balloon
- A toy arrow
- Four flying rockets
- A crashed toy spaceship
- A yellow flag

# BIRD SEARCH WORDSEARCH

Find the name of each furry flying friend in this frame of letters – the words go forwards, backwards and diagonally. Squawk!

O	O	K	C	U	C	W	D	P
U	R	C	V	B	O	K	R	V
M	E	D	L	R	O	M	I	U
E	K	A	C	T	I	W	B	L
W	C	R	G	L	A	A	G	T
R	E	W	E	L	B	G	N	U
C	P	I	D	G	E	T	I	R
N	D	O	U	N	O	A	K	E
J	O	V	E	O	M	I	C	W
E	O	R	K	C	W	L	O	
A	W	D	L	L	U	G	M	

- Eagle
- Gull
- Emu
- Cuckoo
- Mockingbird
- Woodpecker
- Wagtail

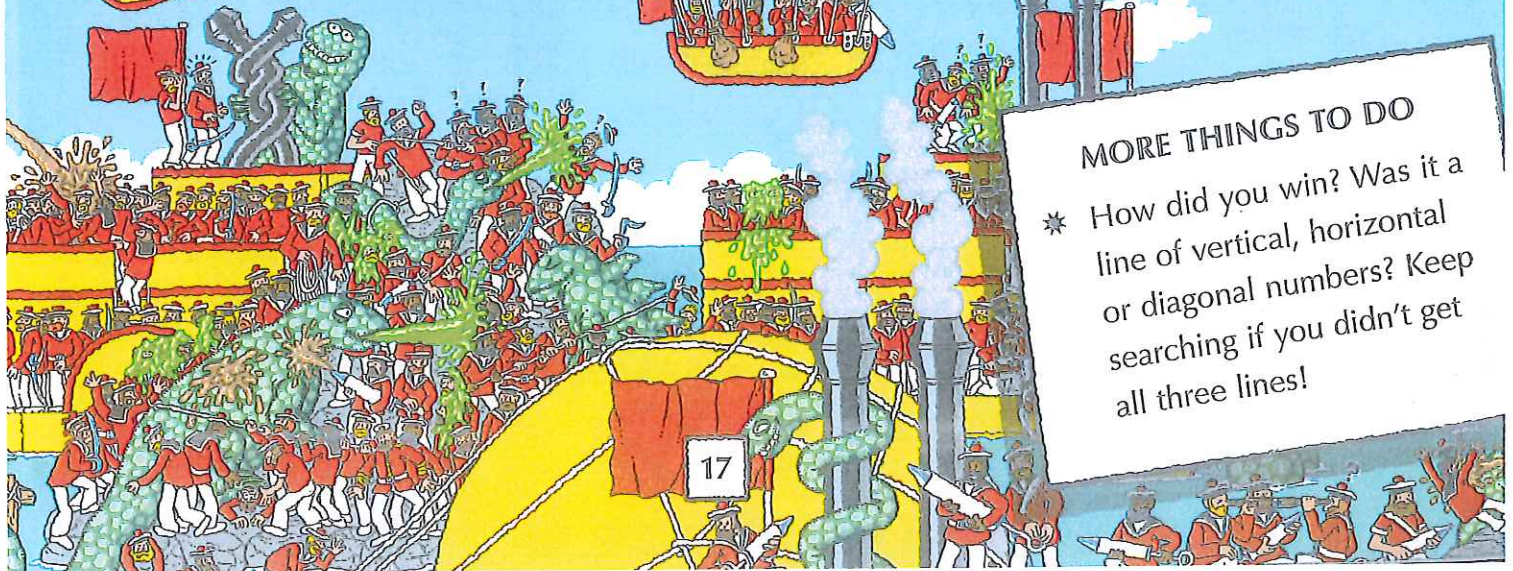
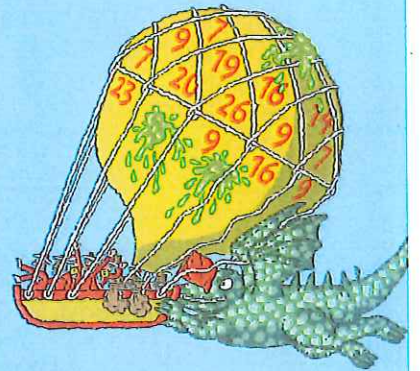
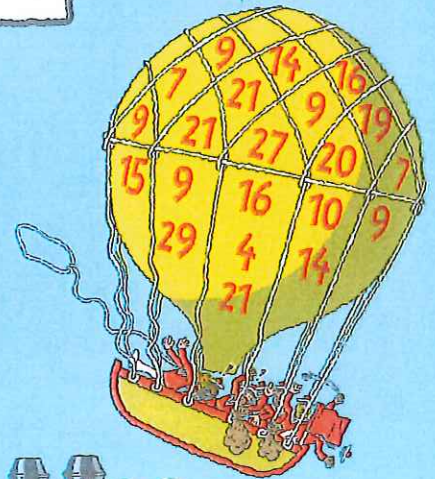
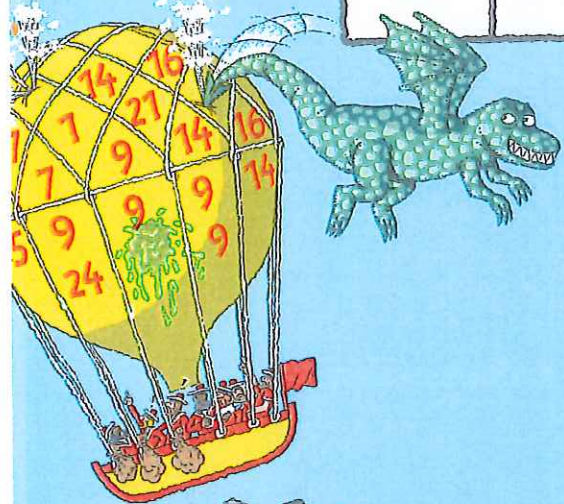
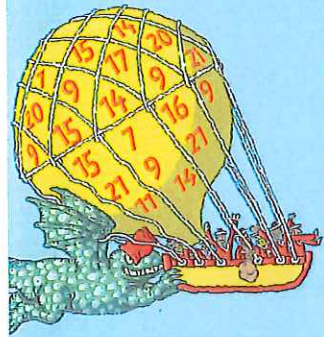
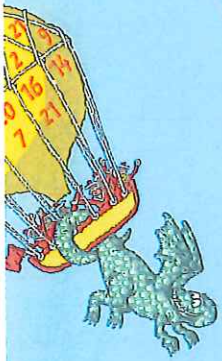
## MORE THINGS TO FIND

- The word "Odlaw"
- An upside down bobble hat
- A dinosaur
- A very long snake
- Five monkeys
- Four bats
- Two witches
- Sixty-six yellow-and-black striped birds

# BALLOON BINGO

Circle a number in the grid if you also see it on one of the ship balloons. Can you get five in a row?

1	7	18	6	12
25	19	2	15	21
10	3	17	22	5
14	8	11	23	16
9	20	24	13	4



## MORE THINGS TO DO

- \* How did you win? Was it a line of vertical, horizontal or diagonal numbers? Keep searching if you didn't get all three lines!

# DESTINATION EVERYWHERE

Unscramble the letters in the "Destination" column to spell the names of twelve cities. Then search for flights with "WAL" in them to find out which places I'll be travelling to. Wow!

Depart	Destination	Flight	Arrive	Delays
10:00	WEN OYKR	WAL1	22:00	ON TIME
08:00	NOOMLD	WDA1	07:00	ON TIME
22:00	GMHO NKGO	WOF1	10:30	1 HOUR
11:30	RASIP	WOF2	21:00	ON TIME
23:00	BUDAI	ODW2	06:00	ON TIME
22:00	ROS AULOP	WAL2	10:00	ON TIME
13:00	STERAMDAM	WZD1	21:00	1 HOUR
21:00	OTONTOR	WZD2	23:00	ON TIME
23:00	KYOTO	WAL4	13:00	ON TIME
10:00	REOM	WAL3	23:00	ON TIME
19:00	SOLO	ODW1	22:00	3 HOURS
07:00	DMEYYS	WDA2	09:00	ON TIME

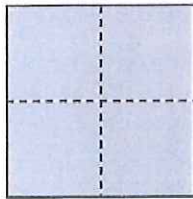
## MORE THINGS TO DO

\* Did Wally catch all four flights? Starting with "WAL1", check the arrival time matches the departure time of "WAL2" and so on. Can you also find Wenda, Woof, Wizard Whitebeard and Odlaw's abbreviated names? Can you work out where they flew to and if they caught their flights too?

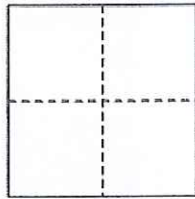


# How to Make a Fortune Teller

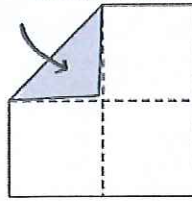
Fold in half and unfold.  
Repeat.



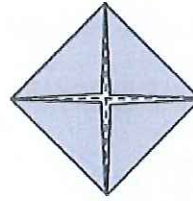
Flip the paper. The side with the dashes  
should face the table.



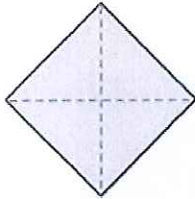
fold the corners to the middle.



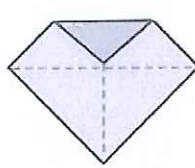
This is what you should see.



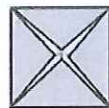
Flip the paper.



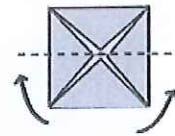
Fold the corners to the middle again.



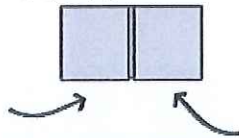
This is what you should see.



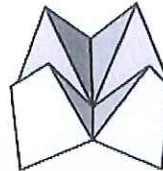
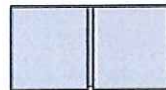
Fold in half



Push your fingers in and wiggle them  
to open up your fortune teller.



This is what you should see.



## FITNESS SNAKES AND LADDERS DIFFICULTY LEVEL 3



### The Teenage Workout Plan

Body Part	Exercise	Comment
Chest / Triceps	3 sets of push-ups, as many as you can do, with 60 seconds rest between sets	The exercise is <a href="#">explained in this video</a> , which also contains pointers on what to do when you can't do a full push-up yet.
Back / Biceps	3 sets of pull-ups, as many as you can do, with 60 seconds rest between sets	If you don't have a pull-up bar, <a href="#">this article</a> has very many suggestions for possible substitutes. If you can't do a full pull-up yet, <a href="#">this video</a> will guide you from negative chin-ups to your first full pull-up and beyond.
Legs	Three sets of get-ups, 8 – 15 repetitions per set, with 60 seconds rest between sets.	The exercise is explained in <a href="#">this video</a> . Start with the hand on the chair and three sets of 8 reps. Slowly work your way to 3×15 and then start over at 8 with your hand just hovering above the chair's back.
Abs	Three sets of crunches, 8-15 repetitions, with 60 seconds rest between sets	The exercise is explained <a href="#">right here</a> . Note that the hands do not pull on the head; fixate a spot right above you when you do the movement.

Every exercise is done slowly and with controlled form. For push-ups this means you go 2 seconds up and 2 seconds down. For pull-ups it means no swinging or kicking. There are no extra arm exercises because when you do push-ups and pull-ups you do exercise your arms.