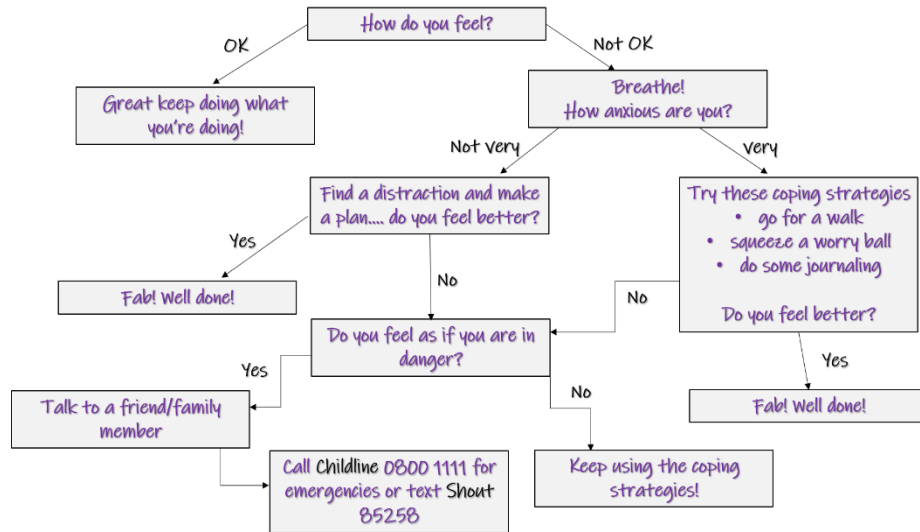


## Flow Chart – how do you feel?

Our mission is to help young people to #Be OK

Stay hydrated, exercise, eat well, sleep well and talk to a friend! Please follow our flow chart to see the best option for you....



## Connect with a friend:

Challenge your friend to a quiz – there are lots of online quizzes!

Using a ping pong ball, can you throw it into a cup from a distance.

How many bounces, across how many saucepans to get into a cup?

Have you ever tried balloon modelling? Ever tried activities with a friend over Zoom? What about junk modelling or treasure hunts with bits and pieces that you have around the house? A favourite of ours is modelling using spaghetti and marshmallows!

You can have a look at [www.frugalfun4boys.com](http://www.frugalfun4boys.com)

for ideas to do at home.

Please send us your pictures!



# Helping you to #Be OK

## #Be OK -Takeaway!

Our #Be OK programme helps young people to #Be OK! You may feel that your life is not going to plan but *now* could be the time to discover more about yourself and transform your story. You can #Be OK and journey towards being the person you would like to be - even if there are hills to climb along the way. This bag contains some gifts and ideas to help you rewrite your story, however good or bad you may be feeling today.

Love from the Elevate Life team!

## For a friend....

In your gift bag you can add any gift, perhaps some cookies, hand-cream or something that you already have at home. Write a personalised message with some motivational quotes and help your friend have a little D.O.S.E of happiness – these are the things that help *you* to feel better too! Dopamin, Oxytocin, Serotonin and Endorphins are the brain *happiness* chemicals! 'Be the change that you want to see in the world'.

## Leaflets in the bag:

This leaflet will give you some ideas and strategies to support you and help you develop some skills to improve your life. It can be downloaded at <https://elevateeleven.com/elevatelife/>

There are other leaflets on the website with tips for sleep, relaxation and keeping active and further ideas for supporting your friends.



To find out more please contact us at [supportclubs@elevateeleven.com](mailto:supportclubs@elevateeleven.com) or call Anita on +44 (0) 7730 955699



# Coping Strategies

- Breathing (see below) or slowly blow some bubbles
- Do something else – distraction.
- Helping someone can help you feel better, even if it is washing up!
- Talk to a friend, parent, teacher, counsellor or helpline – unload your worry. Call **Childline** 0800 1111 for emergencies or text **Shout** 85258 any time of day or night. Go to **Kooth** for further information and help for wellbeing.
- Make a plan. Write it down and decide what you are going to do.
- Go for a walk, in a green space if possible.
- Squeeze a worry ball or hit a pillow (depending on your mood).
- Go to **Anxiety UK** for some free resources: <https://www.anxietyuk.org.uk>

## Breathing activity

This works well to calm you down! Simply breathe in, count to 5, hold for 5 and breathe out for 5! Do for a few minutes. Search online: [Breathing exercise for stress – NHS](#)

CALM DOWN WITH TAKE 5 BREATHING



## Journaling

Journaling can help structure thoughts, organise goals, record ideas, relieve stress, promote self reflections and inspire creativity... if you like drawing as well this is a great activity: <https://journey.cloud/journaling-benefits>

## Mindfulness meditation

Mindfulness is about being in the present so you don't worry about the past or the future. You can focus on your breathing or an activity, such as eating chocolate, walking or gardening. Really enjoy the moment, slowing down your breathing and learning to relax is important. On YouTube you can experience a 'Headspace meditation' and you may like to try the 'raisin eating' meditation too.



Mindful colouring or art is very relaxing too! You can download picture online which you can enjoy colouring.



Find 5 things you can see, 4 that you can touch, 3 that you can hear, 2 that you can smell and 1 that you can taste!

# Motivation

When life is hard it is difficult to be motivated. Do you know about the 'two second rule?' Sometimes you need to just start something. After two minutes you begin to get into it and then you realise that it's not that bad!

## I'm bored, what can I do?

Try to make some Origami butterflies or a bath bomb or do some rock painting (BBC Food Guide for step by step origami and craft ideas).

If you haven't baked before, try our delicious brownie recipe or have a go at flap-jacks or cookies which are a bit easier!

### Recipe for brownies

Tin 20 x 30 cm, with loose base, lined on the base with greaseproof paper

Oven 170 ° C

225g butter

450g soft brown sugar

75g cocoa

110g plain chocolate

110g self raising flour

4 large eggs

100g very dark chocolate chopped

50g pecan nuts chopped



Melt butter and add cocoa and plain chocolate. Stir until melted. Whisk sugar and eggs until thick and light in colour. Add butter mixture, flour, chopped chocolate, chopped nuts to the sugar mixture. Mix together gently. Put into tin. Cook for 35 – 40 minutes. The cake will drop slightly as it cools.

## Card games

Have a go playing such games as; Crazy eights, Go fish, Rummy, Pig, Cheat, which can all be found at [www.kidspot.com.au](http://www.kidspot.com.au) or you can search for other games and their rule online. If you prefer to occupy time on your own, another good card game is, patience!



To find out more please contact us at [supportclubs@elevateeven.com](mailto:supportclubs@elevateeven.com) or call Anita on +44 (0) 7730 955699

