



	Activating/Energising	Soothing/Relaxing	Tips/Resources
GIVE 	Walk your neighbour's dog Cleaning/ Tidy your room Empty the bins/dishwasher De-clutter and organise a drawer or cupboard Start an on-line campaign Help with shopping	Organise the family photos Organise your on-line files Read aloud to your younger sibling Phone or write a letter or email to someone who is isolated Create a family quiz	https://www.gov.uk/government/get-involved/take-part/volunteer https://www.time-to-change.org.uk/media-centre/our-latest-campaign
LEARN 	School/College assignments Explore a new hobby Pick up a hobby you dropped Learn an instrument/singing tips Explore career options Learn a new physical activity	Learn some yoga poses Learn how to meditate Research something interesting Learn anything on-line Be creative: Draw, paint, stitch, knit, sing, create a collage, dance, make music, write	Find your passion then take a skills test or course: http://icould.com/stories/following-your-passions/ https://nationalcareers.service.gov.uk/ https://www.futurelearn.com/ https://www.open.edu/openlearn/free-courses
BE ACTIVE 	Guided sport on-line Fitness/Exercise classes on – line Walking/Jogging Running Cycling or handcycling Skateboarding Wheelchair dancing	Yoga on-line Pilates on-line Gardening – potting, watering Move/stretch to slow music Progressive Muscular Relaxation- (Tense and relax each muscle group)	Rainbow Yoga for all ages with Adrienne: https://www.youtube.com/watch?v=dF7O6-Qablo Body Coach (for families): https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ Log your activity, connect with others and set challenges: https://www.strava.com/
NOTICE 	Acknowledge your mood Acknowledge tension & move your body position Turn frustration into positive action Use your five senses Splash of cold water /Shower	Mindfulness/Breathing/Relax Pay attention to nature Feed the birds Watch some nature programmes or on-line webcams Stroke your pet	https://insighttimer.com/ https://www.smilingmind.com.au/smiling-mind-app https://www.wildlifetrusts.org/webcams https://www.actionforhappiness.org/coping-calendar
CONNECT 	Connect over the internet Group chats Inter-family quizzes on-line Online parties Family challenges (sport/skills)	Turn off all social media for 3+ hours per day Talk to the people around you Watch a film together Play board games	https://www.headstogether.org.uk/about/ Review of social networking sites NCPCC: https://www.net-aware.org.uk/networks/