



SEND
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Family Wellbeing Pack

Activities to help you and your family look after your mind and body during the school break



@SENDactive

www.sendactive.org

Family Wellbeing Pack



Staying safe

- Only do these activities in **safe spaces** such as inside your own home/garden or in permitted open public spaces (keeping socially distanced) and **only with other people you live with**.
- **Wash your hands** before and after doing these activities, and sanitise your hands regularly if you are away from home.
- All activities should be **overseen by a responsible adult** within your home. Better still... why not get them involved too?

About the SENDactive Family Wellbeing Pack

The *SENDactive Family Wellbeing Pack* includes lots of ideas and activities designed to help you and your family look after both your mind and your body during the break. Of course, you can also have a go at any of these activities at other times too, even when you are back in school or if you are doing your learning at home and you want a break from your work.

It is really important to look after your mind and your body, especially at the moment whilst we cannot do some of the things we are usually able to do. Why not get together with the people you live with at home, and have a look through this pack before choosing some activities that you will do together? When you have done one or a few of the activities, you can reward yourself with a certificate, which is on the last page. If you don't have access to a printer, you could ask your teacher at school to print the certificate when school returns.



PLEASE NOTE: *SEND Active CIC* takes no responsibility for information contained on external links.

Family Wellbeing Pack

Enjoy the great outdoors...

What?

If you are able to, try to get outdoors once per day. This could be in your own garden if you have one, or you could take a visit to your local park with someone else from your own home (see below for some ideas). Remember that you must keep socially distanced (at least 2 metres apart) from anyone you do not live with, and you should only visit areas local to your own home.

Why?

Moving around outdoors can help us to **feel less stressed** and it can help us to **focus our minds**. When we are outdoors, we are also able to **stimulate our imagination** and **learn new things** about the world around us and our local area. Being outdoors is also brilliant for our **physical health** and helps to make our **bodies feel better**.

How?



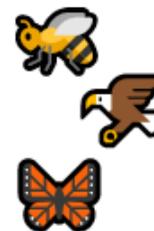
Visit your
local park
or woods



Click here to find
out more about
Coventry's *Go
Parks: Active
Schools Challenge*



Enjoy
your
local
area



See what **wildlife**
you can spot in
your garden or
outside your
home

Click here for the UK Government guidance on exercising outside your own home.

Family Wellbeing Pack



Release those happy hormones!

What?

Being physically active and doing exercise can make us feel great! Every young person (yep... that's you!) should try to do at least sixty (60) minutes of physical activity every day.

Why?

When we do some physical activity and get our bodies moving, our **body and brain benefit** in lots of different ways. Exercise releases special chemicals in our body that can **make us feel happy**. It also helps to **keep our bones, joints and muscles healthy**, and regular exercise can help **reduce the risk of developing health problems**. Plus, it can be **great fun!**

How?

Here are just a few organisations who have lots of physical activities / exercises on their websites for you to try at home. Simply click on each logo to visit their webpage...



[Click here for the UK Government guidance on exercising outside your own home.](#)

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Take a breath...

What?

Sometimes there seems to be so much going on around us, that we can start to get a bit stressed or feel anxious. It is important that we spend some time looking after ourselves by doing activities that help us to relax and feel calmer.

Why?

It is okay to feel different emotions, and it is completely normal. By doing some activities that help us to **relax and feel calmer**, we can then begin to **understand our thoughts and feelings better** and see them a bit more clearly.

How?



Click here to try a fun yoga and mindfulness session



Click here for some relaxation ideas from NHS

childline

Click here to try breathing exercises, activities, games and videos to help let go of stress

YOUNGMINDS

Click here to discover how to create a 'self-soothe box' to help you feel more grounded and relaxed



Click here to visit the *NHS Every Mind Matters* website, for advice and practical tips to help you look after your own and young people's mental health and wellbeing.

Family Wellbeing Pack

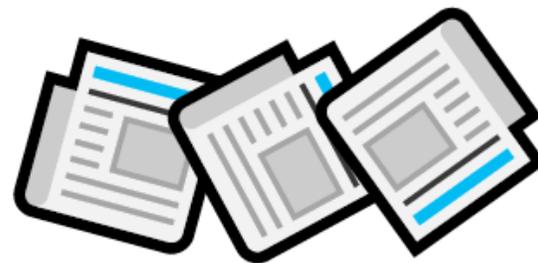
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Family fun!

Turn off that computer or games console and have a go at these fun activities for all the family...

Newspaper game

- With permission from an adult, grab all the old newspapers and magazines you can get your hands on (perhaps avoid the “not so nice news” pages and use other sections like the job adverts and property sales section, so you aren’t tempted to read some of the “not so nice news”).
- Now, rip the newspapers and magazines up into lots of pieces!
- The aim is to re-assemble your ripped up newspaper/magazine, putting it back together using tape or simply laying it out on a flat surface, like a jigsaw puzzle.
- Try to put the newspaper/magazine back together as quickly as possible.
- You could try to race other people in your home or beat your own time.



Cross the swamp

- Set up a start point and a finish point. Everything in between these points is a “swamp”.
- The aim is to cross the “swamp” using your mini islands (newspapers / cushions) without getting your feet “wet”.
- If you fall or move off the mini islands, return to the start and try again.
- You should try to take your mini islands with you and finish with all of them on the other side of the “swamp”.
- You can race against other people in your home or try as a group. Why not limit how many people can be on each mini island at a time? You may wish to work with a partner to help you place your mini-islands.

Amazing effort!



This is to certify that



has looked after their mind and body and completed activities from the SENDactive Family Wellbeing Pack



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Share your activity and certificate photos on Twitter

www.sendactive.org