

The cover features a large orange ring with a white center. Inside the ring, the title 'The Charlie Waller WELLBEING CHALLENGE 2021' is written. 'The Charlie Waller' is in blue, 'WELLBEING CHALLENGE' is in orange brush script, and '2021' is in blue. Below the title is 'HOME PACK' in blue. The cover is decorated with a purple smiley face, a green globe, a teal star, and a pink heart. Blue brush strokes are scattered around the top left.

# The Charlie Waller *WELLBEING CHALLENGE* 2021

HOME PACK

## WELLBEING CHALLENGE 2021

# HALF-TERM FUN

## INFORMATION FOR PARENTS AND CARERS...

Your child/children have taken part in a lesson at school all about the Five Ways to Wellbeing, learning how they can think positively about their mental health.

To encourage the children to introduce the 'ways' into their everyday life we have created a home pack so they can take part over half-term. The main aim is to complete at least one wellbeing activity for each of the Five Ways and document it by creating a mini presentation page.

We have given you lots of ideas to help you out but we would encourage the children to think up their own activities too and for the whole family to join in as well. Obviously they can do much more than one activity per way if they are enjoying it!

### THE FIVE WAYS TO MENTAL WELLBEING



**CONNECT** – 'connect' with people you know: family, friends and neighbours. Spend time developing these relationships but remember to keep to the Government guidelines on social distancing.



**BE ACTIVE** – take a walk, jog or cycle or find another activity you enjoy (while also maintaining social distancing).



**KEEP LEARNING** – learning new skills can give you a sense of achievement and increased confidence.



**GIVE** – even the smallest act can count, whether it's a smile, a thank you or a kind word.



**TAKE NOTICE** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

### THE COMPETITION

As well as your child's school having the chance to win one of five wellbeing libraries which includes 10-15 books all about helping young people with their mental wellbeing, we are also running a competition for individual children who continue the challenge at home.

Each school can nominate one student who has taken part in the challenge at home and shown a great understanding of the Five Ways to Wellbeing. We will pick first, second and third place winners from these nominations and every child nominated will receive a runners up prize.

### HOW TO ENTER

Simply complete an activity for each of the Five Ways to Wellbeing - you can do as many as you like if you are really enjoying it. Take photos of your child either doing the activities or the end product if they have made something, and create a 'presentation' page with descriptions of everything they did. This is an example of how it could look:



# PROGRESS CHART

[illegible]

# BADGE CUT-OUTS

Every time you complete one of the Five Ways to Wellbeing cut out a badge and stick it to your chart. See how many you can get!!



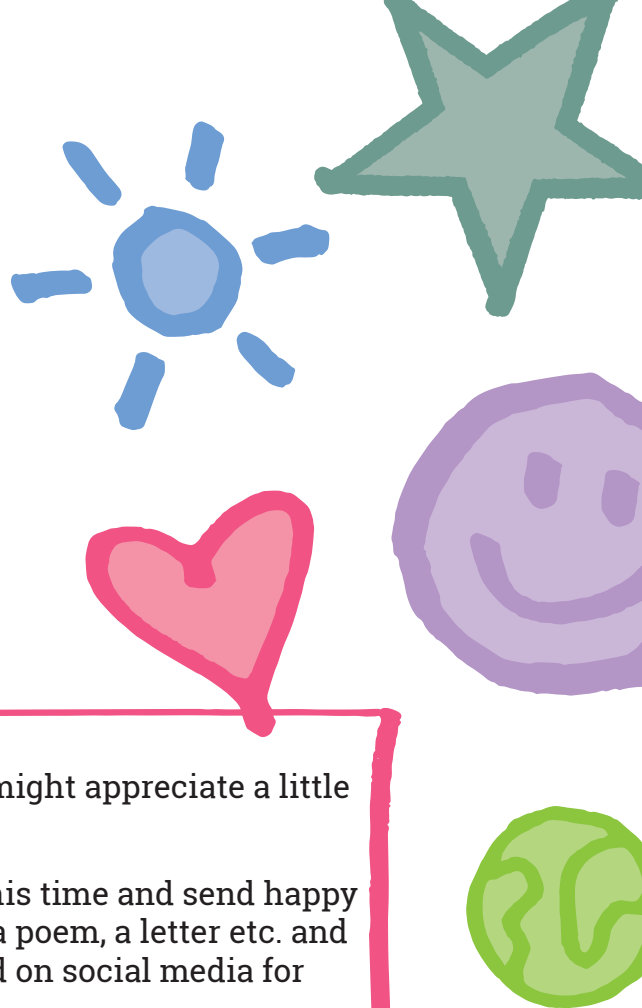
Lots of little badges for those of you who want to do more activities.



Some bigger badges for those of you who just do one thing amazingly!

# CONNECT

Connections with other people help strengthen our sense of self-worth, and feelings of being loved and valued. They also offer a sense of perspective and a distraction from getting stuck in negative thoughts. They help us feel less lonely, which is very important, as studies have shown that loneliness may be linked to low mood, sleep problems and other wellbeing issues.



- ☐ Bake some cakes or biscuits for someone who might appreciate a little 'pick me up'.
- ☐ Think about someone who might be lonely at this time and send happy mail to cheer them up. This could be a picture, a poem, a letter etc. and can either be sent in the post, emailed or posted on social media for them to see.
- ☐ Make a playlist of your favourite songs and share it with your friends.
- ☐ Arrange to see a friend or family member in person who you haven't been able to see for a while.
- ☐ Count how many people you can smile and say 'hello' to in one day.
- ☐ Create your close family tree. Why not make it into a poster and make it look pretty.
- ☐ Invent your own secret code and write messages to your friends.
- ☐ Try smiling – whether just for yourself, or when you're with others. It is a simple and rewarding way of connecting.

Use this space to write down your own ideas for **CONNECT**:

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## BE ACTIVE

Exercise is good for our mental health; indeed the NHS recommends regular, enjoyable exercise as an effective treatment for depression. For children and young people aged 5 to 18 the NHS recommends an average of at least 60 minutes of moderate intensity physical activity a day, including some aerobic exercise and some that strengthens muscles and bones.



- ☐ Do a scavenger hunt. See [page 7](#) for our indoor and outdoor hunts for you to try.
- ☐ Help your local community - put on some gloves, take a plastic bag and pick up any litter you see (maybe have a competition amongst your friends to see who can pick up the most).
- ☐ Help round the house - when the laundry is all clean, take one item at a time from the dryer or washing line, take it to the room where it belongs and put it away. If you have to go upstairs you should be puffed out by the end of this one!
- ☐ Either on your own or with friends create a dance routine to your favourite song.
- ☐ Try making a giant picture on the floor from household items – ‘Art Attack’ style (remember to tidy up afterwards!).
- ☐ Create an obstacle course in your garden or round your house. Time how long it takes you and see if you can get quicker the more times you complete it. See [page 8](#) for our ideas on what you can include.
- ☐ Ask a grown-up to teach you a dance move from their youth – the twist, the electric slide, the running man, the macarena!

Use this space to write down your own ideas for: **BE ACTIVE:**

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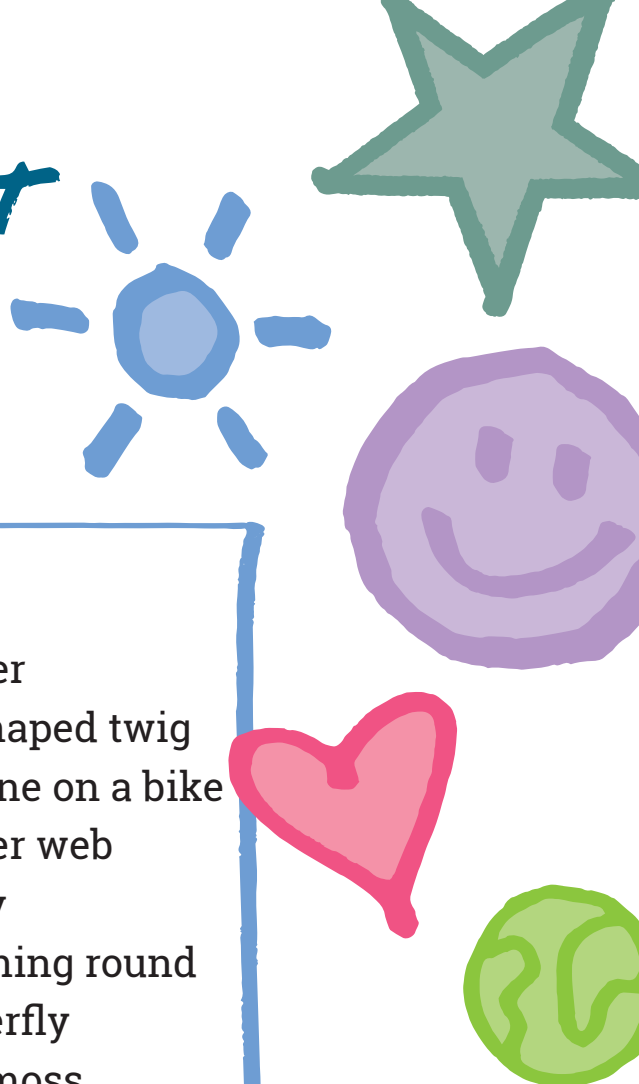
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# SCAVENGER HUNT

One for a sunny day outdoors and one for a rainy day indoors. They include things you can pick up as well as things you will see.



## OUTDOOR SCAVENGER HUNT

- |   |  |
|---|--|
| <input type="checkbox"/> Something prickly          | <input type="checkbox"/> A flower          |
| <input type="checkbox"/> Someone going for a run    | <input type="checkbox"/> A 'Y' shaped twig |
| <input type="checkbox"/> A pinecone                 | <input type="checkbox"/> Someone on a bike |
| <input type="checkbox"/> Three kinds of leaves      | <input type="checkbox"/> A spider web      |
| <input type="checkbox"/> Something that smells nice | <input type="checkbox"/> A berry           |
| <input type="checkbox"/> A weed                     | <input type="checkbox"/> Something round   |
| <input type="checkbox"/> Something yellow           | <input type="checkbox"/> A butterfly       |
| <input type="checkbox"/> A crack in the pavement    | <input type="checkbox"/> Some moss         |
| <input type="checkbox"/> A bug                      | <input type="checkbox"/> A post box        |
| <input type="checkbox"/> A funny shaped stone       | <input type="checkbox"/> A worm            |

## INDOOR SCAVENGER HUNT

- |  |  |
|--|--|
| <input type="checkbox"/> A spoon                     | <input type="checkbox"/> A ruler           |
| <input type="checkbox"/> A purple crayon or pencil   | <input type="checkbox"/> Something fluffy  |
| <input type="checkbox"/> Something that has ears     | <input type="checkbox"/> A blue Lego brick |
| <input type="checkbox"/> A key                       | <input type="checkbox"/> A dice            |
| <input type="checkbox"/> Something with your name on | <input type="checkbox"/> A penny           |
| <input type="checkbox"/> A whisk                     | <input type="checkbox"/> Something square  |
| <input type="checkbox"/> A sock with red on it       | <input type="checkbox"/> A hat             |
| <input type="checkbox"/> A softback book             | <input type="checkbox"/> A hairband        |
| <input type="checkbox"/> Something that has wheels   | <input type="checkbox"/> A playing card    |
| <input type="checkbox"/> A tissue                    | <input type="checkbox"/> Something orange  |

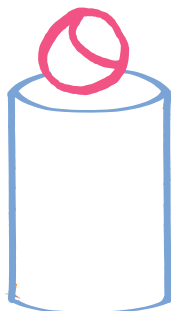


# OBSTACLE COURSE

Try out a few of these ideas for creating an obstacle course inside or out!



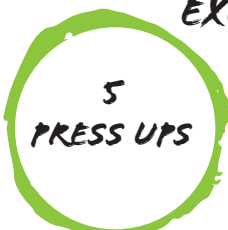
THROW BALLS  
OF SOCKS INTO  
A BIN FROM A  
SET DISTANCE



SET UP 'STATIONS'  
OF DIFFERENT  
EXERCISES:



10  
BURPEES



5  
PRESS UPS



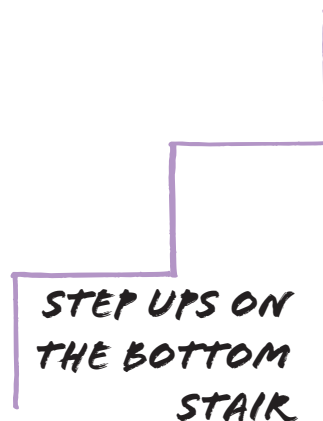
15  
STAR  
JUMPS



CIRCLE ROUND  
AND ROUND A  
CHAIR 5 TIMES

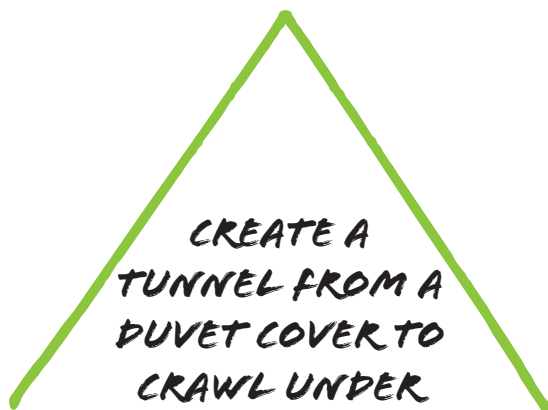
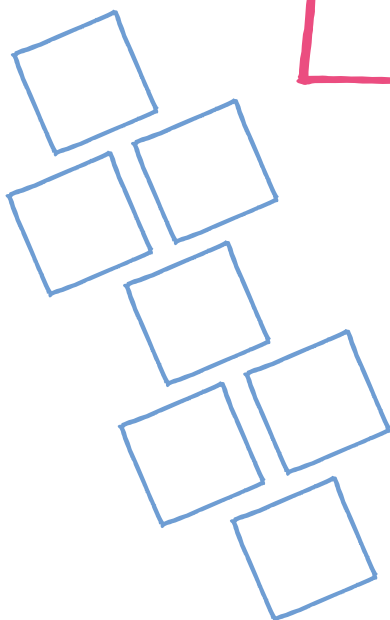


USE A  
PILLOWCASE  
TO HOP  
ALONG A SET  
DISTANCE



STEP UPS ON  
THE BOTTOM  
STAIR

CREATE A HOP  
SCOTCH GRID  
(USE CHALK  
OUTSIDE OR  
MASKING  
TAPE INSIDE)

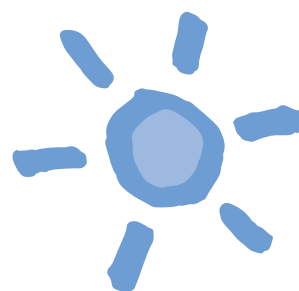


CREATE A  
TUNNEL FROM A  
DUVET COVER TO  
CRAWL UNDER



# KEEP LEARNING

Learning things, developing new skills and achieving goals can help boost self-esteem and give a sense of purpose. Active minds are more resilient to intrusive negative thoughts. Learning can also be fun!



- ☐ Go out for a walk with your family and collect 10 different leaves. Try to identify the tree using information from the Woodland Trust <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/how-to-identify-trees/>
- ☐ Recreate a scene from your favourite movie, TV programme or book. Why not film it too?
- ☐ Try and think of an animal that begins with each letter of the alphabet.
- ☐ Do a wordsearch. See [page 10](#) for our positive search.
- ☐ Find out what a haiku is and try to write your own.
- ☐ Think of a friend or someone on TV who eats food from another country – curries, stir frys, patties. Find a recipe and see if your family can cook it at home.
- ☐ Find out the meaning of your name (and your family's names too).
- ☐ Discover a really long word and find out what it means. Why not try and get it into a conversation!
- ☐ Design and make your own board game and play it with your family.

Use this space to write down your own ideas for **KEEP LEARNING**:

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# WELLBEING WORDSEARCH

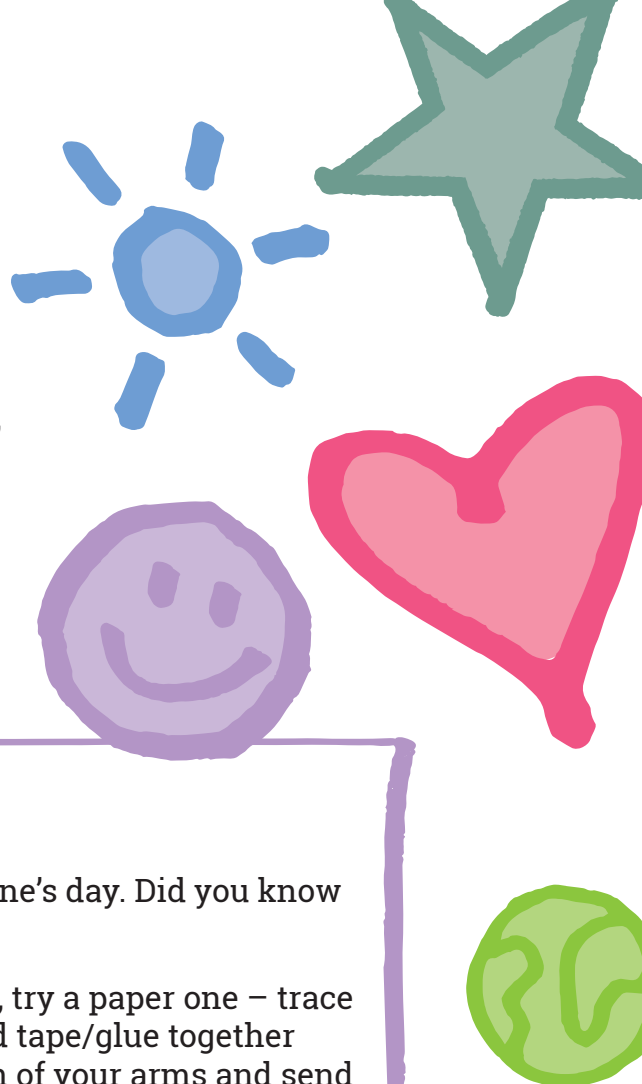
Find all ten positive words below in the letter grid.  
The words are all forwards and are either vertical or horizontal. Can you find any other random words in there too? (You can find the solution on [page 15](#)).

HAPPY	CONNECT	LAUGH
WELLBEING	ACTIVE	LOVE
FRIENDS	GIVE	INSPIRE
FAMILY	NOTICE	BREATHE
KINDNESS	LEARN	SMILE

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

# GIVE

As humans, we thrive on doing something positive for the world around us. It can be incredibly uplifting and bring a sense of hope, value and purpose.



- ☐ Do three random acts of kindness in one day.
- ☐ Find a funny fact and pass it on to make someone's day. Did you know that kangaroos can't walk backwards??
- ☐ Give a hug! If you can't give someone a real hug, try a paper one – trace your hands on pieces of paper, cut them out and tape/glue together with other paper that would measure the length of your arms and send to someone in the post or leave in their letterbox.
- ☐ Give a compliment to everyone in your house today.
- ☐ Find something in your food cupboard to give to a food bank. Lots of supermarkets have collecting points for donated food as well.
- ☐ Give back to the planet and find a way to re-use one item this week. Maybe you could turn an empty bottle into a bird feeder or plant holder or cut up empty toilet rolls and make a marble run?
- ☐ Give your time and ask someone how you can help them today.
- ☐ Learn something new and share it with a friend. It can be something as small as a new word or a new game.

Use this space to write down your own ideas for **GIVE**:

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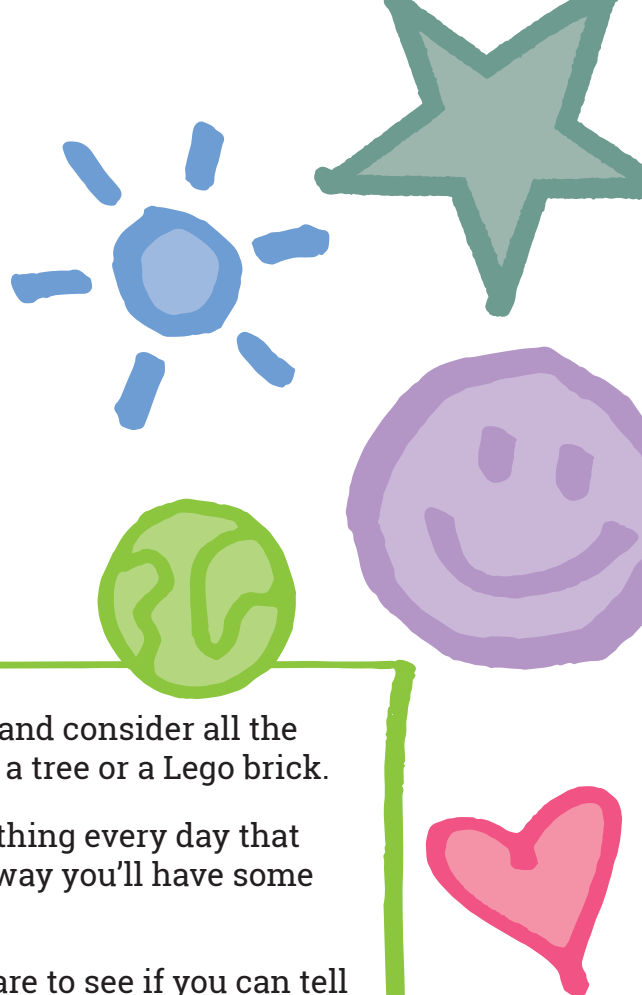
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# TAKE NOTICE

Paying more attention to your surroundings can help keep your mind grounded and stop it getting carried off by spiralling uncontrolled thoughts and worries. Focusing on the here and now can be a powerful way to help deal with anxiety.



- ☐ Choose an everyday object and close your eyes and consider all the textures. It could be a stone or stick, the bark of a tree or a Lego brick.
- ☐ Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar. That way you'll have some positive memories to look back on.
- ☐ Examine a few crystals of salt and sugar, compare to see if you can tell them apart by sight and then taste them to see if you were right!
- ☐ Take notice of how you are feeling. Let your family know by using our 'feelings chart' on [page 13](#).
- ☐ Look up to the sky and find funny shapes in the clouds.
- ☐ Take some quiet time out and do some colouring in and drawing. See [page 14](#) for our very own colouring page. We have started one side – use your imagination to complete the other side.
- ☐ Just close your eyes for a few minutes and take notice of what you hear around you, whether it's just a conversation, music or even silence. Notice your breathing, and try and consciously take deeper breaths; you'll notice how calming that feels.
- ☐ Do our 'wellbeing' scavenger hunt on [page 15](#).

Use this space to write down your own ideas for **TAKE NOTICE**:

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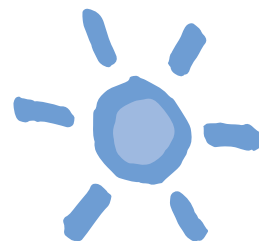
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# FEELINGS CHART

Sometimes it's easier to show how you are feeling in a picture rather than words, so we suggest that you put a chart like this one up where everyone in your family/household can see and all take time out in the day to update it. Our chart is just a suggestion - why not create your own? Please see our note on [page 22](#) for advice if you need to talk to your child about their feelings.



**Name tags** - Cut these out and make sure everyone in your family has one



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FEELINGS

WHICH ONE ARE YOU TODAY?



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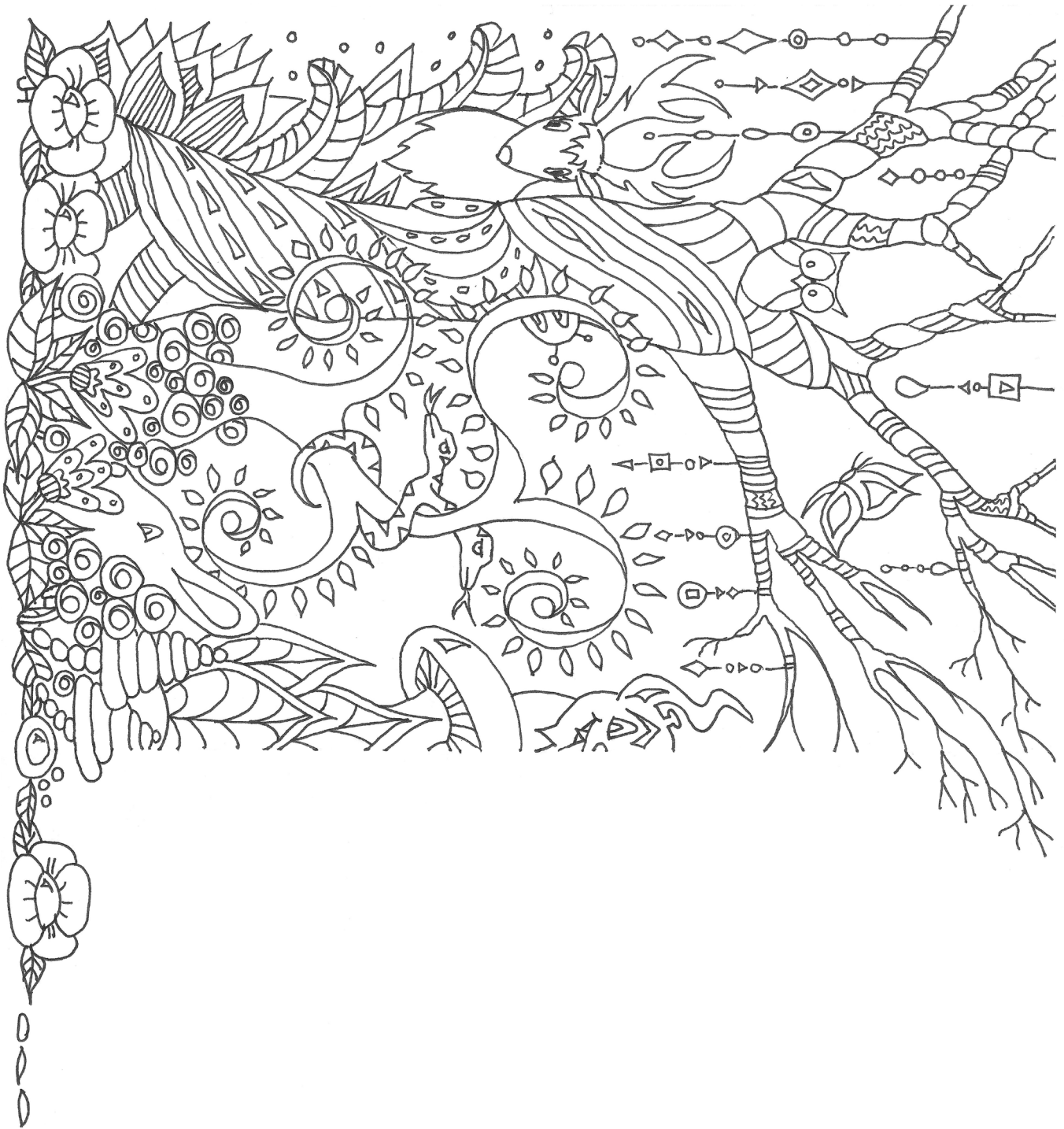
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# COLOURING IN

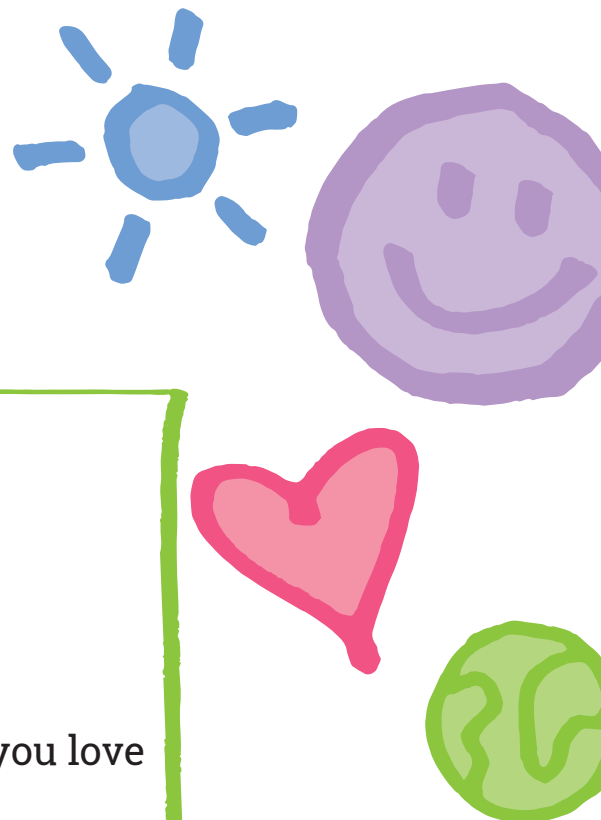
Space for you to finish the picture.





# WELLBEING SCAVENGER HUNT

Here's a scavenger hunt with a difference! It's all about wellbeing and thinking about what helps us to feel happy, calm and positive. Feel free to add other items to this list, such as something that reminds you of other family members – grandparents, aunts, uncles, cousins – or a special friend, teacher or pet. You could also make it an activity for the whole family and turn it into a 'show and tell' session. You might find each other's items inspiring!



## WELLBEING SCAVENGER HUNT

- ☐ Something that makes you happy
- ☐ Something that makes you feel calm
- ☐ Something that makes you laugh
- ☐ Something that reminds you of someone you love
- ☐ Something that helps you sleep
- ☐ Something that makes you feel grateful
- ☐ Something that makes you think of your friends

## FOR PARENTS/CARERS

Sometimes thinking about feelings may bring up more challenging emotions for children and it may be helpful for parents/carers to talk about these with them. You can find some guidance on this from our experienced mental health trainers on our website: [charliewaller.org/information/mental-wellbeing/talking-to-children-about-feelings](http://charliewaller.org/information/mental-wellbeing/talking-to-children-about-feelings)


### Wordsearch solution:

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

### References:

[www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people](http://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people)  
[www.mentalhealth.org.uk/sites/default/files/the\\_lonely\\_society\\_report.pdf](http://www.mentalhealth.org.uk/sites/default/files/the_lonely_society_report.pdf)  
[www.campaigntoendloneliness.org/the-facts-on-loneliness/](http://www.campaigntoendloneliness.org/the-facts-on-loneliness/)





## THANK YOU FOR TAKING PART IN THE CHARLIE WALLER WELLBEING CHALLENGE 2021.

We hope you have enjoyed the challenge and we have helped make some positive changes to your mental wellbeing.

The Charlie Waller Trust (CWT) was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. CWT raises awareness of depression and other mental health problems, fights stigma, provides education and training to schools, universities, workplaces, GPs and nurses, and encourages those who may be depressed to seek help. Visit [www.charliewaller.org](http://www.charliewaller.org) for further information.

### GET IN TOUCH

[hello@charliewaller.org](mailto:hello@charliewaller.org)  
01635 869754

### FIND OUT MORE

[charliewaller.org](http://charliewaller.org)

### FOLLOW US



### SUPPORTING US

If you have found this resource useful please consider donating to help us continue our work



#### Text

To donate £10 **Text 'CWT' to 70085**

This costs £10 plus the cost of a standard rate message



#### Online

Visit [charliewaller.org/donate](http://charliewaller.org/donate)

### The Charlie Waller Trust

First Floor • Rear Office • 32 High Street • Thatcham • Berkshire RG19 3JD

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