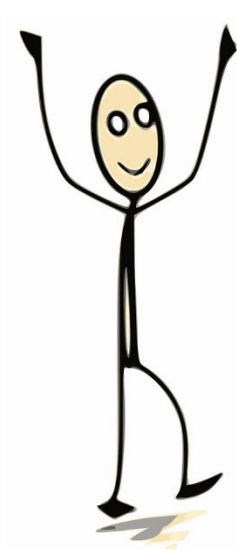


YOUR MAGAZINE

Mind

ISSUE 3, MAY 2020





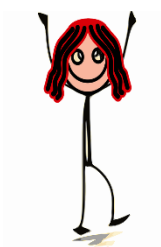
Welcome to this week's Your Magazine



This week is about your mind and
how to look after it



There are exercises for you to do
and articles for you to read



We hope this keeps you busy and
helps you feel good



Take care of yourself



Be kind to your mind

Remember our triangle from the last issue?

I hope by now you are starting to see why it's good to
take care of your needs.

All of these things are important



MONDAY

This cup is how at peace
your mind is right now.

How full is it? Draw a
line here:



Time to fill up!

FEELING
GOOD
ABOUT ME

What's on your mind?

It is easy to feel stressed sometimes. Even when we are in the moment, our minds can worry and bully us



Use this picture to fill in what is going on inside your mind. Think about:
Feelings
Thoughts
Worries

Are you thinking of what's happening in this moment?

Is what you're thinking about helpful?

Do you need to change what you're thinking about?

What are you thinking about?

Colour Challenge



BEING
CREATIVE



Tuesday

Stormzy

Stormzy is a big success.

When he sings on stage he looks happy and confident.

Stormzy has been open about having problems with his mental health.

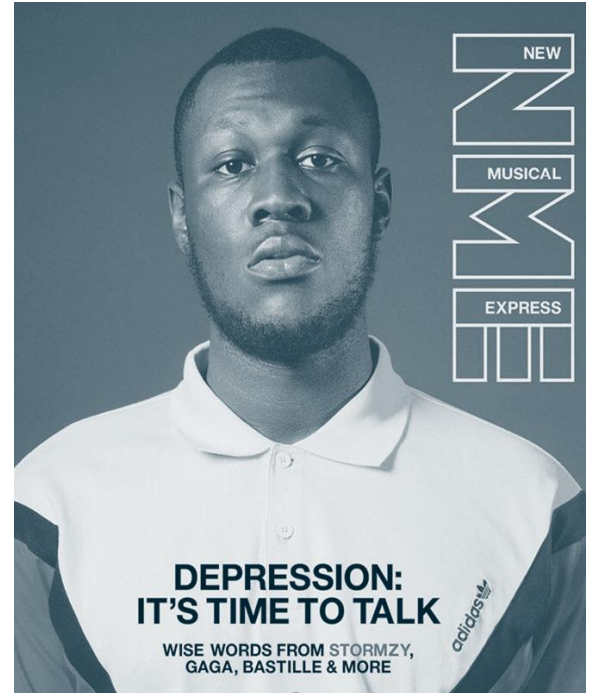
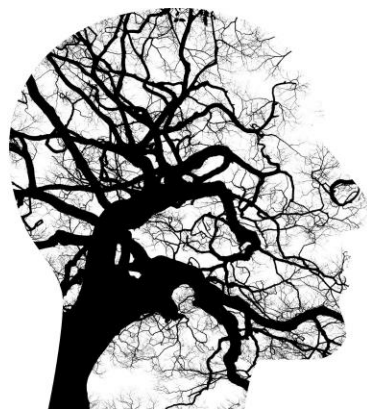


Image sourced from <https://www.konbini.com>

Stormzy said that writing songs helps his mind feel more calm and peaceful.

Stormzy did not like to tell people he had depression



Stormzy then had the idea that telling people about his feelings could help them.

He started to see that being open about how he was feeling made him strong not weak.



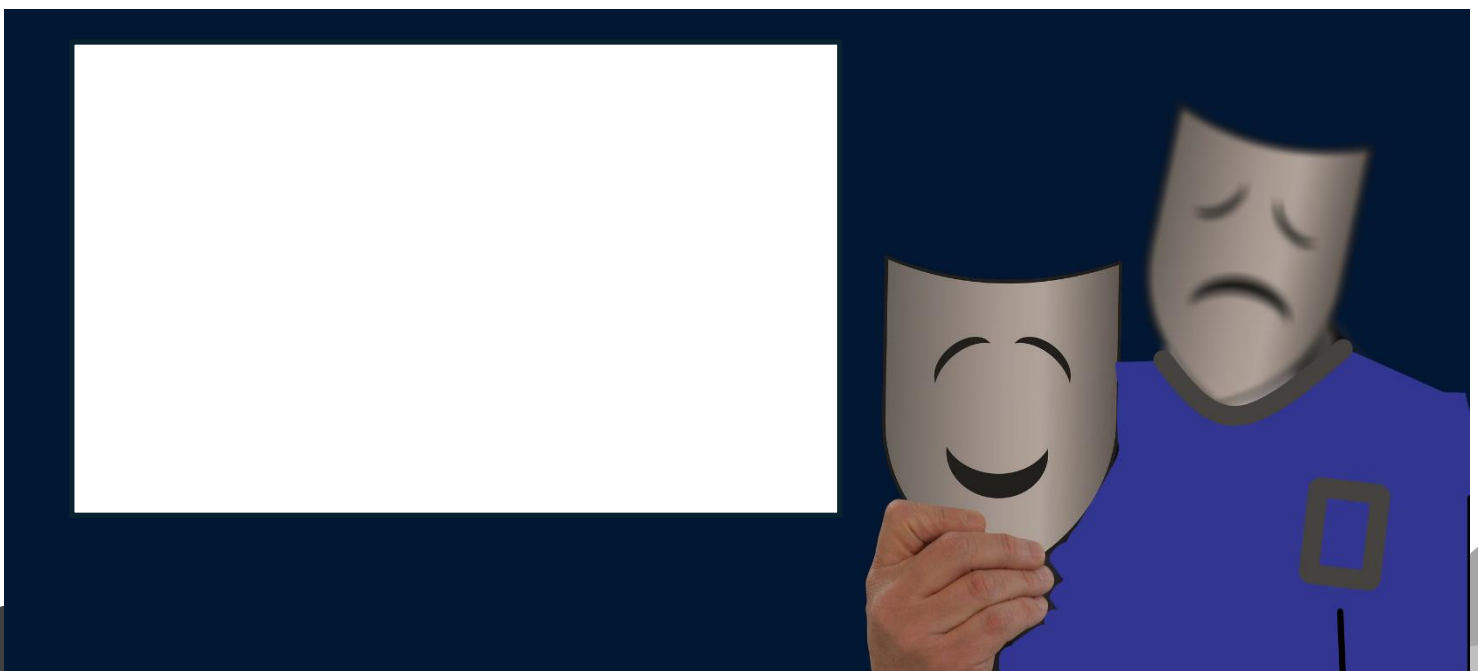
Image sourced from <https://frieze.com>

Stormzy has helped a lot of people by being honest about his mental health

Stormzy's story shows any one can have mental health problems.

Stormzy has shown how strong he is by opening up.

What would you like to say to Stormzy about this?



FIND THE WORDS

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

BOX KITE
BUBBLE PIPE
~~FRISBEE~~
KALEIDOSCOPE
MARBLES
PAPER PLANE
PINWHEEL
PUPPETS
RAGDOLL

ROCKING HORSE
RUBBER DUCK
SCOOTER
SNOW GLOBE
TEDDY BEAR
TOY PIANO
TOY TRAIN SET
TRICYCLE

BEING
CREATIVE

Wednesday

lets get physical

BOUDICCA

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 lunge punches



10 push-ups



20 punches



20 knee-to-elbows



10 deep cross chops



20 front kicks



20 side bridges



10 side plank leg raises



20 side plank rotations

+

Minutes worked:

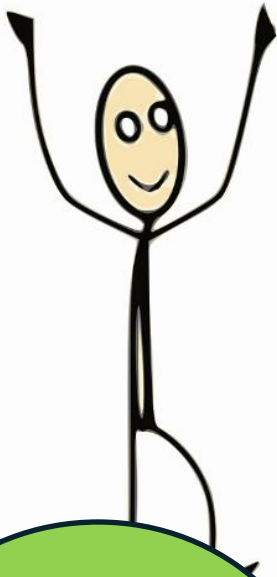
Feel good score:

Remember to warm up
before exercising and cool down
afterwards! Simple stretches
will help your body cope with
activity

BEING
ACTIVE



We know it can be a difficult at the moment. Try to think of one good thing that happened today

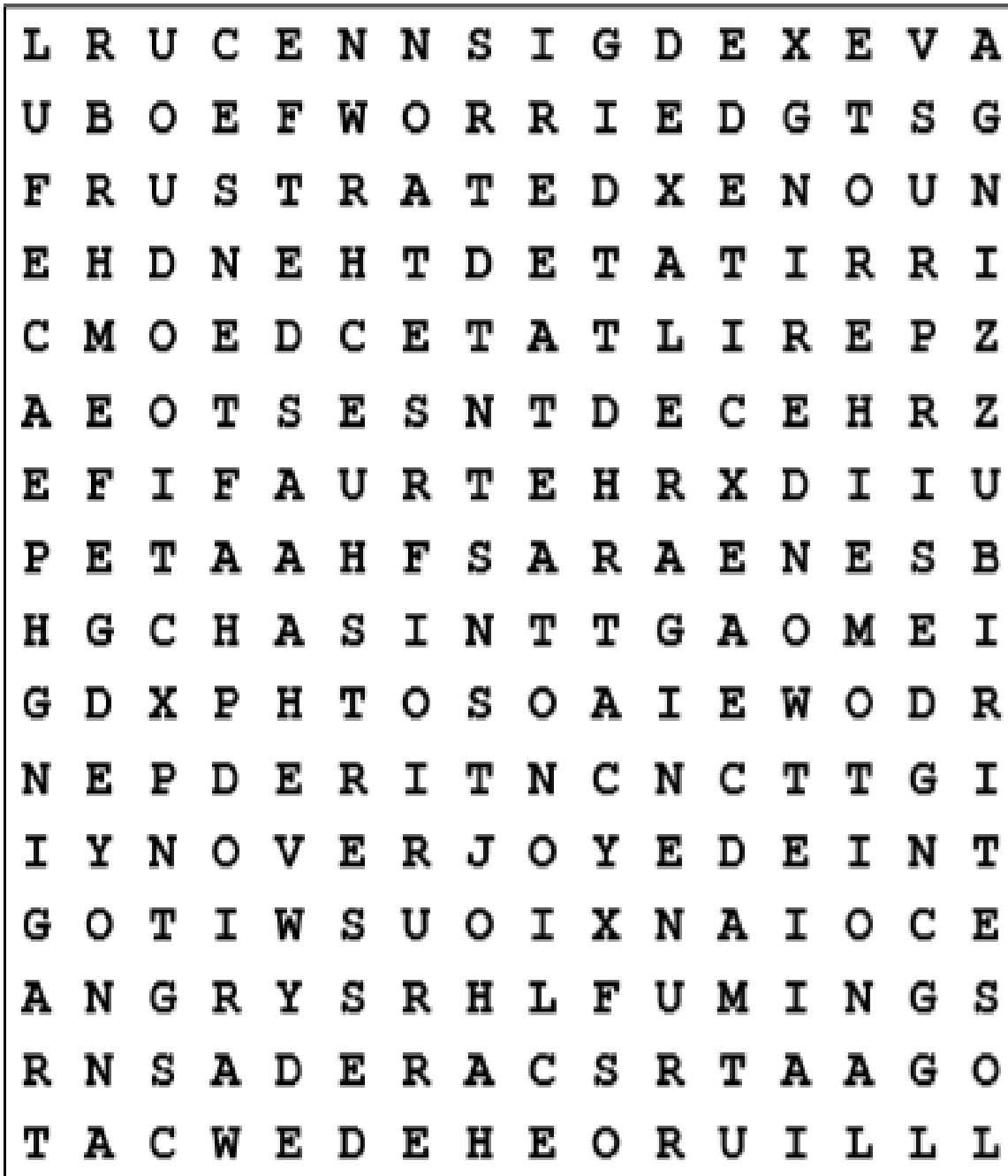


FEELING
GOOD
ABOUT ME

What happened?

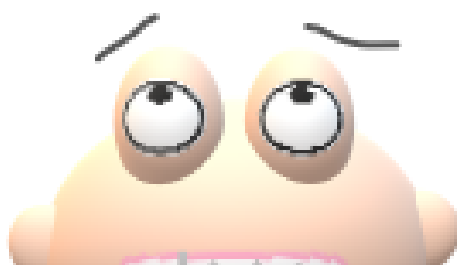
How did it make you feel?

Find all the hidden words



ANGRY
ANNOYED
ANXIOUS
BUZZING
CONFUSED
ECSTATIC
EMOTIONAL
ENERGETIC
EXCITED
EXHAUSTED
FRUSTRATED
FUMING
HAPPY
IRRITATED

OVERJOYED
PEACEFUL
RAGING
RELAXED
SAD
SCARED
STRESSED
SURPRISED
TENSE
TIRED
UNDERSTANDING
VEXED
WONDERING
WORRIED



BEING
CREATIVE

Thursday



What keeps our minds healthy?



Eat healthy food



Sleep well



Exercise



These all calm our minds and
keep us happy and relaxed



Did you know?

Connection with people is very
helpful too



Making friends and talking to people
makes you healthier

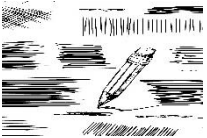


Being kind to others and talking to them
helps us be calm



People who are around other people have
healthier minds

At this time what could you do to connect with others?



Draw a picture



Phone



Write a letter



Make them something



Talk to one new person when on exercise

FEELING
GOOD
ABOUT ME

If times are hard it is OK to talk to people.
This is a sign of being strong.

Can you think of 3 people who
can support you at the moment?

1)

2)

3)



BEING
CREATIVE



Sudoku!

Sudoku is simple! Enter numbers from 1 to 9 in the blank squares.

Every row, column and 3x3 square must contain only one of each digit

4		6	3	8			2	
5		3	7		4			
			9			8	4	3
2	3			1		9		
	4					5	7	1
	5		6	4	7			
9		1	4		8	3		
	6	4						7
8		5	1		3		9	2

Friday

Did you know?



Exercise is good for our brains

If we exercise in the morning we deal with stress better in the day



We remember things better

Exercise makes our body fill with chemicals that leaves us feeling great



Exercise helps people who are depressed to feel better

lets get physical

BEING
ACTIVE

ASSASSIN'S workout



sets level I 3 sets level II 5 sets level III 8 sets rest between sets up to 60 seconds

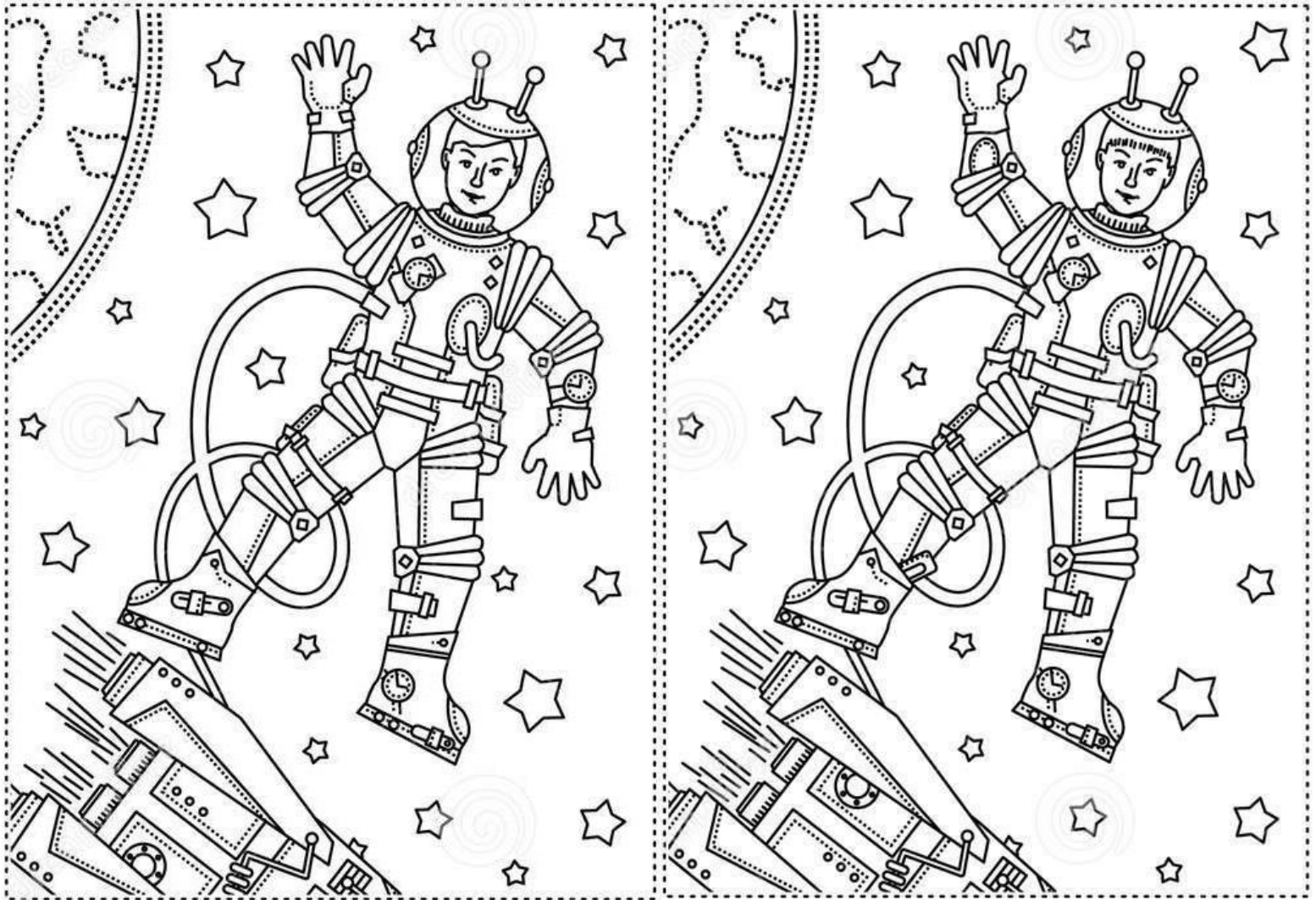
glad I did it?

minutes worked:

feel good score:

Write down 3 things you like about your body:

Spot the difference!



Sourced from <https://www.dreamstime.com>

Can you spot the differences between these two pictures?

Saturday

Is mental illness a sign of
being weak?

***NO! Mental illness can affect anyone.
It takes great strength to get help.***



Should people snap
out of depression?

***NO! You can't snap out of
depression the same as you
can't snap out of a broken leg.***

***It takes time to heal. By asking for help
you can get better.***

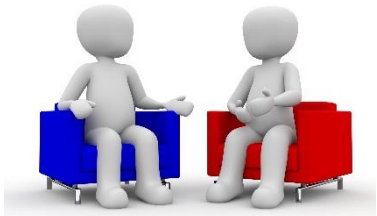


Once you have a mental
health problem it will always
be there

***No! With the right help we
can get back to good mental health. As humans our
brains can make us anxious or want to hide away.
It's our brains way of protecting us.***



There are different ways we can calm our brains down



Counselling



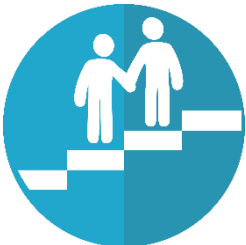
Mindfulness



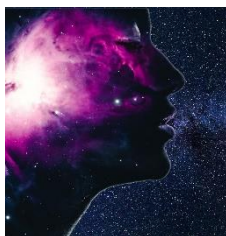
Exercise



Healthy food



Support



Slow breathing



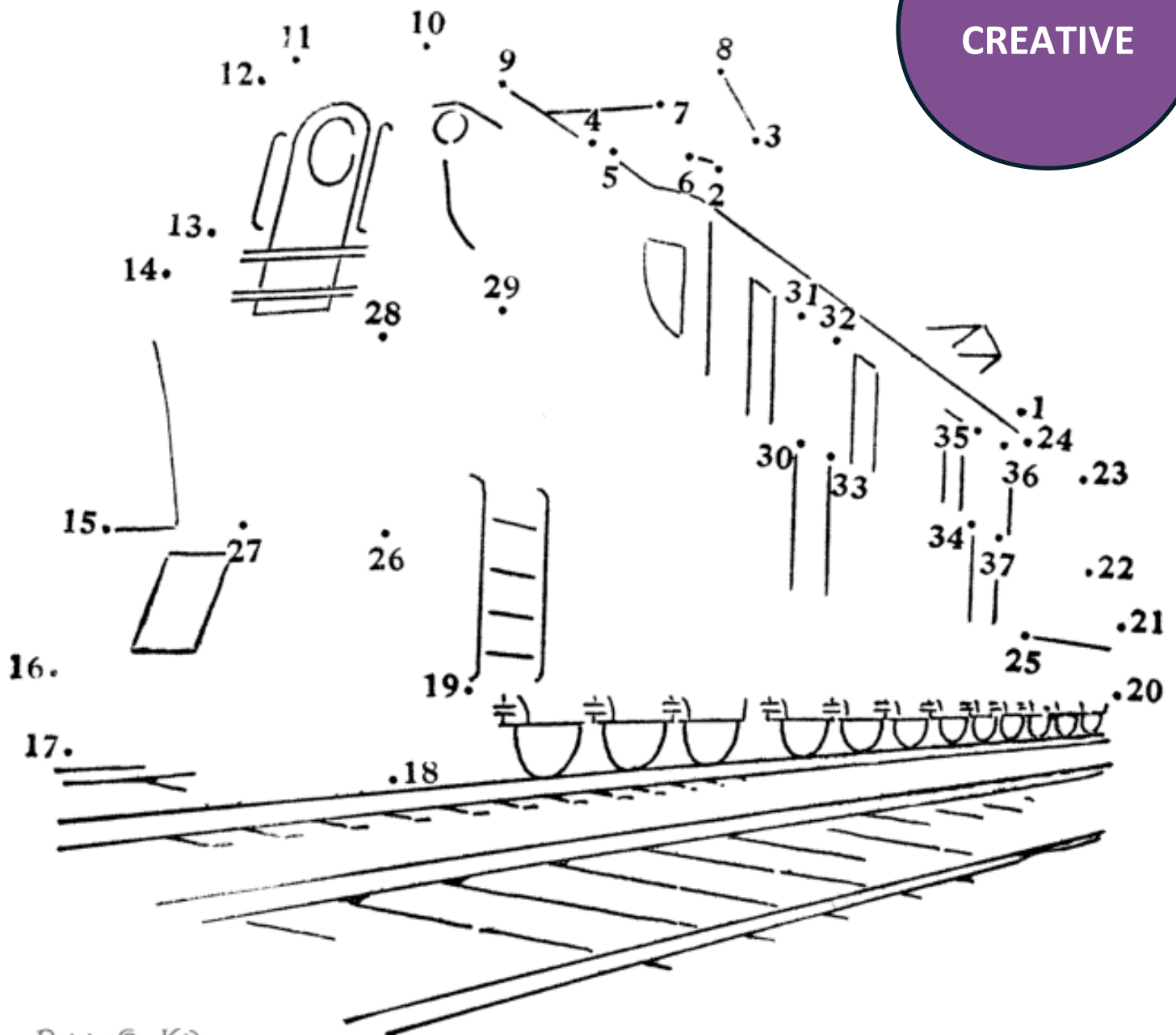
Medication



Creativity

Connect the dots

BEING
CREATIVE



Sunday Mindfulness

Here and Now

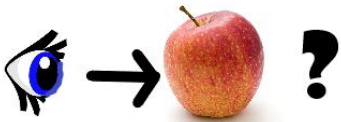
We are going to stay in the moment while we eat



Chose a piece of food in your room



It could be a sweet or fruit something you can hold in your hand



As you hold this food in your hand notice how it feels



Lift it to your nose and notice the smell



Now look at the colours



What do you notice about the shape and colours that you haven't before?



Now take a bite



Really notice how it feels in your mouth



What flavours can you taste?

Carry on doing this as you slowly chew and swallow your food



What happened to your thoughts as you were eating?



Were your thoughts in the here and now?

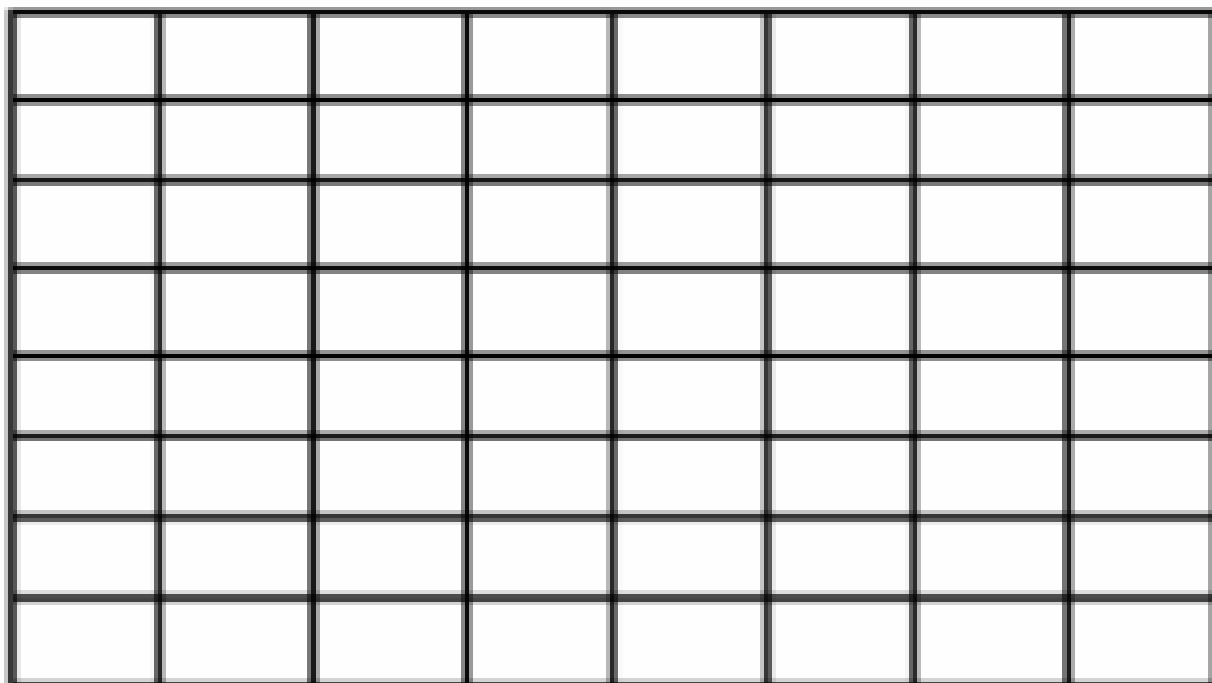
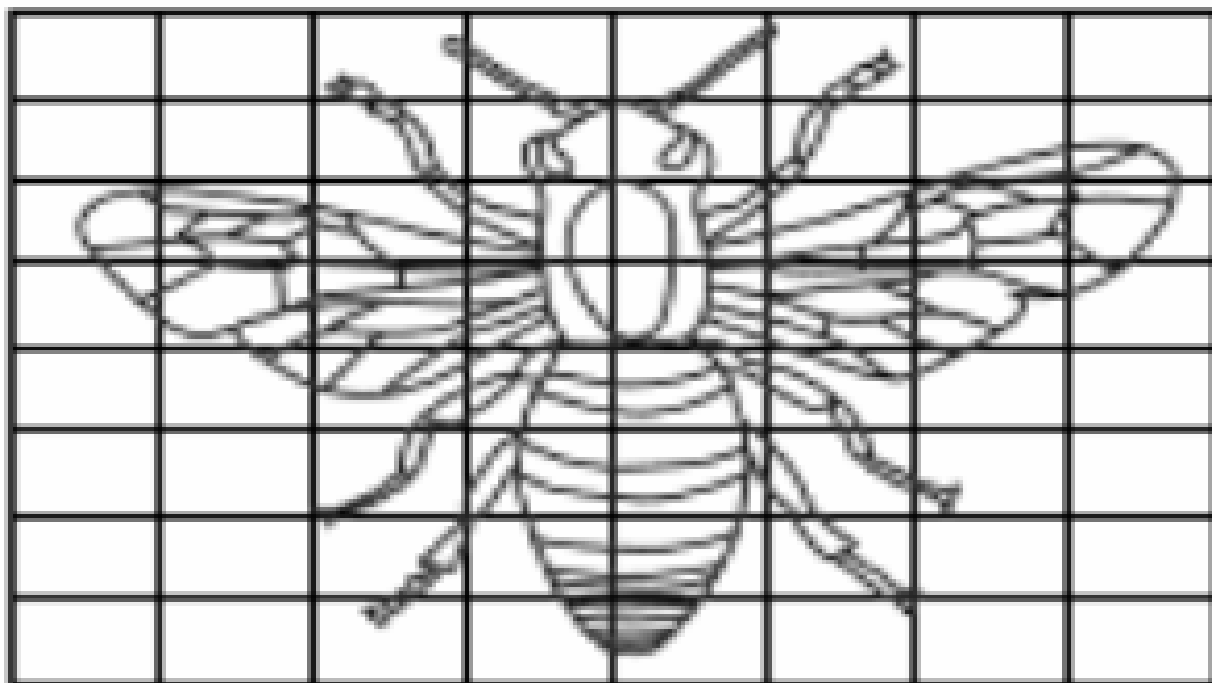
It's good for your brain to stay in the moment



When you are eating this can be a good time to practice this

**FEELING
SAFE**

Bee Grid Copy



Your Week

Storyboard - record your last six days in any way you like



Storyboard panel 1 (top left)

I enjoy
mindfulness



Storyboard panel 2 (top right)

Storyboard panel 3 (middle left)

Storyboard panel 4 (middle right)

What have I
Learnt



Storyboard panel 5 (bottom left)

Storyboard panel 6 (bottom right)

