

CREATE EXPLORE CONNECT

0-19 Early Help Service Activity Resource Pack

HEALTH & WELL-BEING



HEALTH & WELL-BEING

Activity Resource Pack

This resource pack offers ideas and activities to engage your child in Positive Activities at home.

We have several PDF resources packs to choose from as well as this one:

Music and Radio

Sports & Fitness

Arts & Crafts

Performing Arts



All are FREE to downloadable from the www.barnetyouth.uk website. Just follow the instructions and let us know how you get on by sharing your creations with byes@barnet.gov.uk

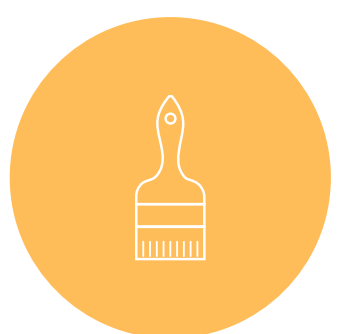
Age Categories

This resource pack is divided into age categories:

Under 5s, 6-11yrs, 12-15yrs & 15+



Make sure you warm up and stretch before & after any exercise



Some activities you may need equipment. Look out for this symbol



Things to think about to keep yourself safe!

DID YOU KNOW?

We provide online sessions to get young people talking!

Check out www.barnetyouth.uk or to sign your child up and find out more email:

byes@barnetyouth.uk

UNDER 5S

Health & Well-Being Activity Resource Pack



Maintain your health and wellbeing by doing some PE With Joe at the comfort of your own home.

Starting Monday 23rd March Joe Wicks is hosting a free workouts aimed at kids LIVE on the [Body Coach TV YouTube channel](#).

With the schools closed and with us all spending more time at home, it's more important than ever that we keep moving and stay healthy and positive.

Exercise is an amazing tool to help us feel happier, more energised, and more optimistic.

The workouts will be fun and suitable for all ages and even adults can get involved.

You don't need any equipment, just tune in to Joe Wick's YouTube channel at 9am each morning for a 30-minute, fun workout.

UNDER 5S

Health & Well-Being Activity Resource Pack

Jungle Boogie - Zumba for Kids



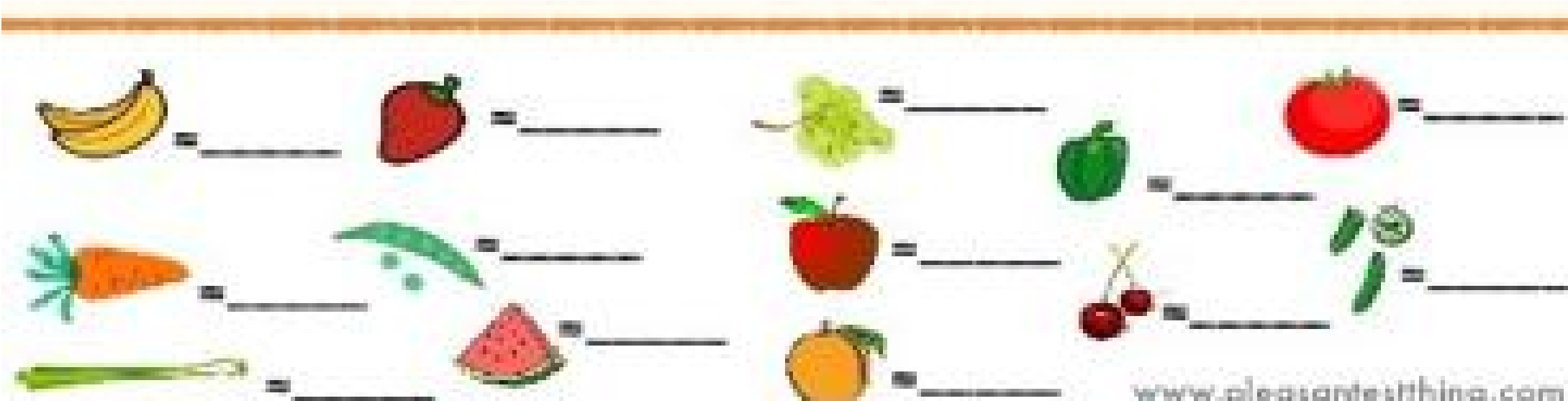
Fruit and Vegetable I Spy



Games

I spy: Is a great way to engage at the dinner table and have some fun using healthy food items in your home.

Game courtesy of www.pleasantestthing.com



6 - 11YRS

Health & Well-Being Activity Resource Pack

Chef Solus Breakfast Crossword Puzzle



Across

- 5 The small meal after breakfast and before lunch
8 Belgium _____ with strawberries
11 This meal helps you do great in school
12 This fruit juice has vitamin C
14 Put cream cheese or peanut butter on this
15 Ome _____ with mushrooms and cheese

Down

- 1 French _____ or pancakes
2 This taste great with whole grain cereal
3 This comes from a cow but its not white
4 Home fries or hash _____
6 Some kids like to eat this without milk.
7 Bananas, strawberries and yogurt mixed together to make a _____
9 Mickey Mouse shaped _____ with eggs
10 Eat this warm with milk, raisins, and brown sugar.
13 Scrambled, poached and fried _____

6 - 11YRS

Health & Well-Being Activity Resource Pack

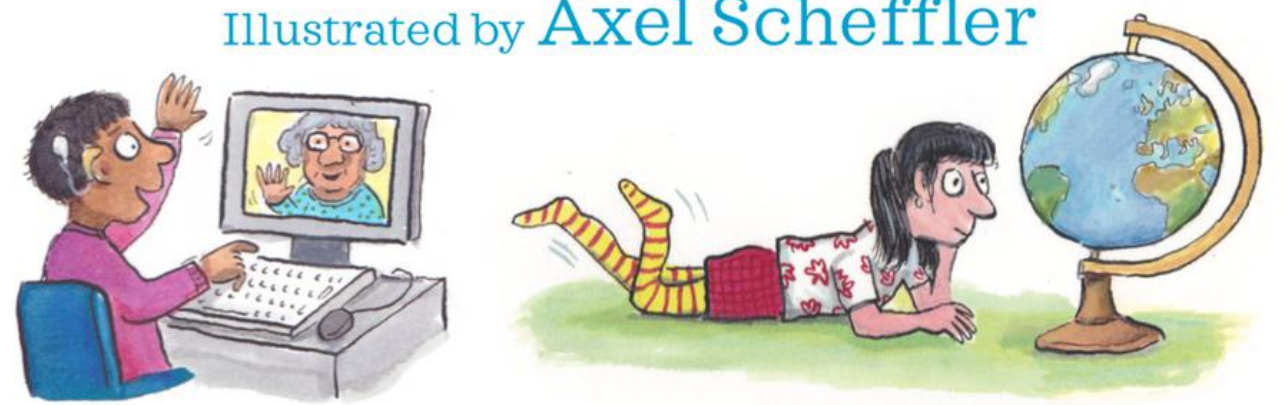
Books

To make sure young people are staying safe, well and healthy during the pandemic, it's important to maintain one's wellbeing with positive awareness and some positive engagement.

The Gruffalo illustrator, Axel Scheffler, has worked with consultant Professor Graham Medley, two head teachers and a psychologist to create a book for children about coronavirus, ensuring it got the messages right and answered questions around quarantine. Click the link below to download the book for free

https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INS.pdf

by Elizabeth Jenner, Kate Wilson & Nia Roberts
Illustrated by Axel Scheffler



Coronavirus

A book for children



Consultant: Professor Graham Medley
Professor of Infectious Disease Modelling,
London School of Hygiene & Tropical Medicine



15 books to support children's mental health



15 books to support children's mental health

A school librarian shares her recommended reads for helping children to talk about mental health problems more openly

Tes / Jul 26, 2018

Books are a brilliant tool for helping children to talk about mental health problems more openly.

A child who was previously happy and confident can, suddenly become angry or anxious, because of a change in circumstances (such as a depressed or ill parent, bereavement or marital problems).

<https://www.tes.com/news/15-books-support-childrens-mental-health>

12 - 15YRS

Health & Well-Being Activity

Resource Pack

Nutrition Word Search

Here are 20 words that relate to Food Smarts

Can you find them all?

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

Calorie
Carbohydrate
Energy
Fat
Fiber
Fruit
Healthy

Ingredients
Minerals
Nutrient
Pasta
Protein
Pyramid
Serving

Sodium
Snack
Variety
Vegetables
Vitamins
Yogurt

12 - 15YRS

Health & Well-Being Activity Resource Pack



Think Ninja App

ThinkNinja is designed for children and young people (11-18 years old) to provide a range of skills for mental health, emotional wellbeing and symptoms of anxiety and low mood.



As soon as you open ThinkNinja, you'll meet me...Wise Ninja!! I'm your very own personal guide to help you on your journey of ups and downs with mood. If you're feeling low, stressed or anxious, I have lots of cool and fun ideas and skills that will help manage your mood and to deal with the stuff life throws at you. You'll learn ways to feel healthier and happier through skills which will stay with you forever. I'm also a motivator to help you build the courage to try new skills and to make changes in your daily life that will create a difference to your overall wellbeing. This is all done in a really fun and interactive way!



Support Online

YOUNG MINDS
fighting for young people's mental health

<https://youngminds.org.uk>

The UK's leading charity fighting for children and young people's mental health.

Fighting for a future where all young minds are supported and empowered, whatever the challenges. Young Minds are there to make sure young people get the best possible mental health support and have the resilience to overcome life's difficulties.



www.actionforchildren.org.uk

Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

15+

Health & Well-Being Activity Resource Pack

YOUR

START

CONVERSATION

time to change
let's end mental health discrimination

1 Share with someone the thing that makes you smile the most

2 Text or ask a friend 'How are you?'

3 Call someone you've not spoken to for a while

4 Find out what someone does to relax

5 Perform a random act of kindness for someone

6 Go for a walk with someone and see how they're doing

7 Make someone a cup of tea and have a chat

8 Thank someone for something they've done for you

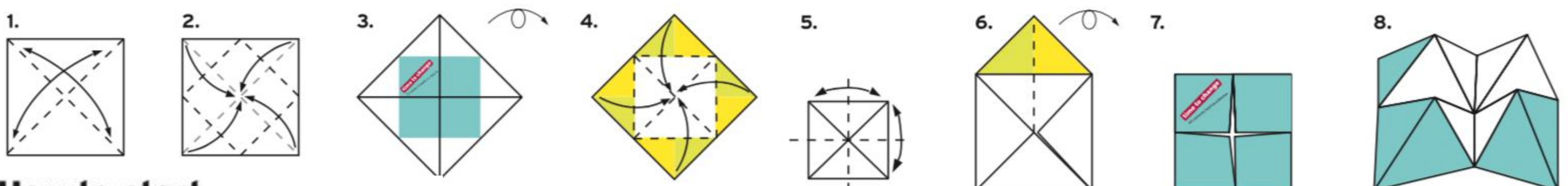
Conversation Starter

1 in 4 people will experience a mental health problem this year. Get talking using this mental health conversation starter.

You don't have to be an expert. Sometimes a text, a walk or a simple 'how are you?' can make a real difference.

time-to-change.org.uk

Folding Instructions



How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a purple number and open alternately that amount of times
- Pick your final number, open flap and start your conversation
- Make sure you log your chat on the interactive map on time-to-change.org.uk

15+

Health & Well-Being Activity Resource Pack

Medication

Meditation is a form of exercise for your brain. You can use meditation to improve your concentration, exam performance and reduce everyday stress and anxiety

STEP 1: Find a relaxing and calm place to meditate. You can meditate wherever you feel comfortable. It is helpful if it is relatively quiet and there are few distractions. You may choose to meditate in your bedroom, living room or garden.

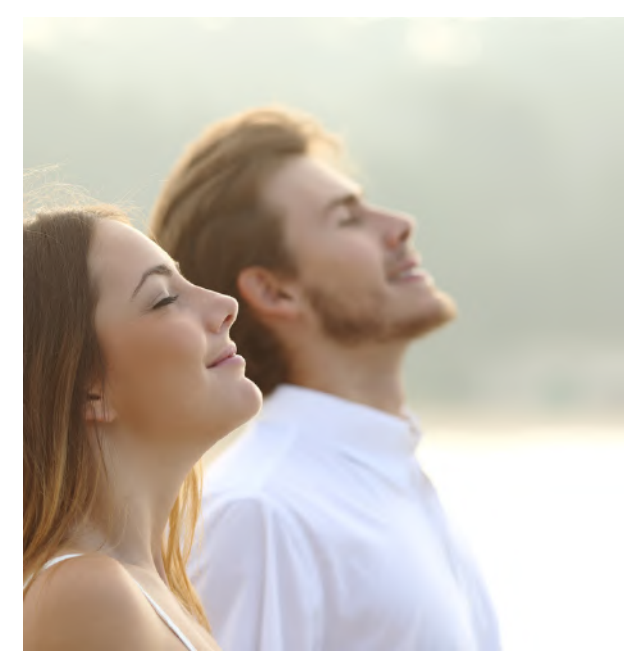
STEP 2: Stretch. Do a few stretches before you start meditating. You can choose a few simple stretches to perform prior to sitting on your meditation cushion or chair. Try two or three of the following stretches before meditating:



Do a cow pose. Put your knees on the ground and your hands on the ground in front of you. Inhale and drop your spine and belly to the ground. At the same time, lift your chest upwards.



Do the cat pose. You can do this stretch after the cow pose. Put your knees on the ground and your hands on the ground in front of you. As you exhale, drop your head to the ground and lift your back up to the ceiling.



Shrug your shoulders. As you inhale, lift your shoulders up high as if you were trying to reach the ceiling. Hold for one second. As you exhale, let your shoulders drop down. Repeat three times

STEP 3: Decide how long you want to meditate. There is no rule for how long you need to meditate. Try meditating for five minutes to see how it feels. If you like it and have more time,

STEP 4: Set your app or timer.

STEP 3: Decide on a simple meditation posture. You may choose to sit with your feet on the ground in front of you in a normal chair. Alternately, you can choose a traditional meditation posture such as cross legged on a meditation cushion. Regardless of the posture you choose, you should sit with a straight spine, an open chest and a relaxed body. If the posture feels uncomfortable, you might want to shift postures until you find a comfortable way of sitting.



0-19 EARLY HELP SERVICE

Children, Family and Young People



All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to www.kooth.com

Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

www.engage.barnet.gov.uk/communityhelphub.

www.barnetyouth.uk

