

Challenge: Keeping Calm!

This challenge is based on our 'Healthy Minds, Healthy Bodies' Project in a Box, developed a few years ago, with our friends from the Outreach Team and Sheffield Hallam University!

The 1st to the 7th February 2021 is Children's Mental Health Week, but what do we mean when we say, 'mental health'? Well, this is all about how we are *feeling*. It's not necessarily about being happy ALL of the time, but if having good mental health means we can cope better when things might get a little tough.

When we normally talk about being healthy, we automatically think about our bodies, and how we can keep them healthy – eating sensibly, exercising, and avoiding things that will cause harm to us. The same applies to 'mental health' too – all of those things will help our mental health as well as our physical health, but there are lots of fun things we can do to help our mental health too – having fun, laughing, playing games, listening to music and even breathing in a deep and slow way! So, here's a little activity to help you to think about things you could try to help you to keep calm. They'll help you to deal with times that you feel under pressure, anxious or nervous too.

Step 1: Cut out two circles the same size from card or plain paper, about 15-20cms in diameter (across the middle), or use our template if it's easier!

Step 2: Divide each wheel into 4 even sections by drawing a cross through the middle of the circle.

Step 3: Think about the different ways that you could help yourself to feel calm – maybe it's spending time outdoors, colouring in, relaxing in a warm bath, reading, taking 10 slow, deep breaths, playing a game, talking to a friend or family member, listening to music...it's up to you! Whatever will help you to keep calm.

Step 4: Choose your favourite four and write each one in a section on one of the wheels. Maybe you could draw a picture too? On the second wheel, carefully cut out one of the quarters, and write 'keeping calm', or 'coping strategies' or any other titles you might be able to think of.

Step 5: Put the second wheel on top of the first so that when you rotate the bottom one, your four different ways to help you cope appear in the cut-out section. Fasten them together carefully with a split pin or a piece of knotted string or wool. Next time you're feeling stressed, look at your wheel for ideas to stay calm!

- You will need:**
- some paper or card
 - the template (attached) or something circular to draw around
 - pencil, scissors, and pencil crayons or felt tips
 - split pin, string, or wool

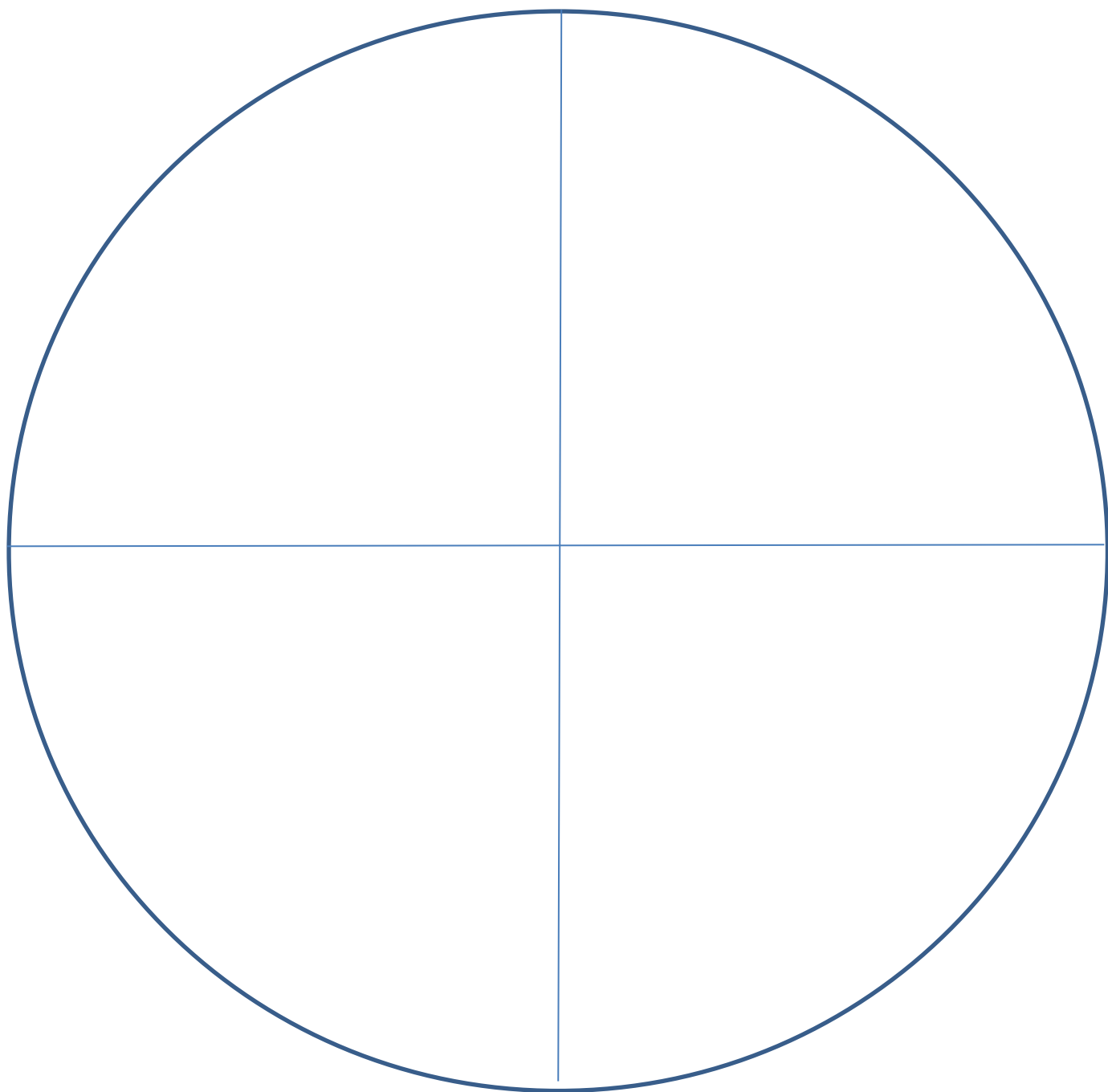


Which skills will I be developing?



Skills Builder
PARTNERSHIP





You will need two circles like this!