



# Keeping Safe & Happy

## Summer 2021

Welcome to our wellbeing roundup. Take a moment to be still, and read our tips and information.

## **The Benefits of Boredom**

We are coming up to the summer holidays and we all know that by week 2 “I’m bored” often becomes our children’s favourite saying. It can be challenging trying to keep our children entertained over the summer and it doesn’t help when social media makes it look as if everyone else is having the time of their life!

However, it is okay for children to be bored. In fact, boredom helps them develop valuable skills such as tolerance, managing frustration and emotional regulation. It can also help them to develop planning strategies, problem-solving skills, flexibility and organisational skills. If this wasn’t already enough incentive, boredom also fosters creativity, self-esteem and original thinking.

As parents and carers, if we help children to manage their own boredom, they can use these experiences to develop independence and feel a sense of control over their own happiness and wellbeing.

### **So how can we do that?**

It is best to be proactive. It could be useful to set aside some time with your child to create a chart of ‘boredom buster’ activities that they enjoy. Try to get them to contribute. Encourage them to refer to this chart first when bored, instead of coming straight to you.

For younger children, an activity chart could include:

- Teddy bear picnic
- Bug or nature hunt
- Building and playing in a fort
- Lego or other building blocks
- Puzzles
- Colouring or craft projects

For older children and teens, try:

- Board games
- Drawing or other art projects
- Reading a book from a favorite series
- Start a gardening other outdoor project
- Creating a podcast or website
- Learning a TikTok dance
- Working on sports skills

## Support Guides

'Recipes 4 Wellbeing' cards are a new resource that have been produced by Sussex Partnership NHS Foundation Trust, designed to help you support young people experiencing difficulties with their mental wellbeing. There are 15 guides covering a range of support and advice from anxiety, bullying, sexuality, gender identity, transition to schools, loss and bereavement, to name a few. You can access them here: [Recipes 4 Wellbeing – CAMHS](#)

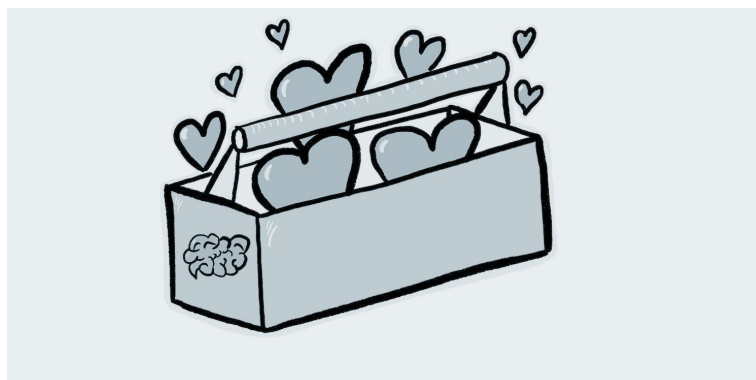


## Toolkits

The Sussex Health and Care Partnership have produced new toolkits, which give top tips on how to look after your mental wellbeing and links to helpful resources and tools.

[Toolkit for Parents/Carers](#)

[Toolkit for Young People - It's OK not to be OK](#)






# I'M BORED! BINGO

make your own hand sanitizer	cook something	build something out of LEGOs	make a bird feeder	make a lava lamp
play memory	make an ocean in a jar	have a coloring contest	look at old photos or videos	make your own game
Follow a recipe	draw	<b>FREE SPACE</b>	make magic milk	play a card game
learn the phases of the moon	write a poem	read a new book	bake cookies	DIY spa
create your own slime	make your own play dough	DIY Ninja Warrior	play flashlight tag	try brain teasers

## Helping you feel well this summer

	<b>STAY SHADED</b>	Stay shaded and out of the sun from 11am and 3pm, wear a hat and light clothing to cover up.
	<b>STAY SENSIBLE</b>	If you are having a summer BBQ, ensure that food is stored and cooked safely.
	<b>STAY AWARE</b>	Be a good neighbour and look after those who may need a helping hand during the hot weather.
	<b>STAY SAFE</b>	Pharmacies can be found locally. Your local pharmacist can give you medicine to help with hayfever.
	<b>STAY PROTECTED</b>	Always make sure you are protected from the sun, choose a sun protection factor (SPF) of 30 or higher.
	<b>STAY HYDRATED</b>	Keep yourself hydrated, by drinking plenty of water and avoid excess alcohol and caffeine.

# Spend some time outside and try this Scavenger Hunt from Education City

## Nature Scavenger Hunt

### It's time to go on a hunt!

Nature has so much to offer, so grab your coat and see if you can find the below outside and tick them off one by one. Why not start by exploring nearby with a parent or a guardian? It's a great way to encourage movement during the holidays!

☐ Something fuzzy



☐ Three types of leaves



☐ A ladybird



☐ A pinecone



☐ A big rock that you can stand on



☐ A creepy-crawly



☐ A colourful flower



☐ Something prickly  
(Please use your eyes so you do not get hurt!)



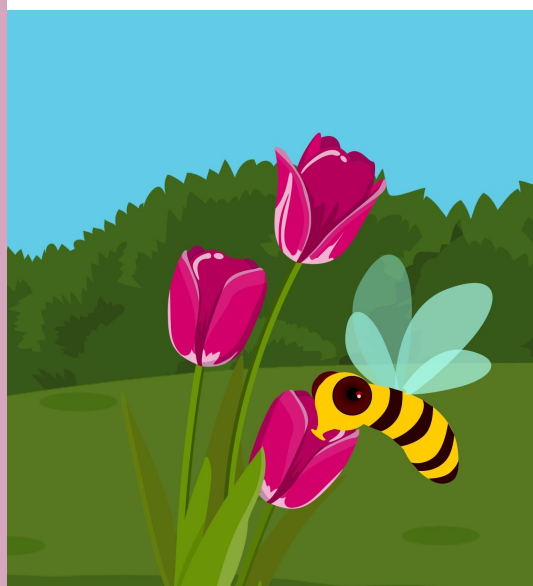
☐ Something with a rough texture



☐ A spider web



☐ Something you can take home!



# July - Samaritans Talk to Us Month



**TALK TO US**  
If things are getting to you

 **116 123** FREE  
This number is FREE to call round the clock

 **jo@samaritans.org**

 **samaritans.org**

**SAMARITANS**  
A registered charity



  
**Butterfly Conservation's**

**BIG BUTTERFLY COUNT**

Get involved in The Big Butterfly count, an annual nationwide citizen science survey aimed at helping to assess the health of our environment. Over 111,500 citizen scientists took part in 2020, submitting 145,249 counts of butterflies and day-flying moths from across the UK.

The Big Butterfly Count 2021 runs from **Friday 16 July to Sunday 8 August**.

To download all the resources to take part, head to <https://bigbutterflycount.butterfly-conservation.org/>



# WEATHER YOGA



**It is sunny.**

EXTENDED MOUNTAIN POSE



**It is windy.**

TREE POSE



**I see lightning.**

CHAIR POSE



**It is raining.**

STANDING FORWARD BEND



**It is snowing.**

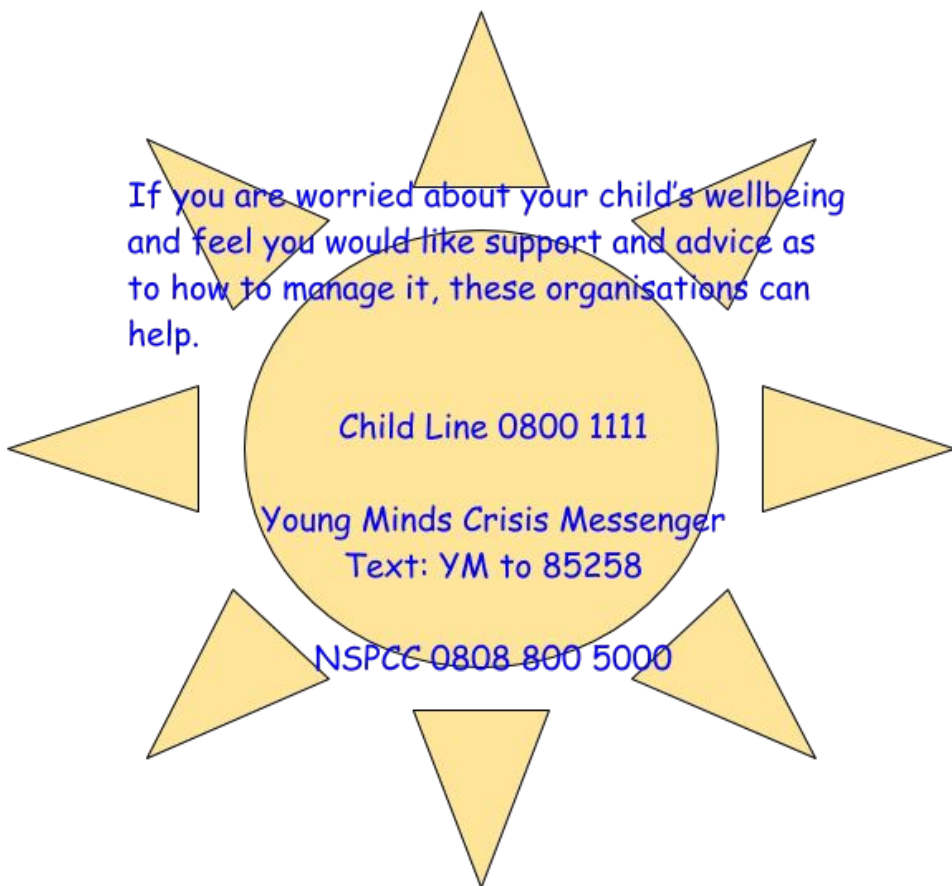
CHILD'S POSE

If you feel that you cannot manage your own mental wellbeing, please reach out, we all need a bit of help sometimes. Organisations that can provide more direct support include:



Samaritans 116 123  
Anxiety UK 03444 775 774  
Mind 0300 123 3393  
Calm 0800 58 58 58  
NHS Urgent Mental Health Helpline 0800 030 9500 (for child and adult mental health concerns)

Many of these services also have text and webchat options if you don't feel up for talking on the phone.



If you are worried about your child's wellbeing and feel you would like support and advice as to how to manage it, these organisations can help.

Child Line 0800 1111

Young Minds Crisis Messenger  
Text: YM to 85258

NSPCC 0808 800 5000