

15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others whenever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!

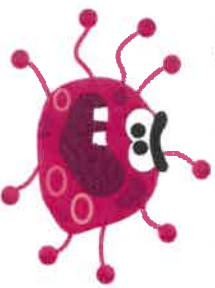


Health and Wellbeing



During the Coronavirus outbreak you can support yourself by:

- ☐ **Not** watching the news!
- ☐ Getting fit and healthy – healthy food, drink water, get some vitamin D from the sunshine. Do some exercise!
- ☐ Use mindfulness and calming techniques if you feel worried or anxious.
- ☐ Remind yourself that feelings don't last. They come and go!
- ☐ Talk to someone if you feel worried.
- ☐ Do lots of positive things and change those negative thoughts to positive ones.
- ☐ Connect with friends through social media, telephone, text, or video chat.
- ☐ Plan your days and have routines in place.
- ☐ Make sure you use strict hygiene. Wash those hands regularly and keep a social distance of 2 meters from anyone not living in your home with you.
- ☐ Remind yourself often that this will end. There is hope!
- ☐ You are not alone. Everyone is going through this too and you can help each other.
- ☐ Make sure you take time to relax and unwind. Do something you enjoy!

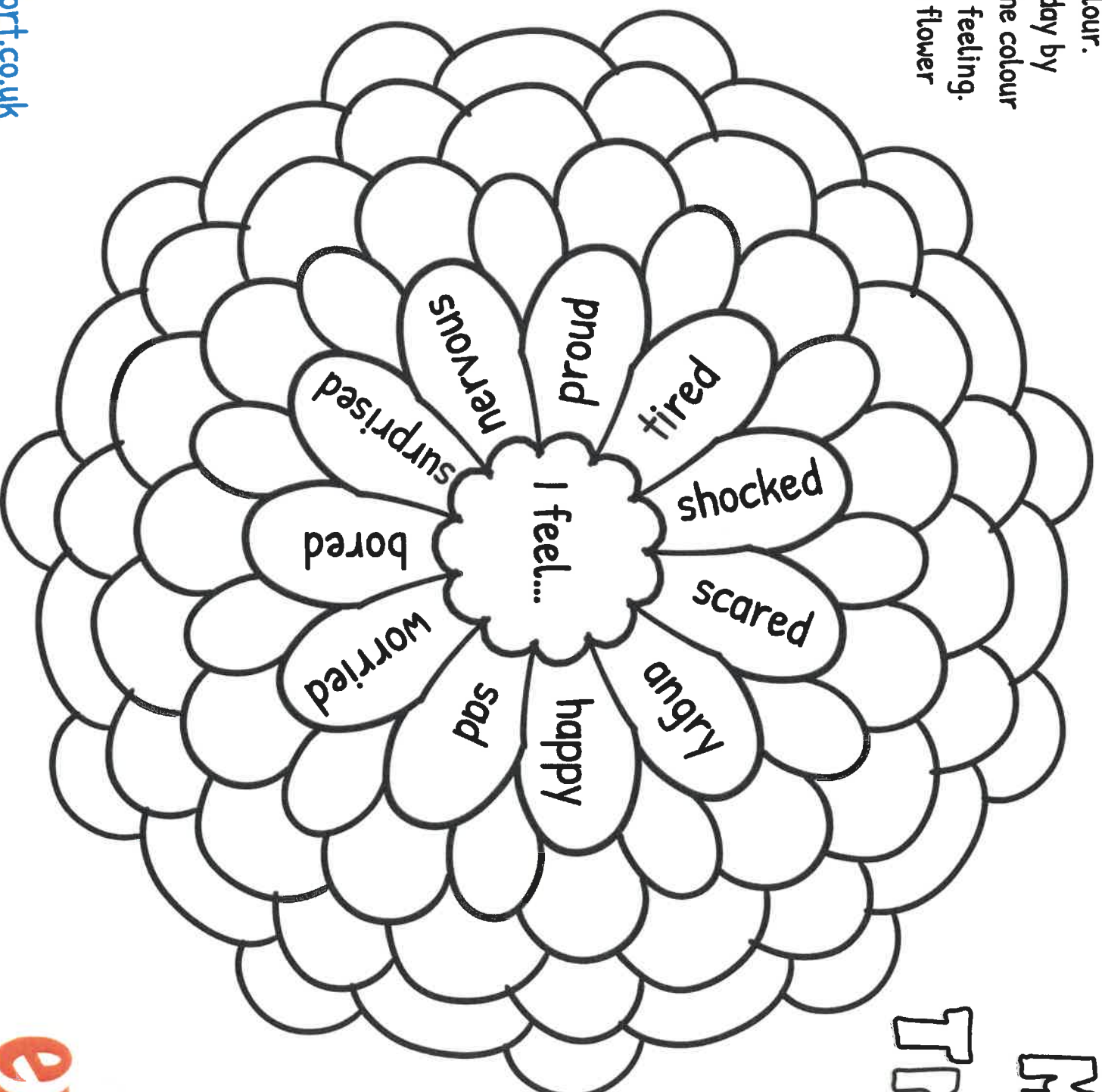


ROLL A POSITIVE QUESTION



	1	2	3	4	5	6
1	A time when you felt happy	Something you are grateful for	The funniest memory you have	A place where you feel happy	5 things you like about you!	What is your favourite smell?
2	Your closest friend's name is...	Your proudest moment	Something difficult you managed to do	What would your perfect day look like?	A favourite holiday or day out	The best book you have ever read!
3	Who makes you feel safe?	A superpower you wish you had	The kindest thing you have done	The kindest thing done for you	A time when you helped someone	A time when someone helped you
4	A time when you felt excited	Your biggest wish	The best dream you ever had	One thing you are really good at	The best game you have played	A time when you felt brave
5	Something that relaxes you	A time when you were thoughtful	A time when you were friendly	One word that describes you best	A time when you were confident	Something new you want to try to do
6	A goal you have for today	The best meal you have ever had	Who can you compliment today?	The best compliment you have received	Who is your hero?	An adventure you would like to go on

Give each emotion a colour.
Track your mood each day by
filling in a petal with the colour
of the emotion you are feeling.
What will your finished flower
look like?

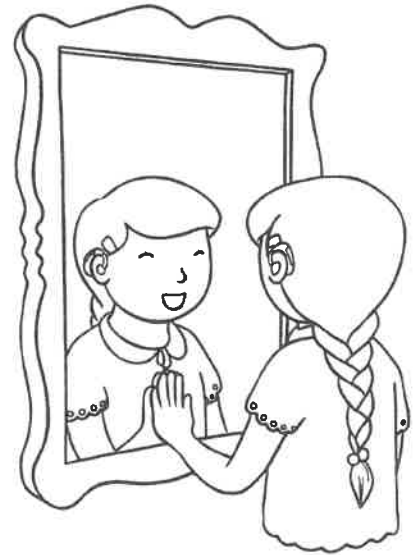


Mood Tracker

What Do I See?

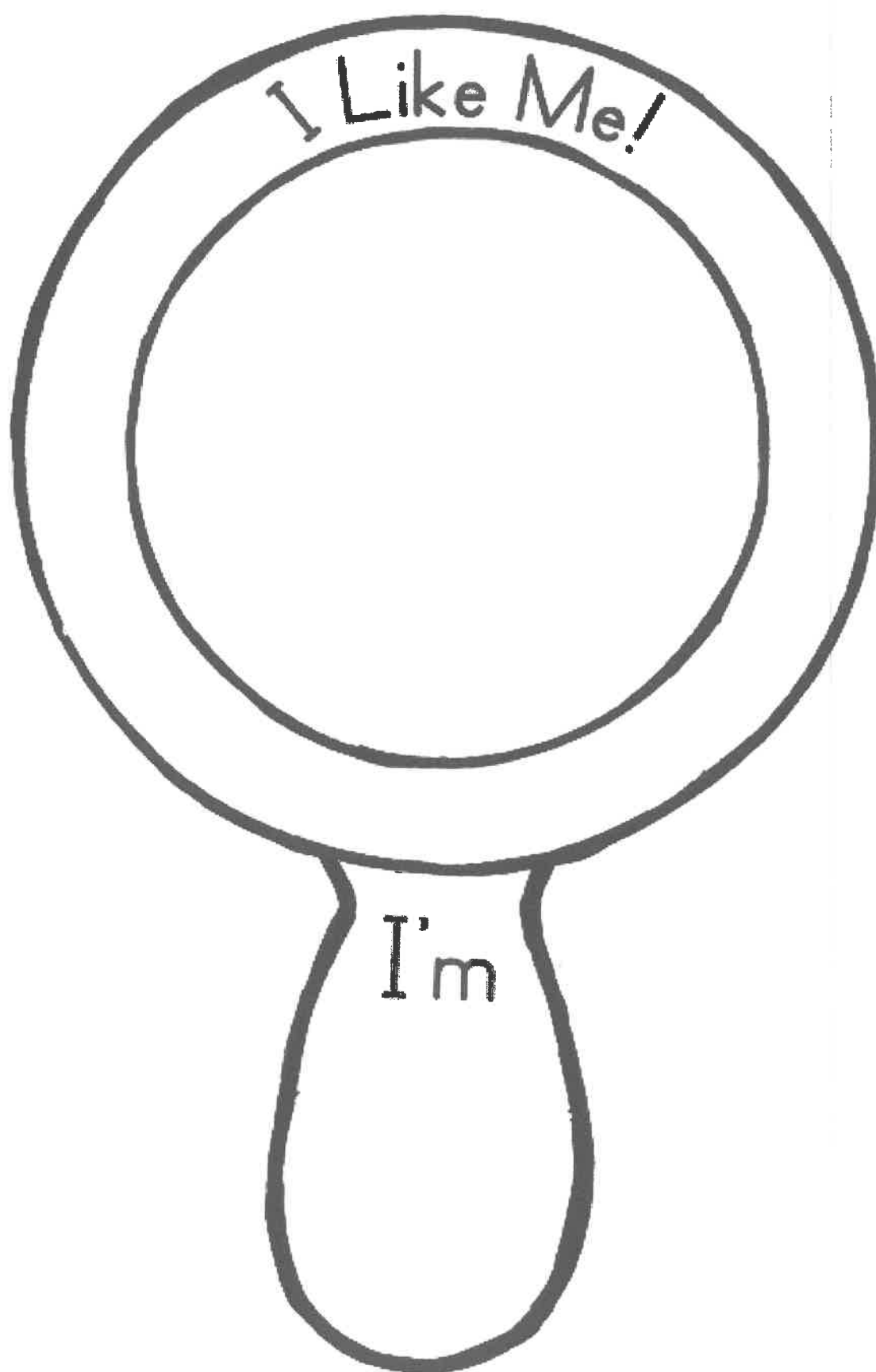
Can you draw what you see when you look in the mirror?

- What do you look like?
- What do you feel like? (Do you look happy, sad, upset, excited?)
- Do you look awake or tired?
- What colour are your eyes and your hair?
- What are you wearing?
- What are you doing?
- What are you doing with your arms and legs and body?
- Are you sat down or stood up?
- Are you playing a game, doing exercise, reading a book, sitting in a classroom, eating, etc?
- Draw whatever you see (there is no wrong way of doing this – it is your work!)



Draw what you see when you look in the mirror using the mirror template.





5 DAY ELSA SUPPORT

'Kindness to yourself' challenge

Day 1

Drawing or writing task -
Compliments - Compliment yourself!
Talking or doing task -
Think about all the things you do today
that you deserve a compliment for!

Day 2

Drawing or writing task -
Forgiveness - Write about a mistake
you did today. What did you learn from
it?
Talking or doing task -
Any mistakes you make today, learn
from them and move on. It is ok you
can forgive yourself.

Day 3

Drawing or writing task -
I am special - think about all the things
that make you special. Write a list and
keep adding to it!
Talking or doing task -
Make a 'I am special jar' add everything
you think of that makes you special.
Add them to the jar and keep reading
them!

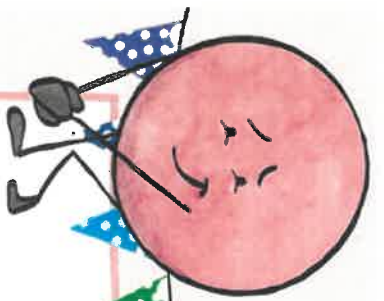
Day 4

Drawing or writing task -
What went well? - Make a diary entry on
what went well today
Talking or doing task -
Make your own diary using a writing
book or use the computer. Decorate the
front page with pictures of you.

Day 5

Drawing or writing task -
Affirmations - Read about what an
affirmation means and then make one
of your own. Decorate it!
Talking or doing task -
Look in a mirror and say the
affirmation to yourself. Do you believe
it?





This is a picture of
me!

Day 1

These are the
compliments I can give
to myself

1.

2.

3.

4.

5.



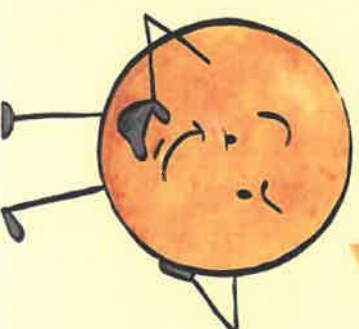
A mistake I made
today

Day 2

What happened?

What I learnt from my
mistake

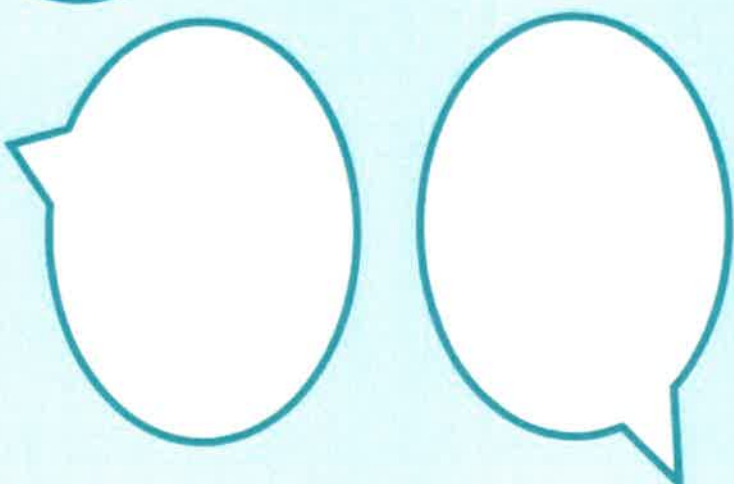
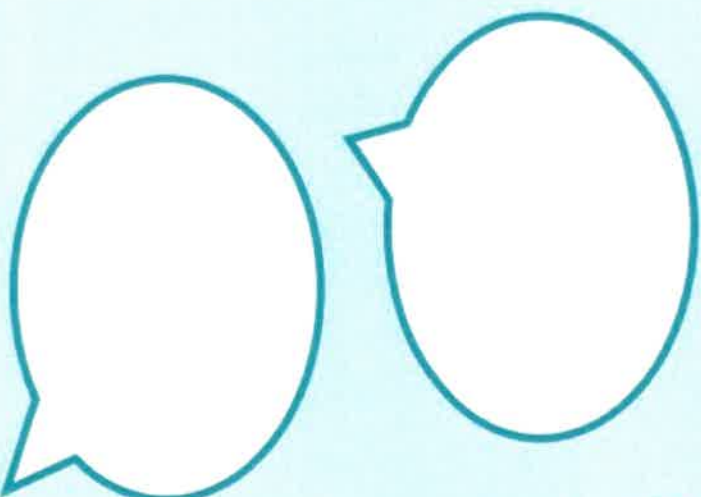
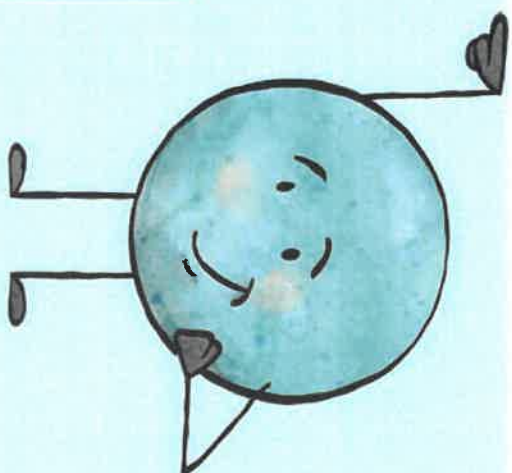
I can forgive myself for any
mistakes I make. I can move on
and learn from them!



This is what I think is
special about me!

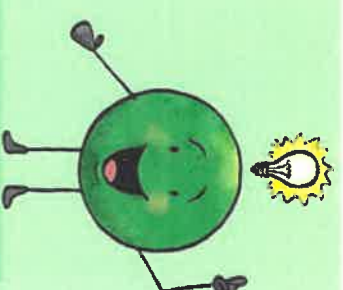
Day 3

This is what other
people think is special
about me



What went well
today?

Day 4



Time	What went well	How it made me feel

What is an affirmation?

Day 5

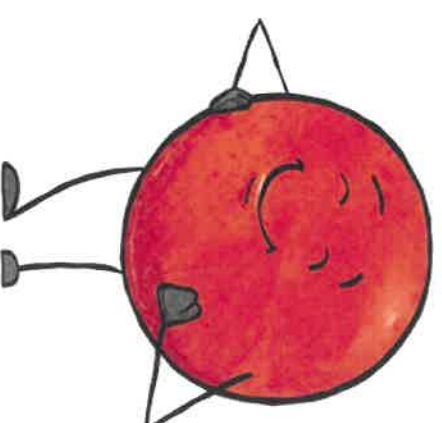
The word affirm means to 'state something that is true'. Affirmations are simple but positive messages.

When you repeat the affirmation to yourself a lot you will really begin to believe it!

It will help you become more positive.

Examples of affirmations can be 'I am' messages such as:

- I am kind
- I am helpful
- I am caring
- I am strong
- I am brave
- I am friendly
- I am adventurous
- I am affectionate

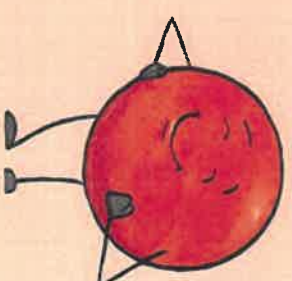


My affirmation

Day 5

ARTISTIC

CONFIDENT



BRAVE

KIND

STRONG

CARING

CREATIVE

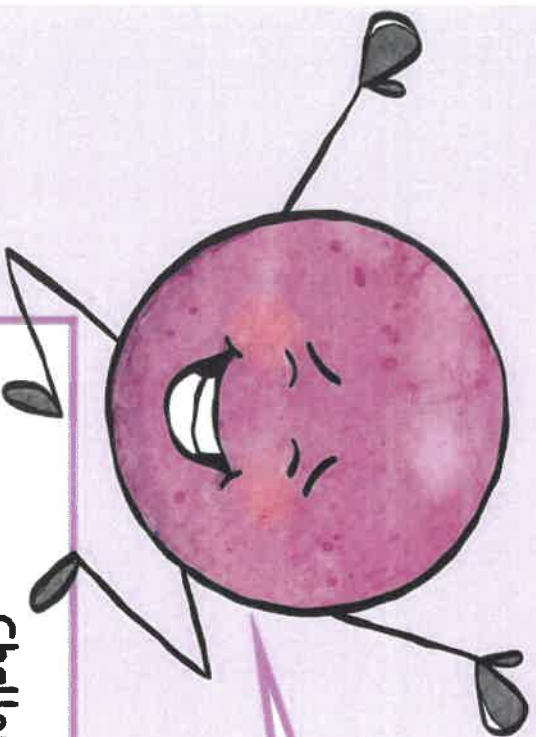
HELPFUL

SPORTY

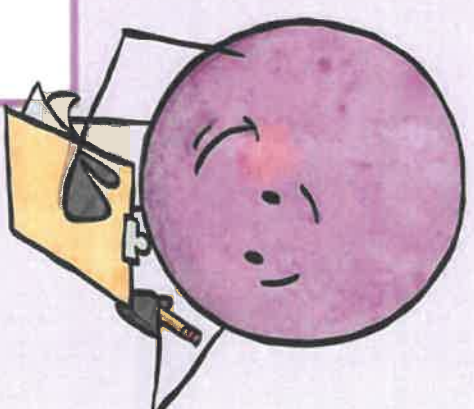
ELSA

outport





Did I do it?



Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

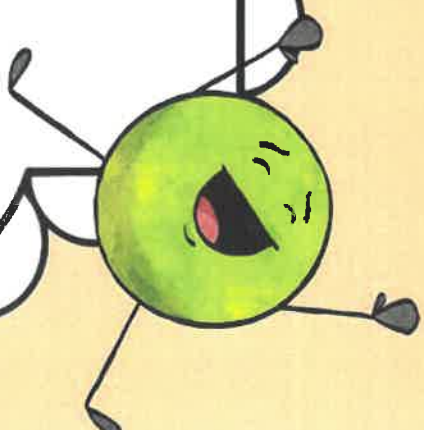
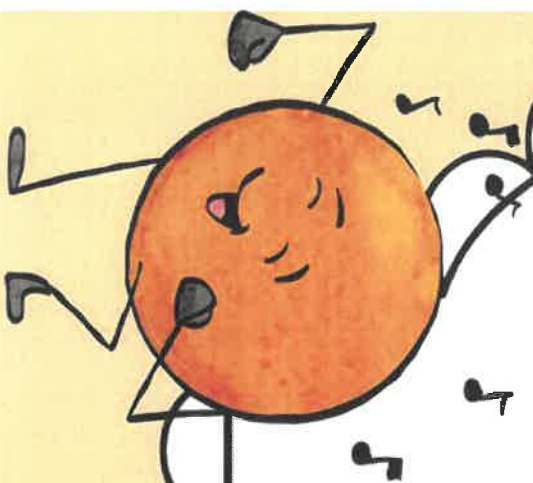


CONGRATULATIONS

On completing the Elsa support
'Kindness to yourself' challenge

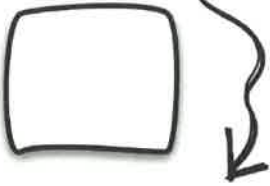
Signed: _____

Date: _____

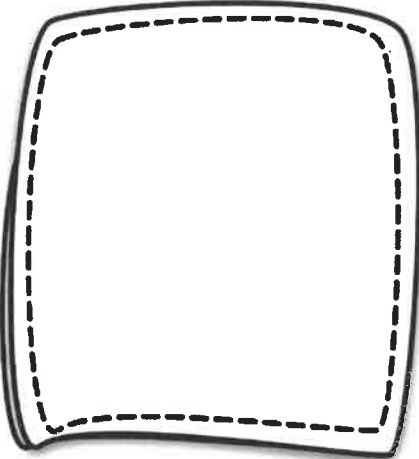


2020

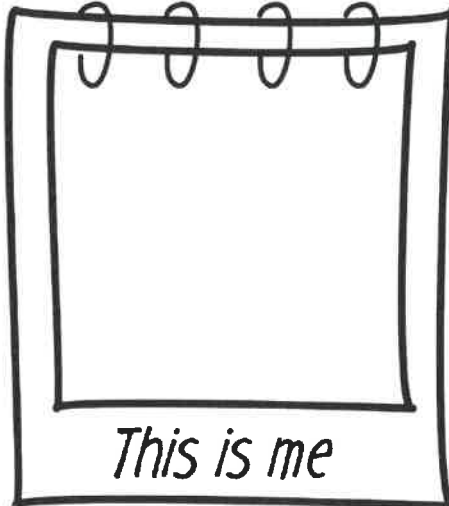
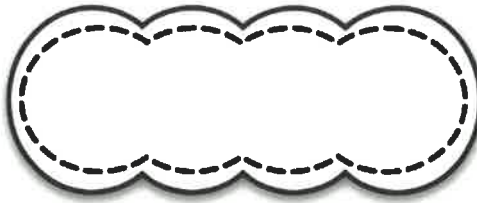
Age



Happiest memory of lockdown

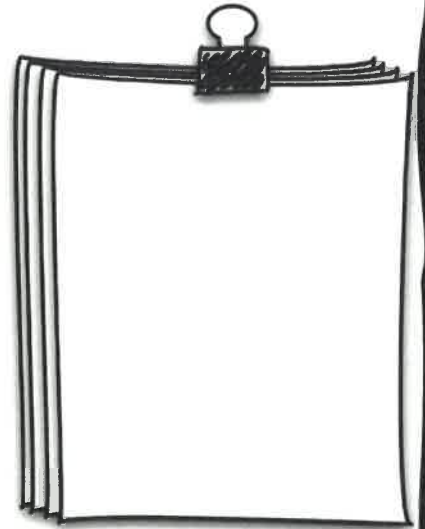


Name

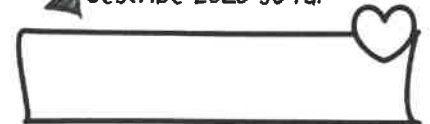


This is me

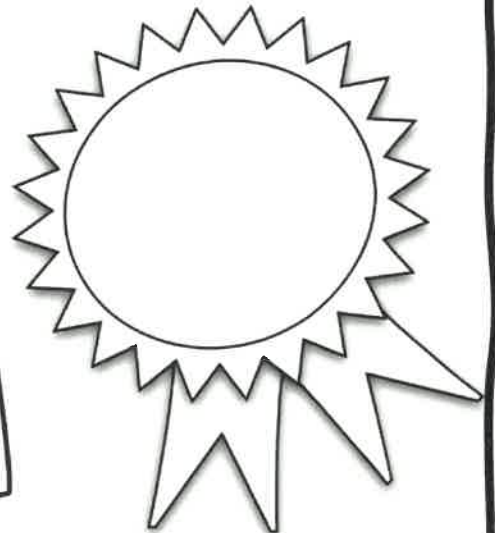
Something I learnt to do



One word to describe 2020 so far



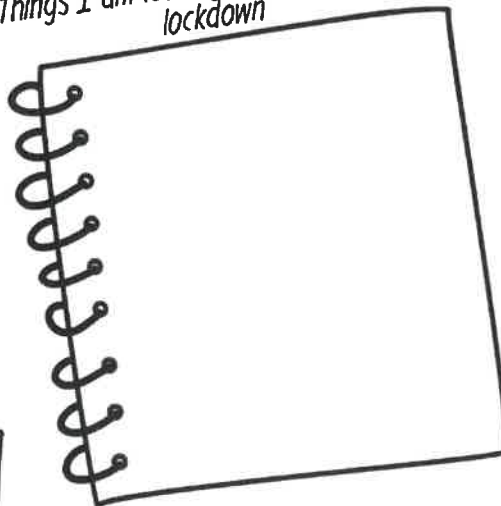
Proud moment of lockdown



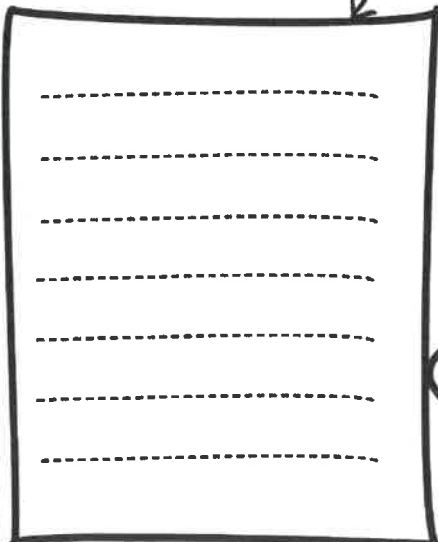
What I am thankful for



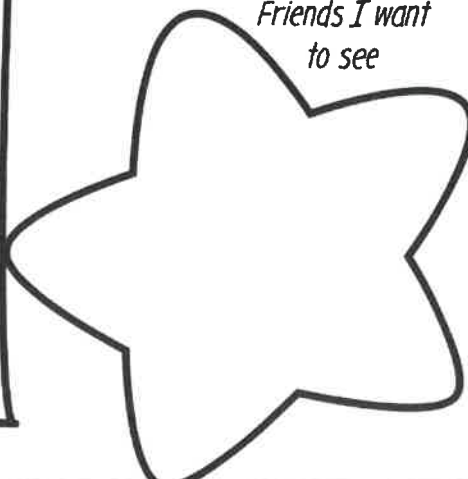
Things I am looking forward to after lockdown



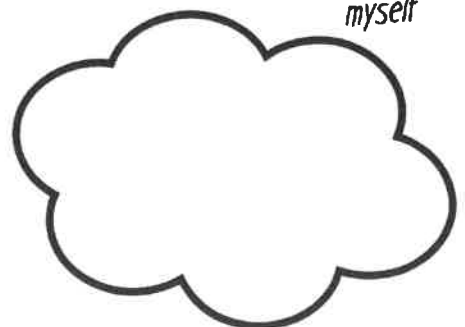
My worries



Friends I want to see

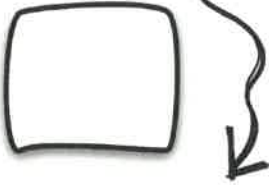


What I learnt about myself

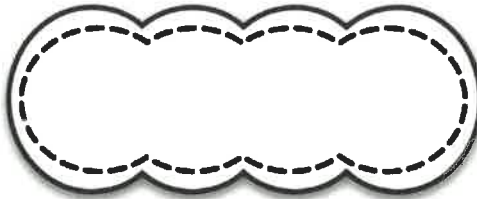


2020

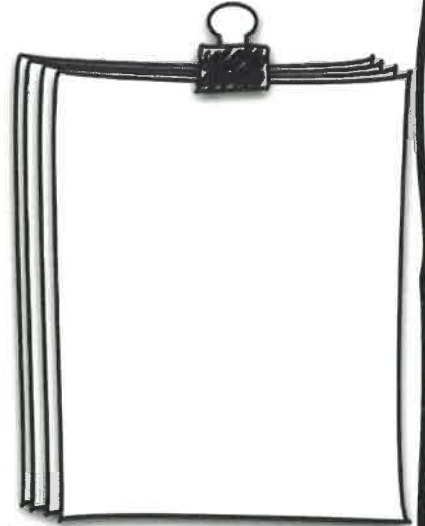
Age



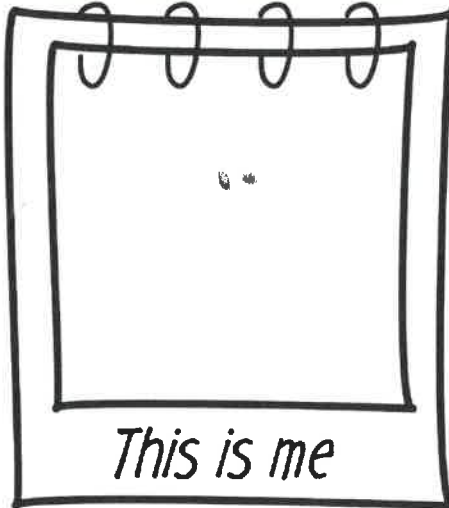
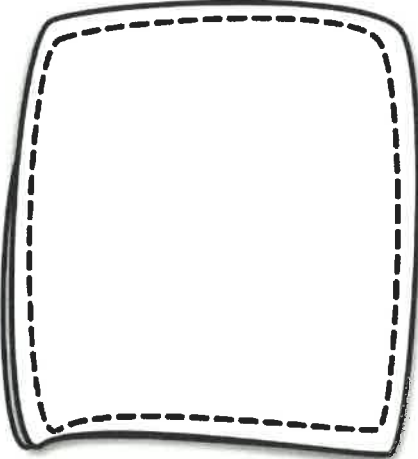
Name



Something I learnt to do



Happiest memory of lockdown



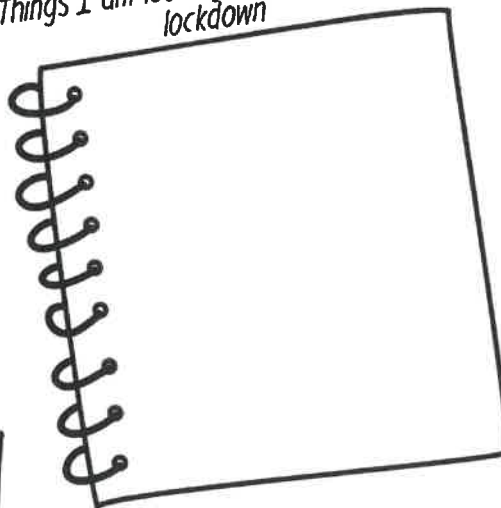
One word to describe 2020 so far



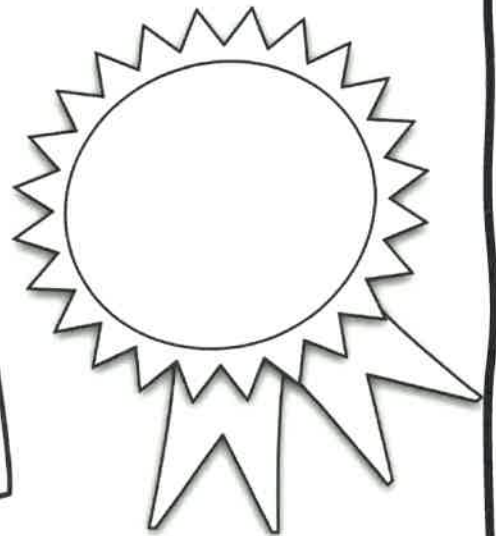
What I am thankful for



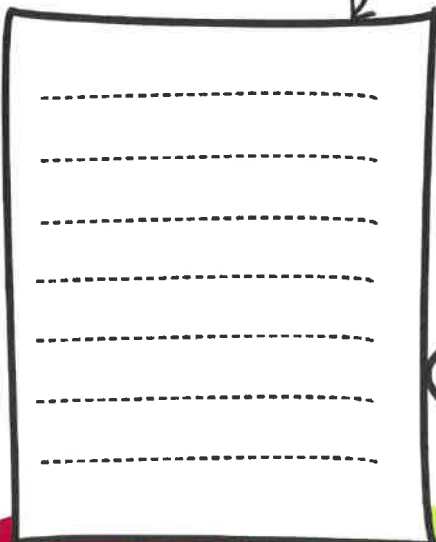
Things I am looking forward to after lockdown



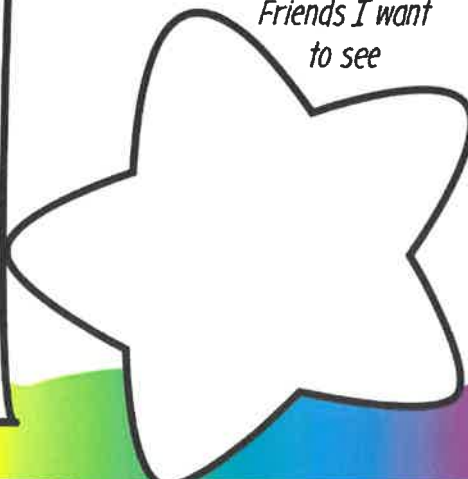
Proud moment of lockdown



My worries



Friends I want to see



What I learnt about myself





Relax

This means you let your muscles in your body relax and you let your mind relax too. Sometimes if you work on relaxing your mind it helps to relax your muscles. Sometimes if you work on relaxing your muscles it helps to relax your mind.

Tips

- ☐ Read a book – when you escape into a good book it can feel very relaxing.
- ☐ Watch a movie – like reading a book it can feel relaxing to watch something you enjoy.
- ☐ Take a walk or do some exercise (You will feel more relaxed afterwards)
- ☐ Focus on your breathing – slow it down, try **7/11** breathing which means breathe in for the count of **7** and out for the count of **11**
- ☐ Be creative and try drawing, painting or mindful colouring.
- ☐ Spend time watching nature. It might be through your window at the moment or if you have a garden or yard you could sit quietly and just watch. You could use a camera to take photos.
- ☐ Listening to music can be very relaxing.
- ☐ Draw your happy place and imagine it when you are feeling tense.
- ☐ Flop on a beanbag, cushion or on your bed .
- ☐ Try a mindful walk – what can you see, hear, feel, taste or smell?

How do you like to relax? Perhaps you could make your own list on the next page...



I can relax by...

1

2

3

4



I can relax by...

1

2

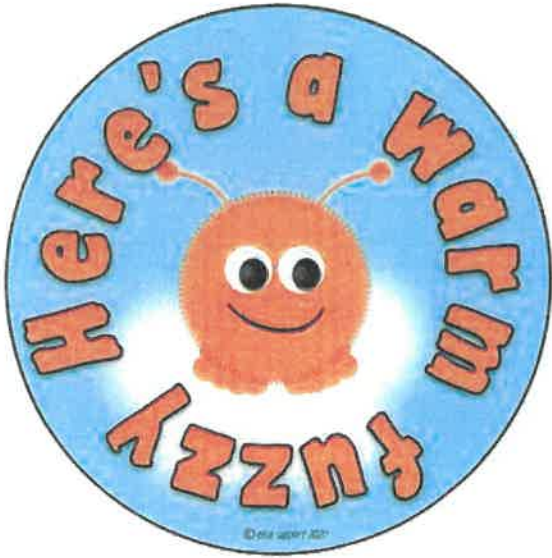
3

4



A picture of me looking very relaxed

Warm Fuzzies



Warm fuzzies are things that make you feel good about yourself. Can you imagine that warm and fuzzy feeling you get inside of you when something good happens. It feels comforting and just NICE. Almost like a hug but without being touched. There are lots of ways to feel warm and fuzzy. Read the tips below.

Tips on feeling warm and fuzzy

- ☐ Try complimenting other people
- ☐ Try helping other people
- ☐ Try treating yourself to your favourite food or drink.
- ☐ Try curling up with a favourite book or magazine.
- ☐ Try and long chat with a family member talking about memories
- ☐ Try thinking about memories that made you feel happy.
- ☐ Try making something for someone, a card, a gift, a craft.
- ☐ Try making something for yourself.
- ☐ Try a nice warm bath with lots of bubbles.

There are a few ideas there but I bet you have loads more.

What makes you feel warm and fuzzy inside? Have a go at the following worksheets.



These things make me warm and fuzzy inside

1

2

3

4



These things make me warm and fuzzy inside

1

2

3

4



A picture of me looking warm and fuzzy

This is a wellbeing diary sheet. You can print as many times as you like.

Think about something you can do each day to help:

- You feel happy
- You feel good about yourself
- Your wellbeing
- You relax

Write it in your diary on the appropriate day.

Do you know that if you write things down you are more likely to do them?

At the end of the week think about

- Your proudest moment
- Your funniest moment
- Your happiest moment
- How you helped someone
- The thing that helped you relax the most
- What you achieved this week

Now enjoy your accomplishments and bask in your wellbeing

You are amazing!



Date

Wellbeing Diary

Monday

Tuesday

Wednesday

Thursday

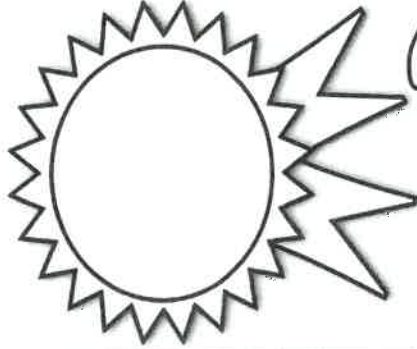
Friday

Saturday

Sunday



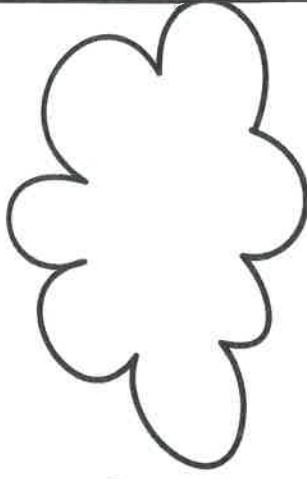
Proudest moment



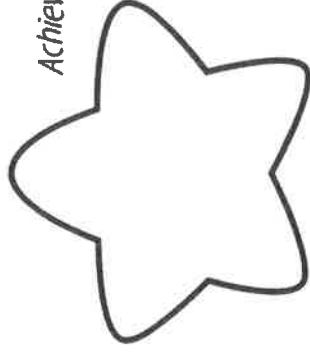
Helping hand



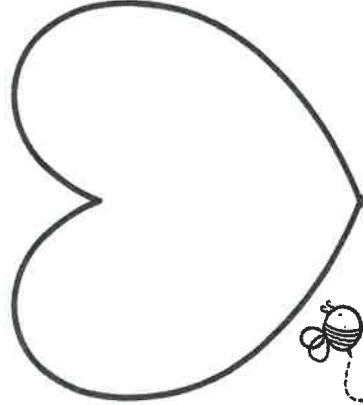
Relaxing moment



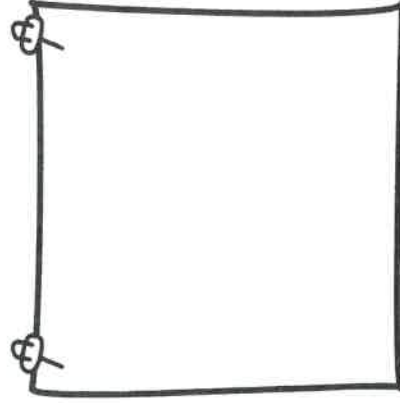
Achieved



Happiest moment



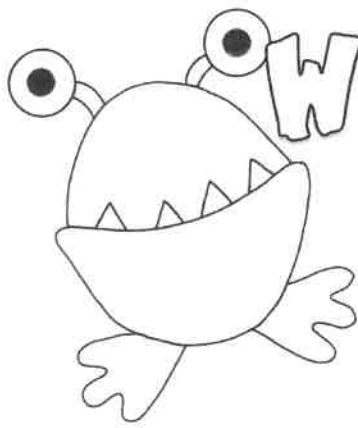
Funniest moment



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Worry monster



*Make a list of worries to talk to your
monster about.*

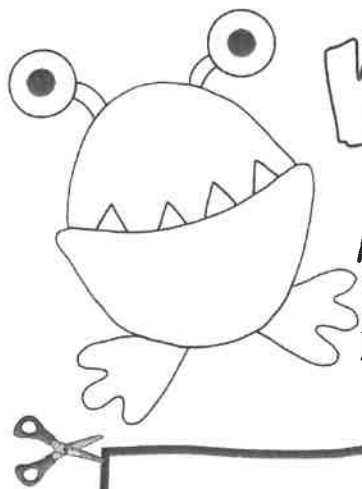
*(Remember if you are really worried
you can talk to an adult too!)*

1.

2.

3.

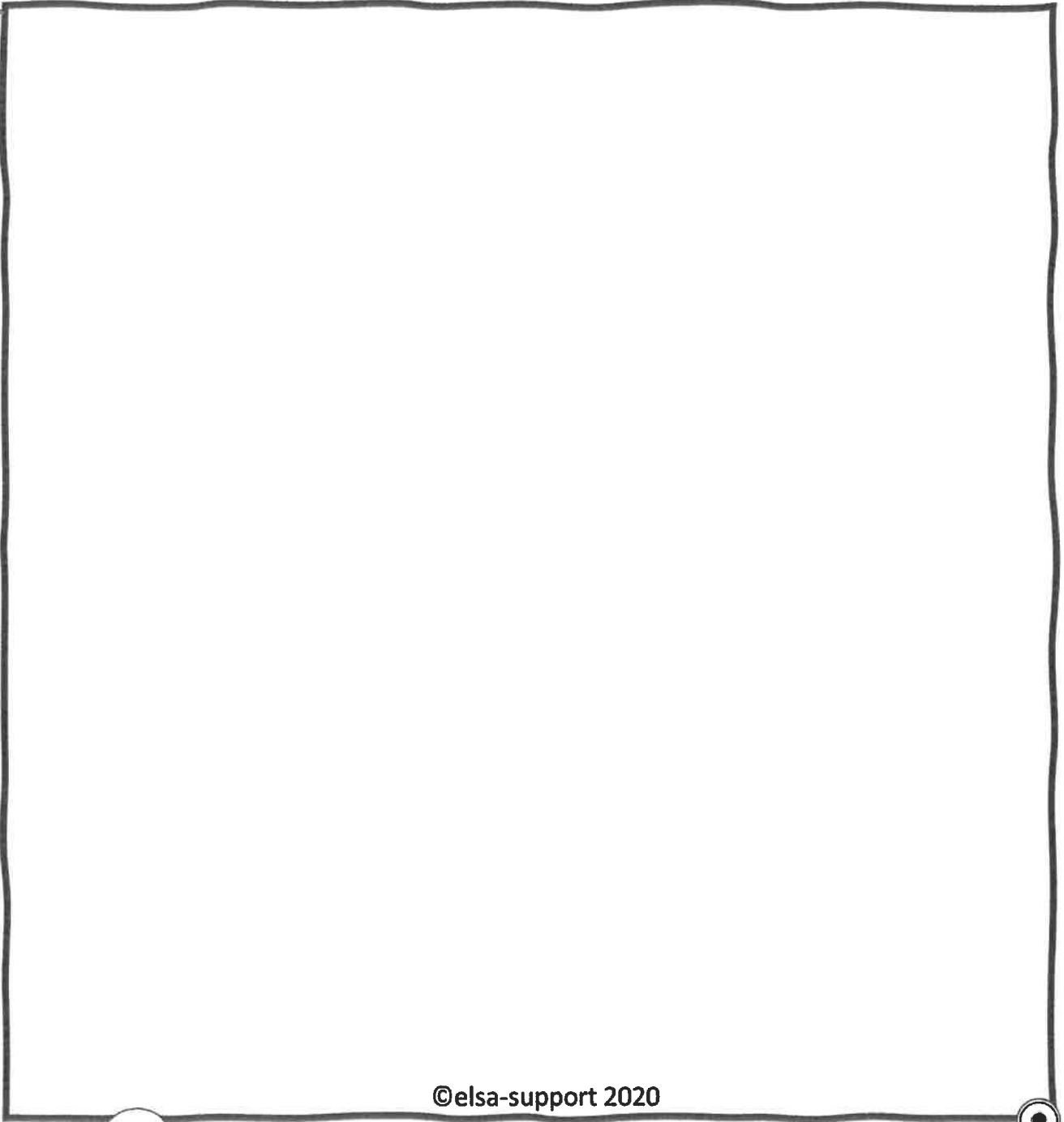
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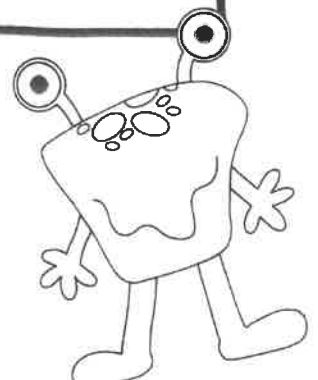
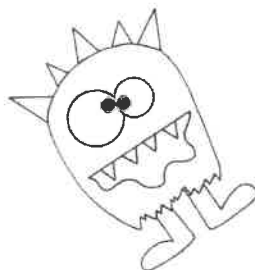
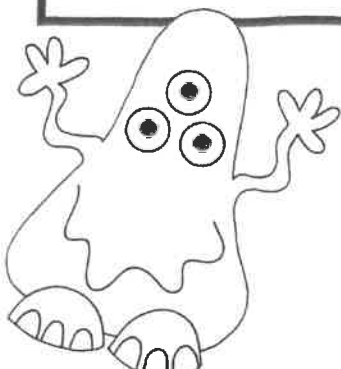
Worry monster



*Design your own worry monster.
What shape and colour will it be? Cut him out
and stick in your room somewhere
You can imagine feeding the monster all your
worries and letting them go. Have a try!*



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5 DAY ELSA SUPPORT

Happiness challenge

Drawing or writing task –
Being active – think about all the things that you can do to be active

Talking or doing task –
Do some exercise with a friend – go for run, walk, dance, play a sport

Day 1

Drawing or writing task –
Being helpful – think about all the ways you can be helpful to others

Talking or doing task –
Help someone to do something today and think about how it makes you feel

Day 2

Drawing or writing task –
Connecting with friends and family – who can you connect with on a regular basis?

Talking or doing task –
Meet up with a friend, or visit family today!

Day 3

Drawing or writing task –
Learning new things – think about how you can learn something new every day

Talking or doing task –
Learn something new today

Day 4

Drawing or writing task –
Be mindful – colour in a mandala

Talking or doing task –
Try designing your own mandalas

Day 5



Day 1

This is me doing
some exercise

5 ways I can be
active

1.

2.

3.

4.

5.

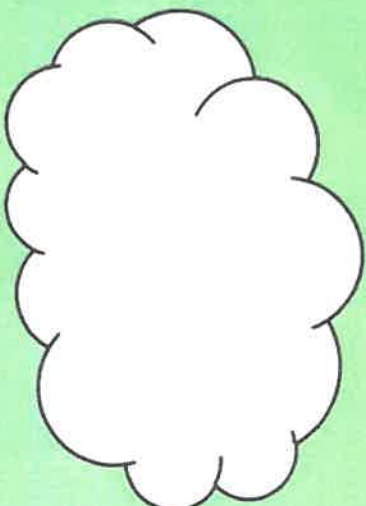
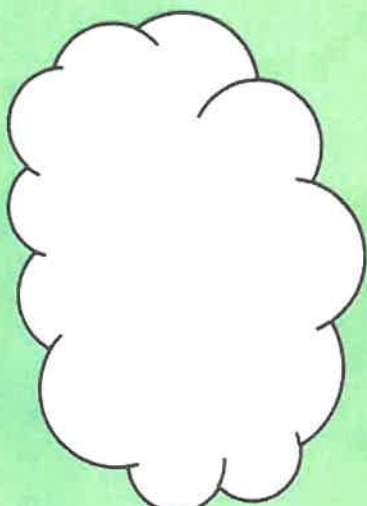
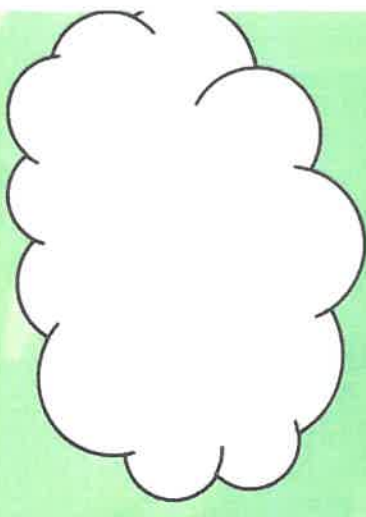
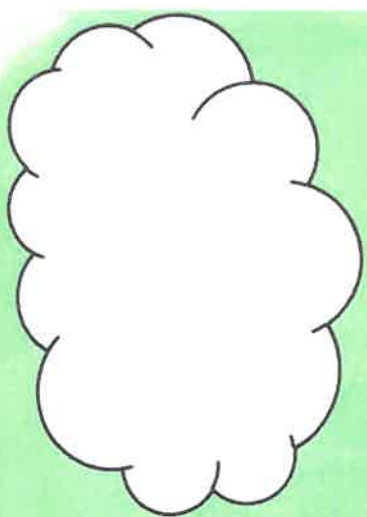
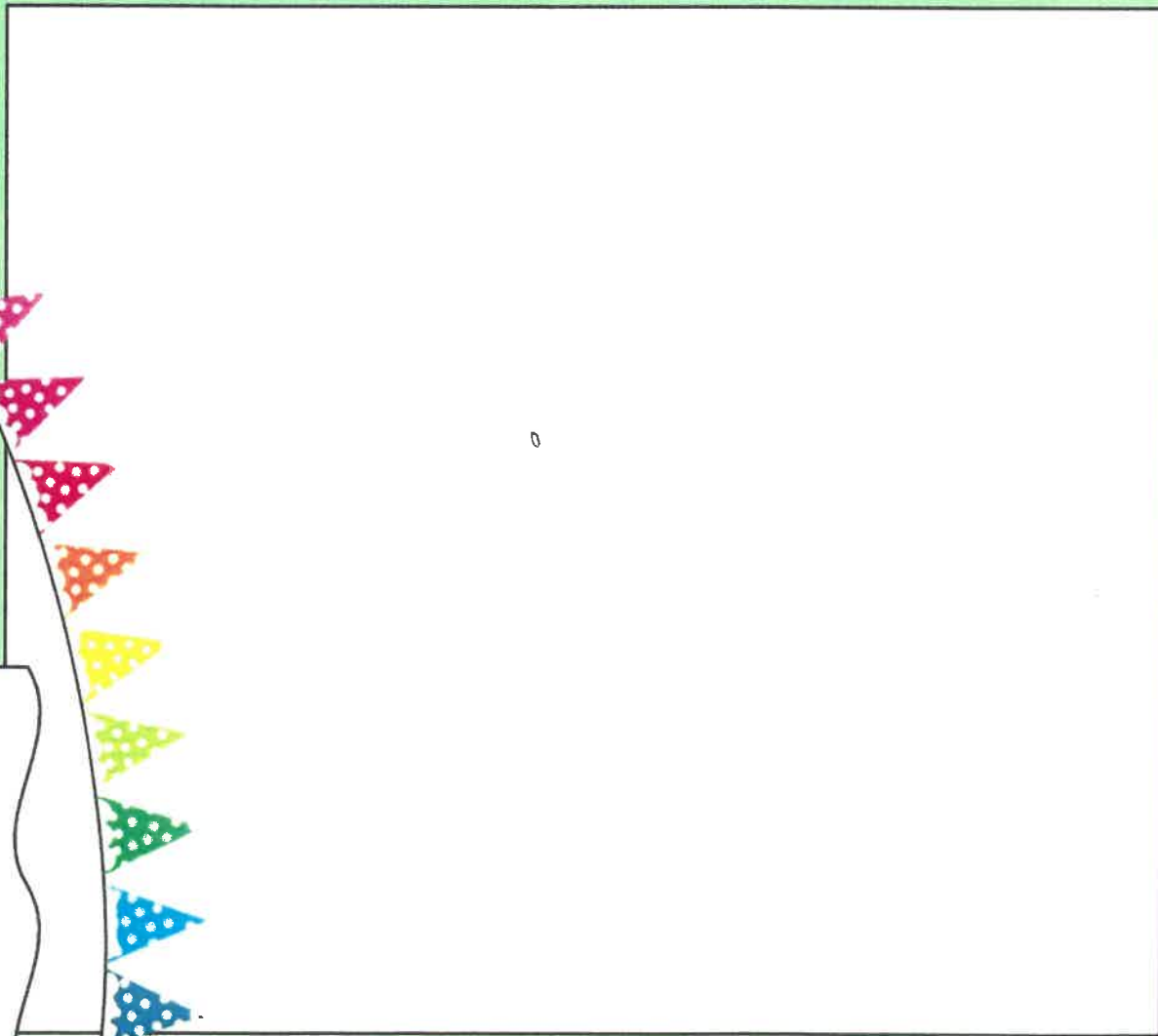


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Day 2

These are some things I
can do to be more helpful

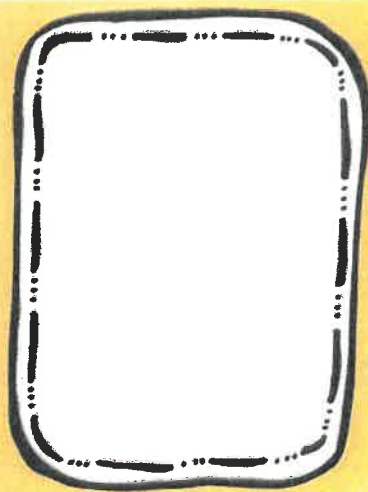
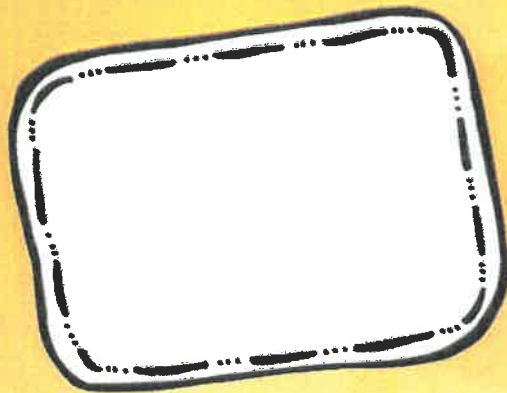
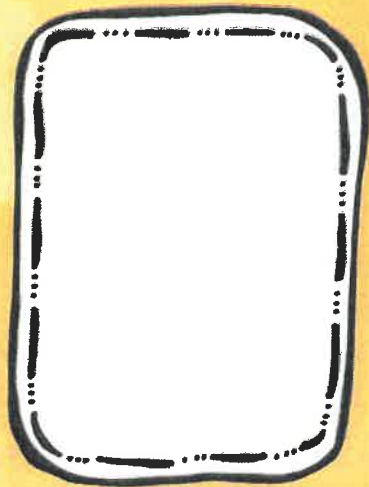

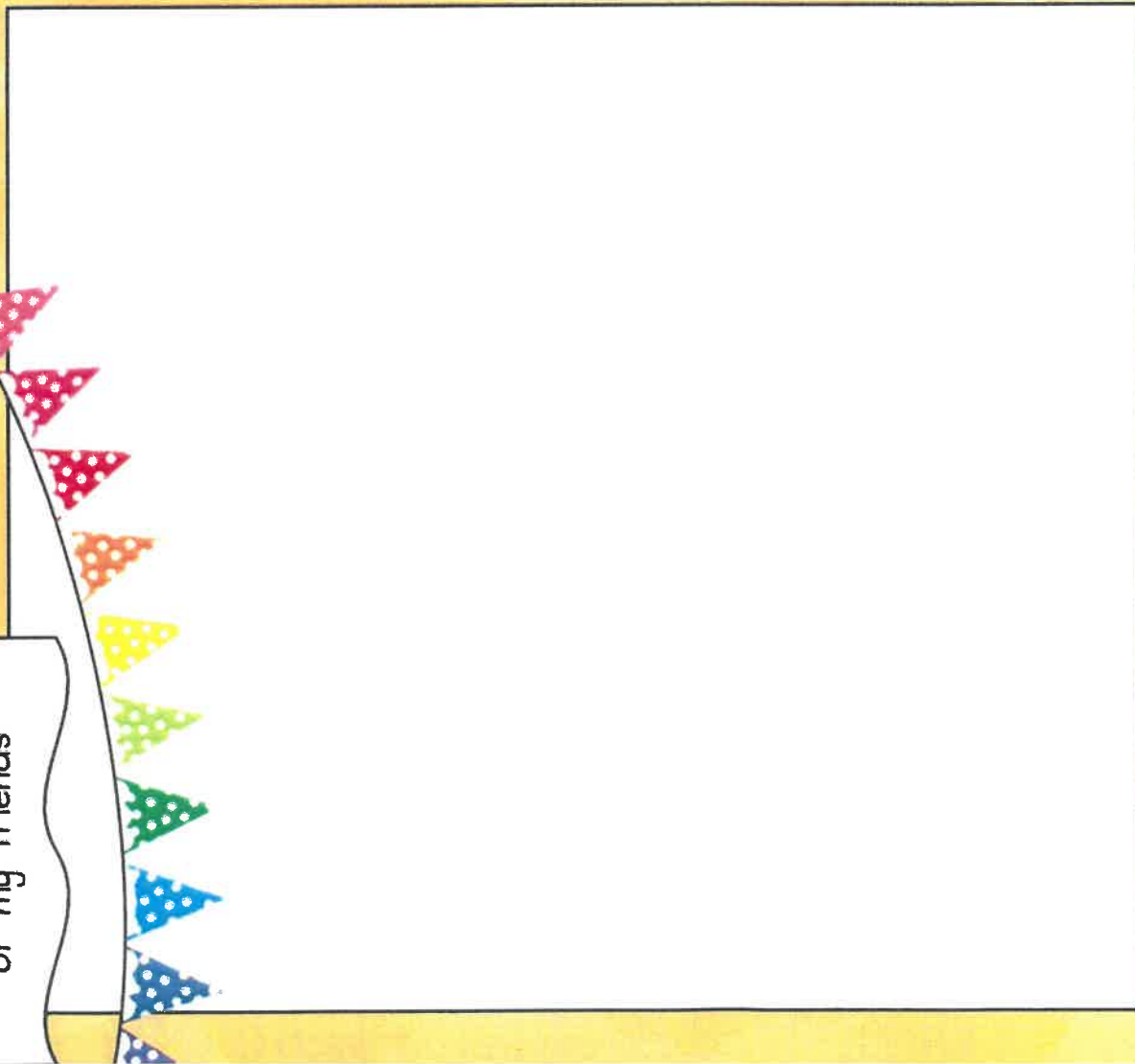
This is me being
helpful



Day 3

This is me with one
of my friends

These are people I can
connect with...

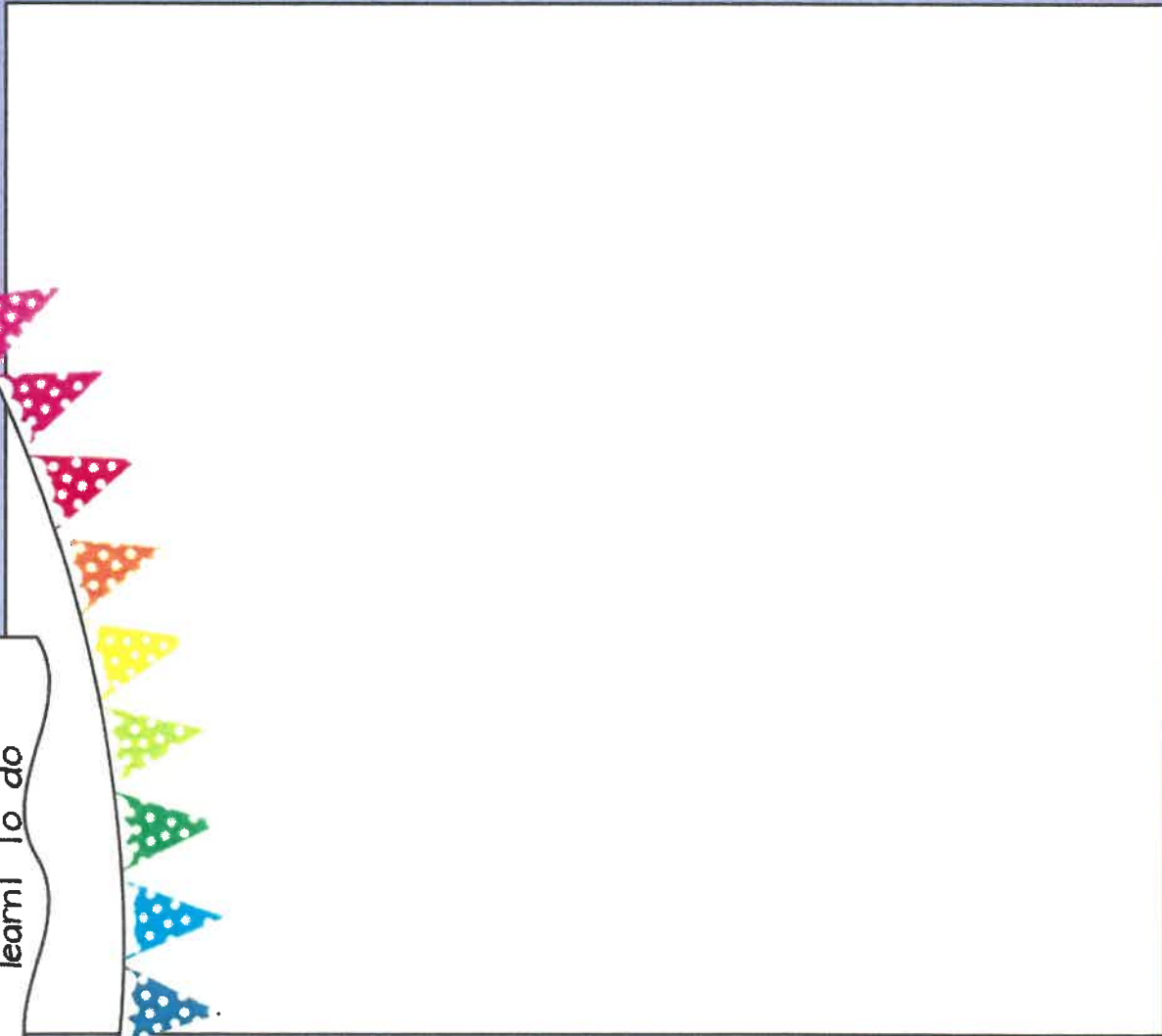


Day 4

Here is me showing
something I have
learnt to do

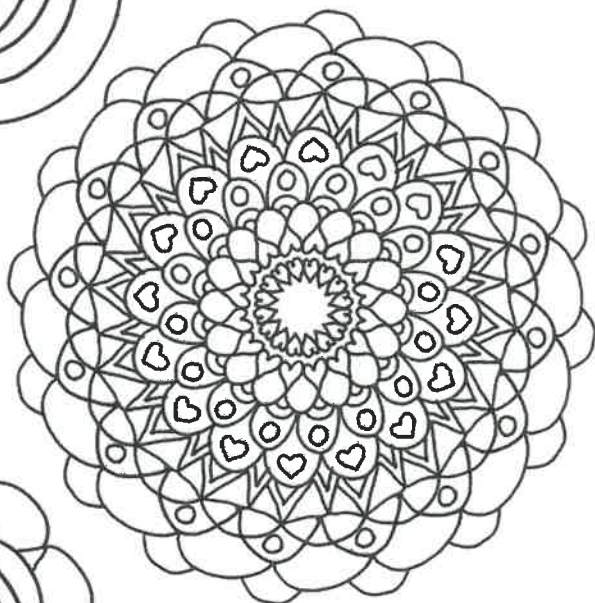
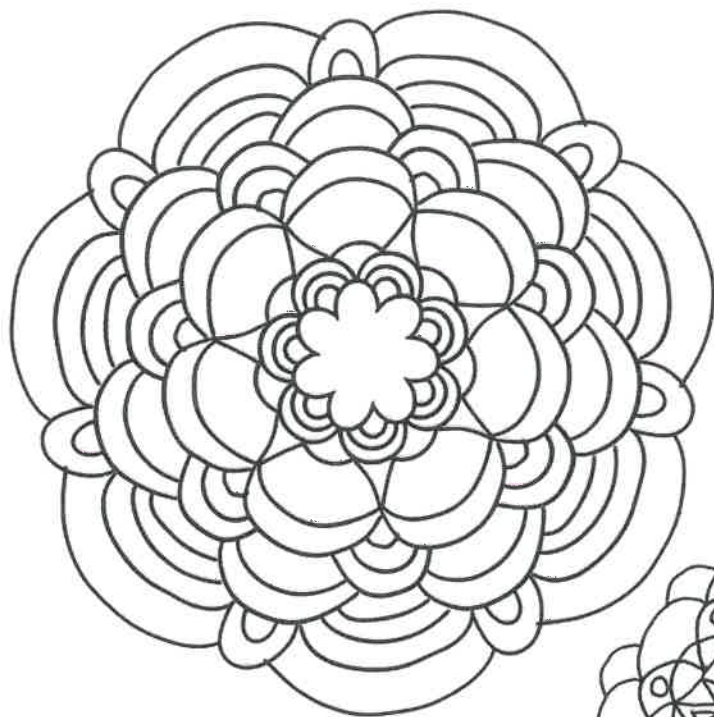
Some things I want to
learn how to do

1.	
2.	
3.	
4.	
5.	



Day 5

Some mandalas I have
coloured



ELSA support
www.elsa-support.co.uk

Did I
do it?

Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	



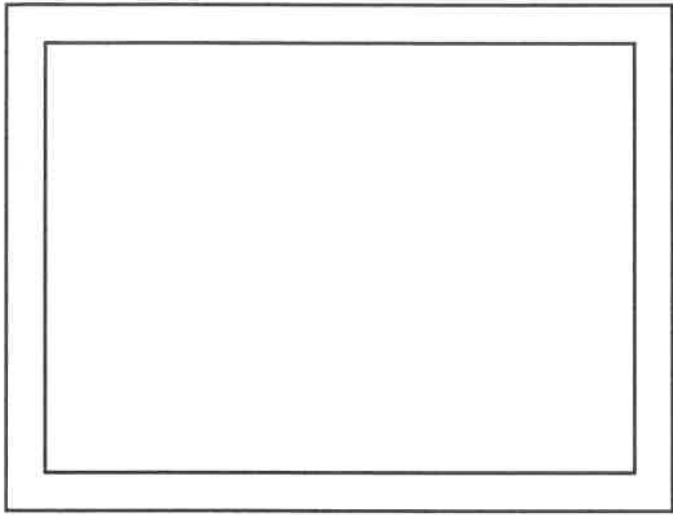
CONGRATULATIONS

ON COMPLETING THE ELSA SUPPORT
HAPPINESS CHALLENGE

Signed: _____

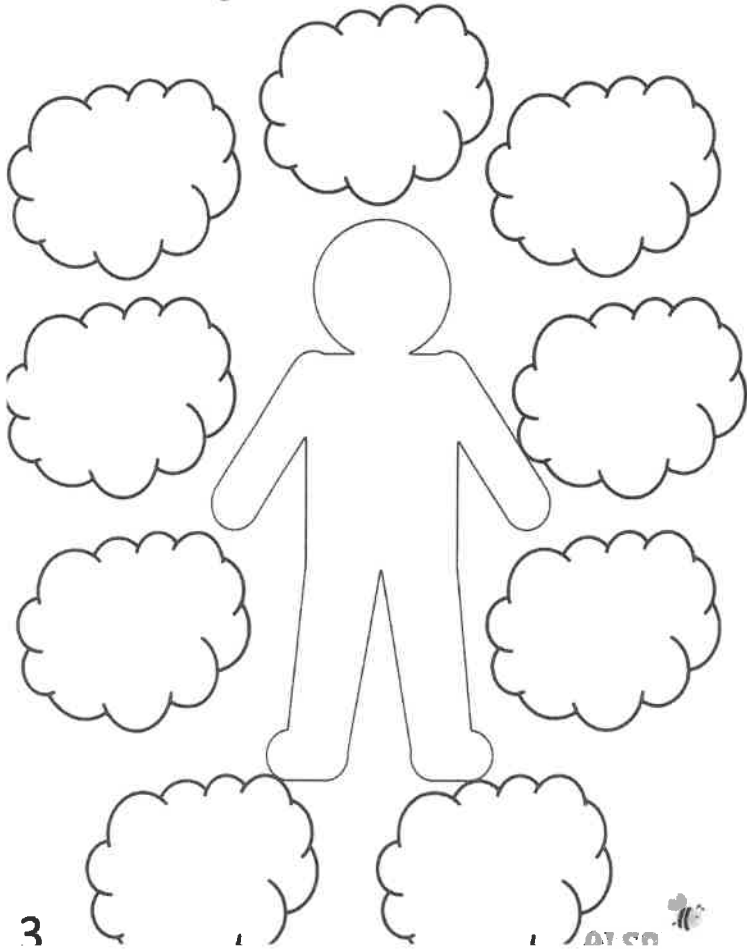
Date: _____

2



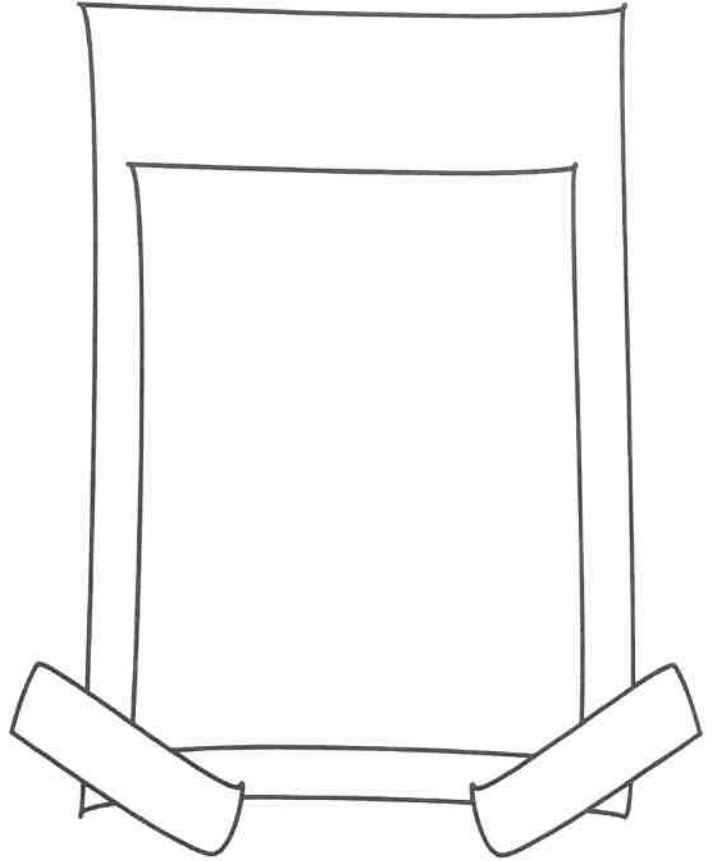
What do you like to do together?

What qualities does your friend have that makes them such a good friend?



3

1

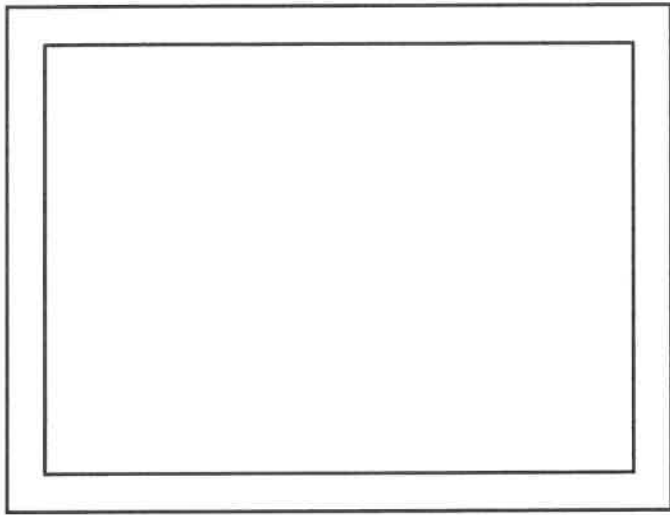


Draw a picture of one of your friends and write their name

My Little Book of Friends

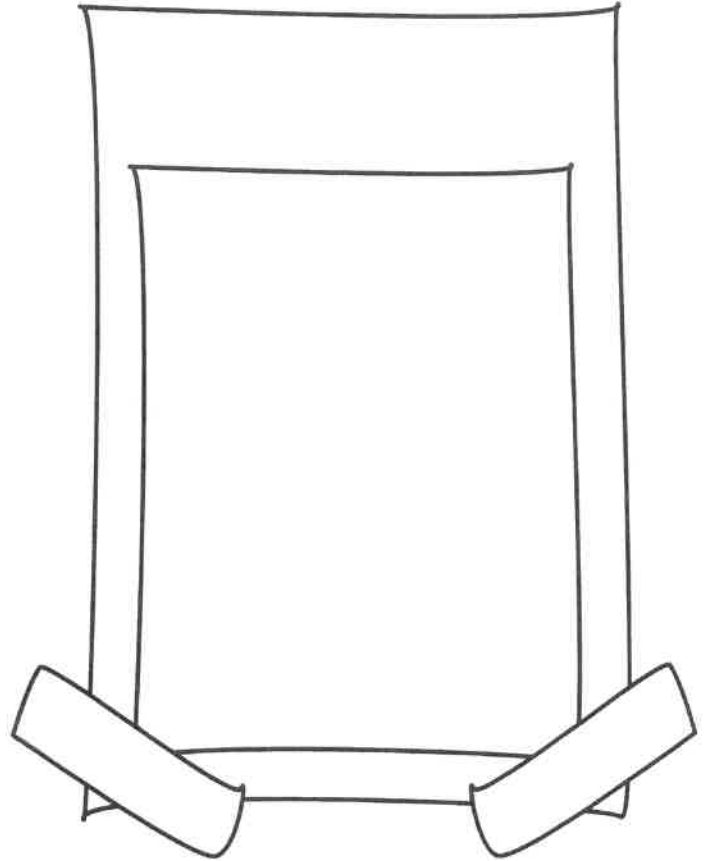


2



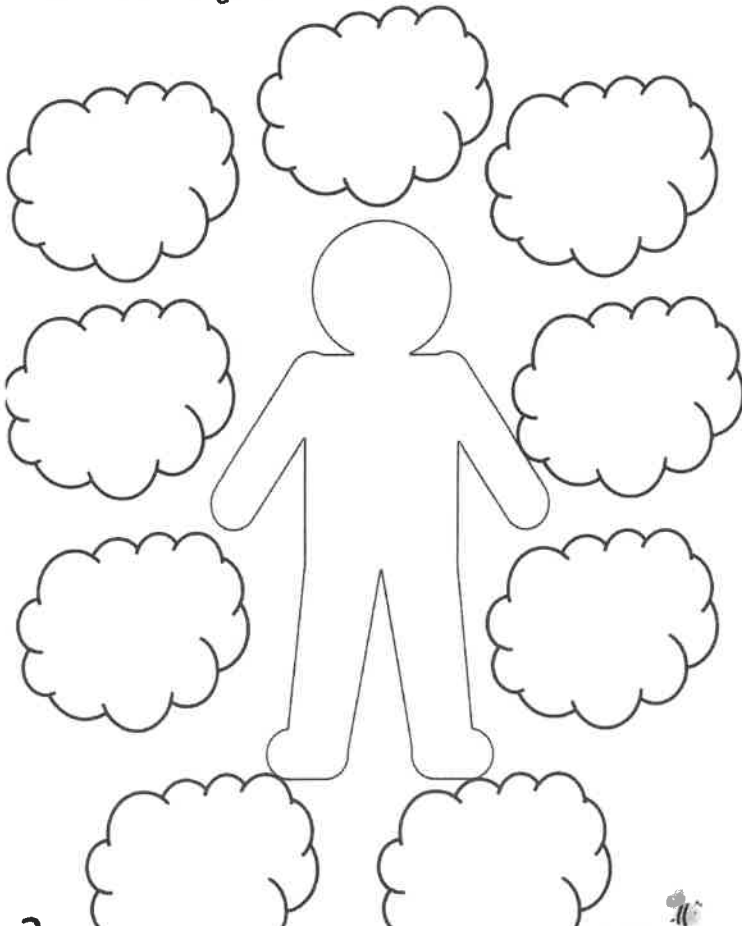
What do you like to do together?

1



Draw a picture of one of your friends and
write their name

What qualities does your friend have that makes
them such a good friend?



My Little Book of Friends





Roll two dice, add them up and answer the questions



2	My favourite colour is	
3	My favourite animal is	
4	My favourite TV show is	
5	My favourite drink is	
6	My favourite food is	
7	My favourite game is	
8	My favourite teacher is	
9	My favourite movie is	
10	My favourite fruit is	
11	My favourite noise is	
12	My favourite smell is	



Roll two dice, add them up and answer the questions

2	I wish for	
3	My happy place is	
4	I can relax by	
5	My proudest moment	
6	I was brave when	
7	I am thankful for	
8	I want to get better at	
9	My biggest goal in life is	
10	A time when I succeeded at something	
11	Something new that I tried	
12	Something new that I learnt to do	

A TO Z OF SELF CARE

A ACTIVE lots of exercise every day	E EAT healthy food	I IMAGINATION use yours	M MINDSET move on from your mistakes	Q QUIET take time out to relax and recharge	U USE your brain to learn new things	
B BELIEVE in yourself	F FEEL and acknowledge your emotions	J JOY be joyful	N NATURE enjoy all the nature around you	R RESILIENCE you can bounce back – you've got this!	V VISUALISE your fun times	Y YOGA learn some exercises
C CONNECT with friends and family	G GRATITUDE be thankful for what you have	K KINDNESS to yourself and others	O OPEN your mind to the sensations around you	S SLEEP make sure you are getting enough	W WALK run and play	Z ZEN be at peace with yourself
D DREAM of exciting things	H HELP others and enjoy the feeling it brings	L LOVE yourself	P PEACE find peacefulness	T TALK positive self-talk	X EXHALE slowly and breathe	

A TO Z OF SELF CARE

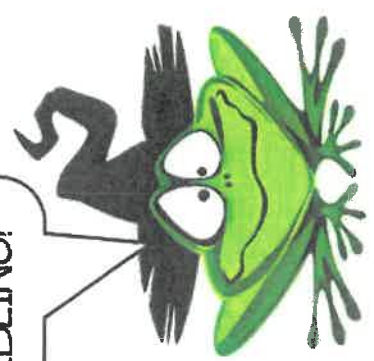
A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
Y	Z		

Recipe for Wellbeing

Wellbeing Recipe Ingredients

Ingredient	Amount
1. What would you put into a recipe for WELLBEING?	
2. What would you put into a recipe for WELLBEING?	
3. What would you put into a recipe for WELLBEING?	
4. What would you put into a recipe for WELLBEING?	
5. What would you put into a recipe for WELLBEING?	
6. What would you put into a recipe for WELLBEING?	
7. What would you put into a recipe for WELLBEING?	
8. What would you put into a recipe for WELLBEING?	
9. What would you put into a recipe for WELLBEING?	
10. What would you put into a recipe for WELLBEING?	

What would you put into a recipe for WELLBEING?



This is me!

Recipe for my Wellbeing

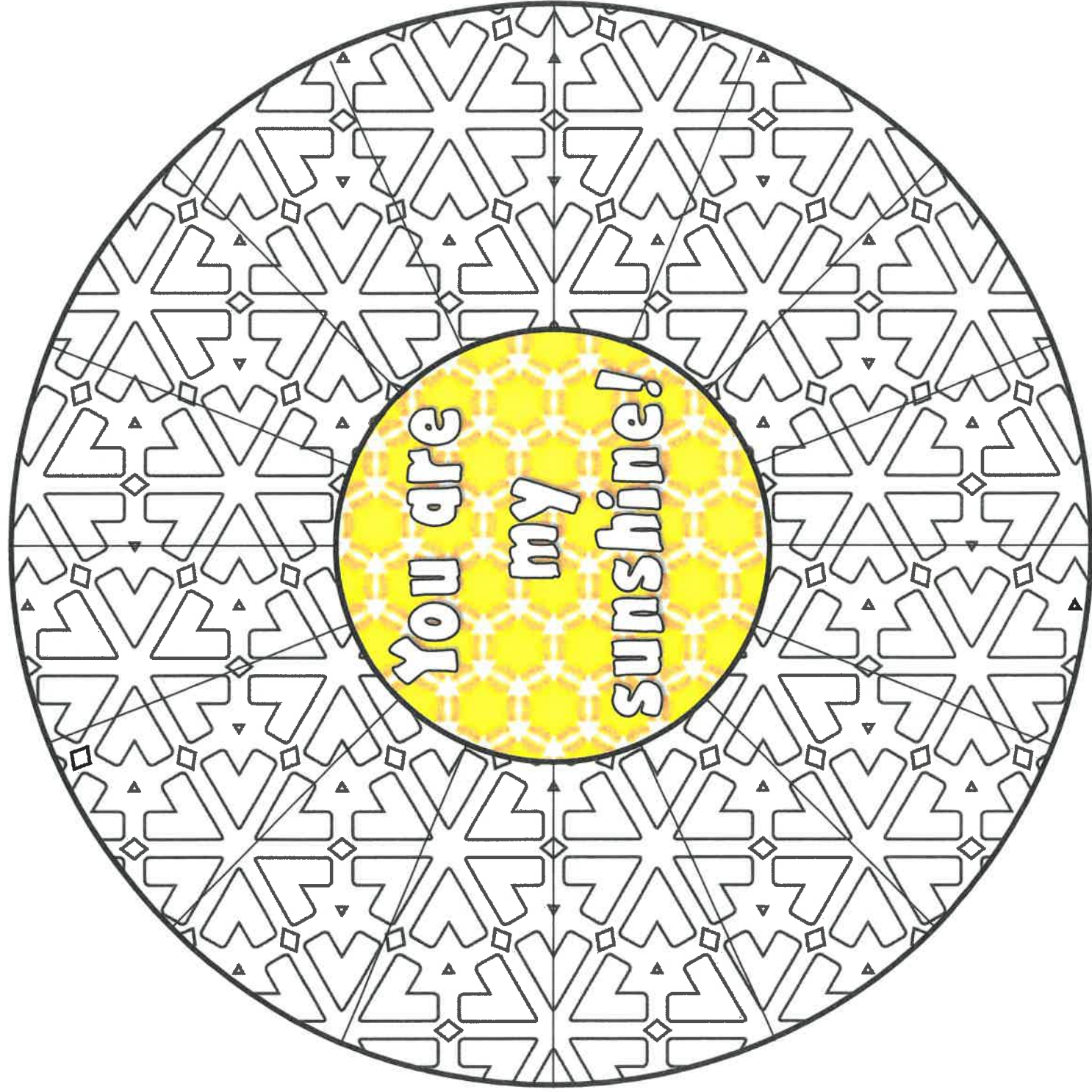




Colour the sunshine. Cut around the edge. Cut along the faint lines and STOP at the inner circle. Use shades of yellow/orange/reds for colouring.

Bend very carefully every other ray of sunshine inwards. This just gives it a 3 d effect.

Hang around your home/classroom or hang in your window to brighten someone's day!



Colour the sunshine. Cut around the edge. Cut along the faint lines and STOP at the inner circle. Use shades of yellow/orange/reds for colouring.

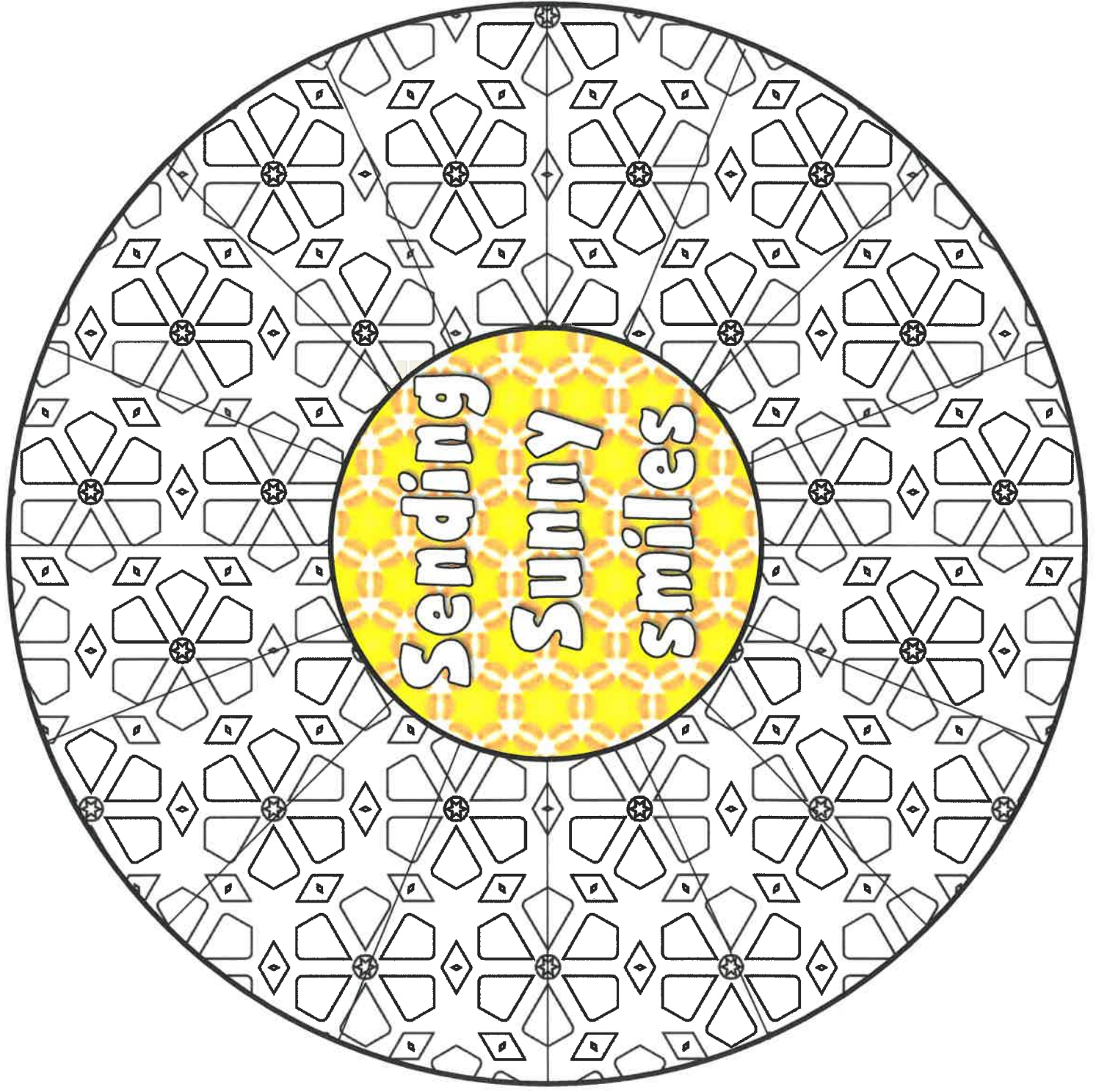
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Bend very carefully
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Try to conquer your fears

ven when scared

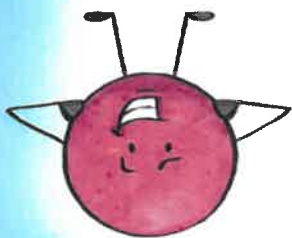
E



Help others as well as yourself

aliant and bold

V



Exciting times are ahead of you

adventures waiting

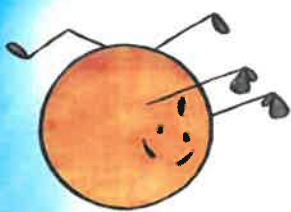
A



Keep trying, you can do this

etuse to give in

R



If you really believe in your ability you are on the way to success

elieve you can do it

B

