

Kilsyth Academy Wellbeing Toolkit

Version 3: School year 2021/2022



@KilsythAcademy

@KA_MHA_Tweets

@Mr_McGinley_PE

The following toolkit offers a range of activities which are intended to assist pupils in developing and maintaining their health and wellbeing.

This toolkit has been structured with the intention of educating young people in the use of positive strategies which can form habits and contribute positively to their health and wellbeing. However, this resource should not be considered as an alternative to seeking professional support when faced with mental health and wellbeing challenges.

When information and resources are included which were sourced online the originals publishers have been referenced.

CONTENTS

Page 1 - Cover page

Page 2-3 - Contents

Page 4 - Resilience top tips

Page 5 - Developing your resilience

Page 6 - Finding your balance

Page 7 - What keeps you going

Page 8 - How many positives

Page 9 - Hope Clouds

Page 10 - Mindfulness

Page 11 - Progressive Muscle Relaxation

Page 12 - Deep Breathing Techniques

Page 13 - Positive Affirmations

Page 14 - Gratitude Journaling

Page 15 - Healthy Sleep Habits

Page 16 - NHS Sleep Advice for Teens

Page 17 - How to sleep better

Page 18 - Understanding / overcoming self-harm

Page 19 - Staying on top of your social media

Page 20 - Overcoming exam stress

Page 21 - Study Tips

Page 22 - Body image

Page 23 - Reading for pleasure

Page 24 - Mental health supports

Page 25 - Mindset

Page 26 - Bodyweight home workouts

Page 27 - F2 Football

Page 28 - Static position challenges

Page 29 - Alphabet name challenge

Page 30 - Walking to wellbeing

Page 31 - Mandala Designs

Page 32 - Yoga at home

Page 33 - Couch to 5K

Page 34 - Hydration

Page 35 - Home economics

Page 36 - Mood foods

Page 37 - Health and Wellbeing strategies

KILSYTH ACADEMY WELLBEING TOOLKIT:

RESILIENCE TOP TIPS

Resilience:

'The capacity to recover quickly from difficulties; toughness.'

For young people the ability to be resilient is one which can be developed over time and enable them to overcome difficult situations they face in their lives.

The below tips are taken from a resilience toolkit made by NHS Greater Glasgow and Clyde and shared on seemescotland.org

Ten things you can do to become resilient:

Remain Positive: Look towards the future, think of what you want from life

Establish Realistic & Achievable Goals: This helps give you focus

Strategies: Plan your coping strategies. Don't be afraid to ask for help

Identify: Identify your strengths and be confident in yourself.

Learn from Experience: Learn from experiences and move on

Introduce: Introduce a positive way of thinking. Focus on the good things in your life

Enjoy: Make time to do the things you enjoy

Needs: Take care of yourself. Keep healthy and fit

Connect: Build healthy relationships with your family, friends and teachers

Embrace Change: Don't dwell on the past. Put your energy into the present to shape your future.

KILSYTH ACADEMY WELLBEING TOOLKIT: DEVELOPING YOUR RESILIENCE

[**www.healthforteens.co.uk**](http://www.healthforteens.co.uk) suggest that the 5 below methods can develop your resilience and ability to bounce back from difficulties in your life.

1. **Staying connected** to your friends and family, and talking about how you feel is a great way to help your emotional wellbeing
2. **A healthy balanced diet** can improve your mood and increase your energy levels.
3. **Stay mentally active** is also important; you can do this by completing any work set by your teachers and accessing online resources too
4. **Exercise** is important because your physical health has a big impact on how you are feeling
5. **Getting enough sleep** can help improve your mood

The below link will take you to a video exploring the above methods further:

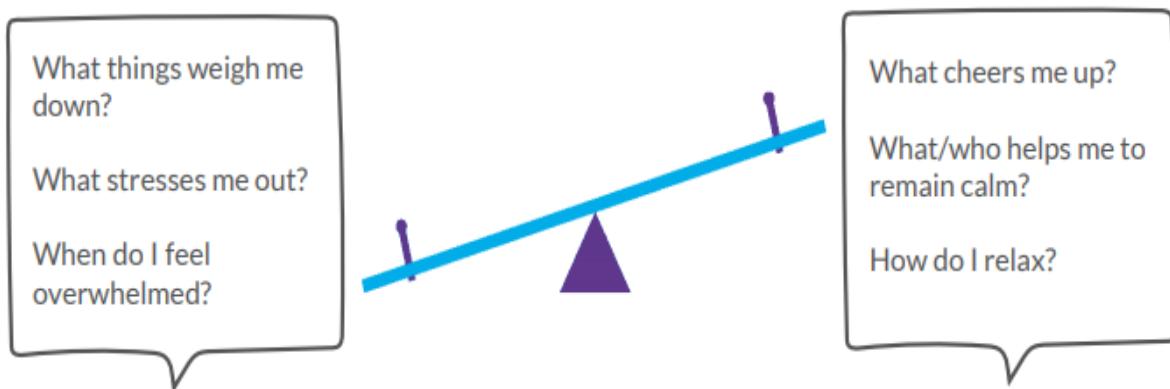
www.healthforteens.co.uk/feelings/resilience/video-5-ways-to-build-resilience/

KILSYTH ACADEMY WELLBEING TOOLKIT:

FINDING YOUR BALANCE

The below exercise was shared by children and young people's mental health charity Www.YoungMinds.Org.Uk

When considering your mental health during difficult times, it can be helpful to identify the elements that play a role in affecting it.



Thinking of your mental health as a balancing act can enable you to identify times, people and conditions that may help you cope and feel more settled when things get tough.

- 1. Think of those times, people and conditions that have a negative impact on you. Are there factors that you can avoid or control?**
- 2. The next step is to ensure that you can have some of the positive elements to counteract some of the negatives. Write down the factors that help to cheer you up, remain calm and the conditions you need in order to relax.**
- 3. Think about when you prioritise your self-care and how you could do this more.**

KILSYTH ACADEMY WELLBEING TOOLKIT: WHAT KEEPS YOU GOING?

The below exercise was shared by children and young people's mental health charity Www.YoungMinds.Org.Uk

- Think of a time when things got tough. It might be a difficult week. Or it might be an event when things got difficult to cope with.
- Now think about what things you do or did to help you cope, to reset yourself, to recalibrate, what are the things that get you through those times. Write 3 below:

1.

2.

3.

Once you have identified the strategies that work for you, it also important to make sure you take time to do them.

If we keep doing the things that we know keep us going, when times get tough, we can feel better equipped as [we know what to do to cope positively](#).

KILSYTH ACADEMY WELLBEING TOOLKIT: HOW MANY POSITIVES?

The purpose of this exercise from www.Youngminds.org.uk is to encourage people to look for positives in order to develop their outlook.,

It is key to understand that thinking positively or negatively (being optimistic/pessimistic), can become a habit and can affect your mood and levels of happiness.

For each of the below headings take the time to think about your life and list as many positives as you can:

I AM

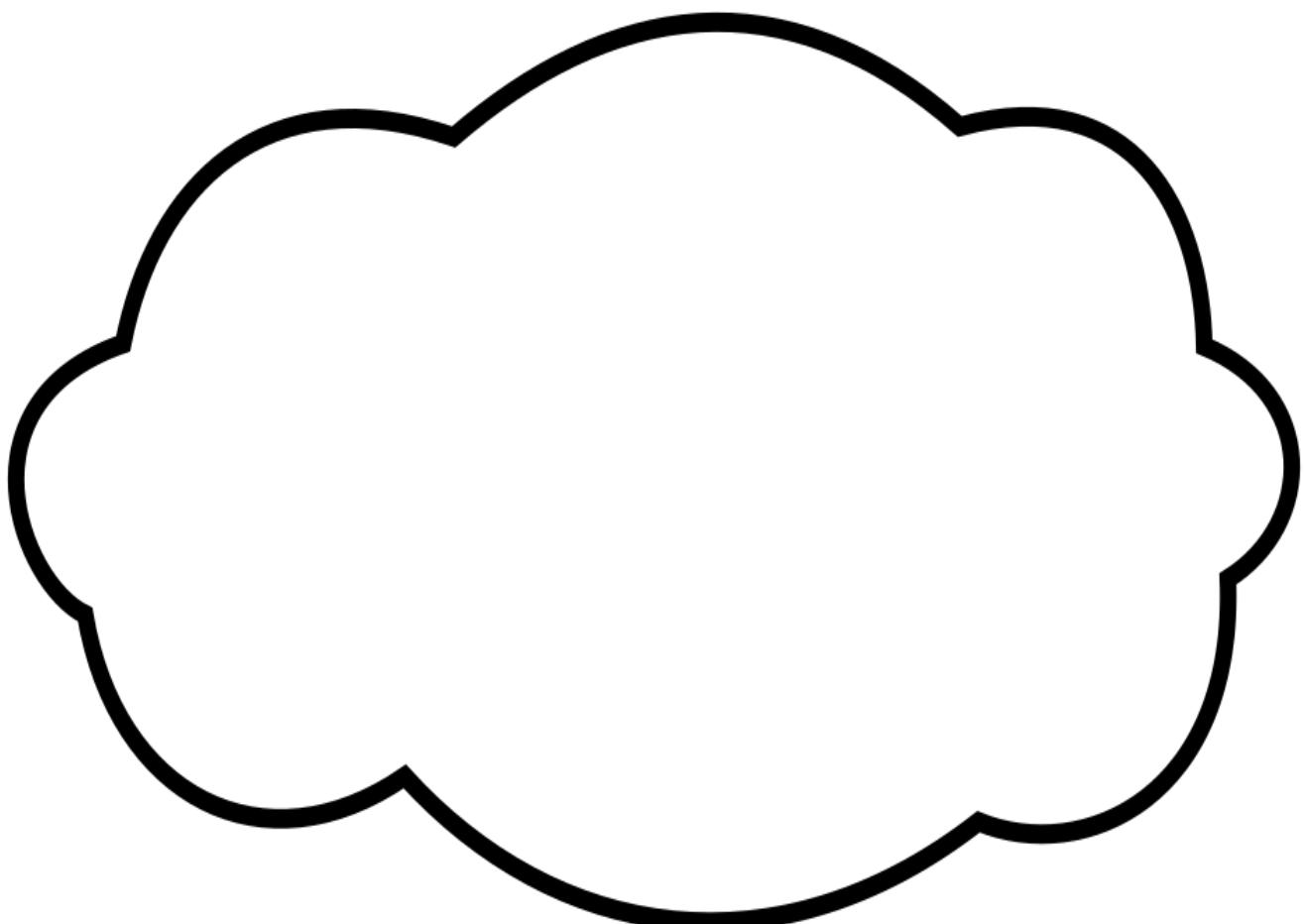
I CAN

I HAVE

KILSYTH ACADEMY WELLBEING TOOLKIT: HOPE CLOUDS

For some pupils, the difficult end to this school year can make it hard to feel positive about the future. Try to focus on your dreams and aspirations for the next school year to help you feel more optimistic when experiencing challenging moments.

- **Using the cloud template, think about your dreams and hopes for the next school year and write them down. They can be big or small, short-term, or long-term.**
- **If you would like to share these, show your family, friends and teaching staff about your dreams and hopes and why you chose them.**



KILSYTH ACADEMY WELLBEING TOOLKIT: MINDFULNESS

The below sources can provide you with guided mindful meditations which can help you manage any anxiety or stress you may be feeling at this time.

Being Mindful means maintaining an awareness of thoughts and feelings through a clear and calm mind.

The below guided meditations can be done anywhere but may work best in private, somewhere you feel comfortable to reduce distractions and help you focus on the content of meditations.

WWW.MINDFUL.ORG:

- <https://www.mindful.org/three-meditations-for-beginners/>
- <https://www.mindful.org/the-top-10-guided-meditations-from-2019/>

SPOTIFY TRACKS:

- **Mindful Meditations by Mindful.org**
- **Guided Mindfulness Meditation by The Honest Guys**
- **Present Moment Meditation by Mindful in Minutes**
- **Breath Meditation by Mindful in Minutes**

SOUNDCLOUD TRACKS:

- <https://soundcloud.com/nicole-paulie/andrew-johnson-mindful>
- <https://soundcloud.com/mindfulmagazine/body-scan-meditation-for-kids>
- <https://soundcloud.com/mindfulmagazine/a-10-minute-meditation-to-work-with-difficult-emotions>
- <https://soundcloud.com/hachetteaudiouk/mindfulness-for-health>

While meditations are highly effective in reducing anxiety, it is key that pupils understand that you can focus on being mindful throughout each day without having to meditate by trying to focus on the present and not the past or potential future.

When you find yourself thinking about past events or things that may happen in future which worry you – recognise this, and try to focus on what you can hear, see and smell around you and re-focus on the present events so you can best relax and enjoy them.

KILSYTH ACADEMY WELLBEING TOOLKIT:

PROGRESSIVE MUSCLE RELAXATION

The below relaxation technique can be used to help you manage any anxiety or stress you may be feeling at this time. This relaxation technique can be done anywhere but may work best in a quiet setting where you feel comfortable and free from distractions.

PROGRESSIVE MUSCLE RELAXATION

- Progressive Muscle Relaxation (PMR) is an effective technique for reducing overall tension and psychological stress;**
- You should slowly tense then relax all of the major muscles in your body;**
- Each muscle should be tensed for around 5 seconds (but not tensed to the point of pain), then relaxed for about 10 seconds;**
- By tensing your muscles before relaxing them, you enable yourself to relax them more thoroughly after you release letting go of tension effectively;**
- This requires no equipment and can be done anywhere but ideally would be done in quiet, non-distracting place to relax.**

For an easy to follow audio guide to click the below link or search Youtube for:

- Mark Connolly '*Progressive Muscle Relaxation Training*':**
<https://www.youtube.com/watch?v=ihO02wUzgkc>
- Freebird Meditations '*Progressive Muscle Relaxation Guided Meditation*':**
https://www.youtube.com/watch?v=fDZI-4udE_o

KILSYTH ACADEMY WELLBEING TOOLKIT:

DEEP BREATHING TECHNIQUES

The below deep breathing techniques can be used to help you stay calm and combat anxiety at this time. These can be done anywhere but may work best in a quiet setting where you feel comfortable and free from distractions.

3 SIMPLE DEEP BREATHING TECHNIQUES:

1. Balloon Breathing

- You should inhale through your nostrils slowly noticing your stomach expanding like an **inflating balloon**;
- You should then exhale slowly through your mouth imagining a **balloon releasing air**;
- Repeat this for as long as is needed, **slowly** inhaling and exhaling.

2. Modified Lion's Breath

- This practice involves inhaling slowly before breathing out with a big open mouth (**like a lion!**);
- Inhale through your nose. Fill your belly with air;
- When you can no longer breathe in any further, open your mouth as wide as possible and breathe out with a 'ha' sound;
- Repeat this for as long as is needed, **slowly** inhaling and exhaling.

3. NHS.UK Breathing Practice

- Breathe in through your nose and out through your mouth;
- Breathe in gently **counting slowly** from **1 to 5**; You may find it difficult to reach 5 at first but should continue to aim for this;
- Then without pausing or stopping or holding your breath, breathe out gentle **counting slowly** from **1 to 5**;
- Repeat this for as long as is needed, **slowly** inhaling and exhaling.

KILSYTH ACADEMY WELLBEING TOOLKIT:

POSITIVE AFFIRMATIONS

Affirmations are positive statements that help you overcome negative thoughts. These can lead to you thinking differently and making positive changes. The word affirmation is based on the Latin word **affirmare** and means '**to strengthen**' and through regular use you can strengthen and improve your mental wellbeing.

The below positive affirmations can be used to help you to think positively and combat negative thoughts / feelings you may experience. You can repeat these affirmations in your mind, by saying them out loud or writing them down.

POSITIVE AFFIRMATION EXAMPLES:

- '*I am the greatest. I said that even before I knew I was'* Muhammed Ali;
- '*Everything passes if you learn to hold things lightly*' Oprah Winfrey.

AFFIRMATIONS FOR YOU TO TRY:

- I control my own actions, so I will focus on acting positively.
- I am not scared of challenges, I will learn from them and succeed.
- I know tough times never last.
- I will work around the obstacles in my way to be the best version of me.
- I have what I need to get through this.
- I get stronger every day.
- I will learn from today and be a better me tomorrow.

MAKE YOUR OWN POSITIVE AFFIRMATIONS:

Try to make affirmations which are positive and feel right for you. These should be short and easy to repeat internally, out loud or on paper.

Write or speak these regularly to combat negative thinking. It may be useful to make this a daily exercise and display positive affirmations somewhere where you can easily remind yourself of them. This could be on your phone notes or displayed in your bedroom.

KILSYTH ACADEMY WELLBEING TOOLKIT:

GRATITUDE JOURNALING

Headspace.org.au suggest that research shows that expressing gratitude (being thankful for people and situations) can improve your physical and mental health. So, keeping a gratitude journal can be a huge boost for your wellbeing.

[headspace.org.au/blog/how-to-start-a-gratitude-journal](https://www.headspace.org.au/blog/how-to-start-a-gratitude-journal)

Headspace.org.au offer the below tips to start journaling:

Understand how to journal your gratitude

Gratitude is the emotion you get when you're thankful for someone or something. While you can experience gratitude without putting effort into it, you can also be intentional about it. This is where writing about your gratitude in a journal helps.

When you're feeling down, you may find it difficult to think of something, but there's *always* something you can be grateful for.

Pick a journal

Choose how you'll record your journal. There are many tools you can use to journal, whether it's a cheap notepad or even on your phone. Lots of people journal visually, by drawing daily gratitude sketches or taking photos of things they're grateful for.

Put time into your schedule

One of the keyways to ensure you stick to something is to make time for it in your daily routine. You may find it best to write in your gratitude journal first thing in the morning or just before bed at night.

Start small

We all go through tough times, and it can be difficult to find the positives when you're feeling down. The great thing about keeping a gratitude journal is that it forces you to think about things you can be thankful for. These don't need to be big things.

Get specific

Try to be more detailed in your gratitude journal than just, 'I'm grateful for my bed'. Be specific about *why* you're grateful for it. For example, 'I'm grateful for my bed, because it's a safe and comfortable place that I can relax and rest in each night'.

Knowing why you feel grateful can help you get even more out of your journal.

KILSYTH ACADEMY WELLBEING TOOLKIT:

HEALTHY SLEEP HABITS

In recent times your sleep pattern and daily routine will have changed significantly. It is key you try to stabilise and maintain healthy sleep habits. Research (sourced from [healthline.com](https://www.healthline.com)) shows that poor sleep has a negative effect on your hormones, activity levels, brain functioning and mood.

The same research also suggests that by not having a regular sleep pattern, i.e. going to bed and getting up at similar times each day, you can alter your circadian rhythm and levels of melatonin which are what signal your brain to sleep.

HEALTHY SLEEP HABITS TO EMBED INTO YOUR DAILY ROUTINE:

- **Reduce blue light exposure in the evening by not watching tv or using electronic devices like smartphones or tablets which emit large amounts of blue light;**
- **Reduce irregular, or overly long, daytime naps which can confuse your internal body clock meaning you may struggle to sleep at night;**
- **Try to wake up and go to bed at similar times.** Your internal clock will familiarise itself with this routine and this will make sleep easier at night time;
- **Not eating late at night** as this can limit the melatonin your body releases negatively impacting on your sleep;
- **Use relaxation techniques before trying to sleep.** This could be as simple as using deep breathing techniques or progressive muscle relaxation (without the use of electronic devices!);
- **Exercise regularly, but not directly before bed.** Research shows physical activity can be helpful in ensuring a restful sleep however some studies suggest exercise in the evening or night can release adrenaline and increase alertness damaging your ability to unwind;
- **Keep gadgets, gaming consoles and distractions out of your bedroom.** Try to have no distractions nearby which can impair your rest or tempt you to stay awake!

KILSYTH ACADEMY WELLBEING TOOLKIT:

NHS SLEEP ADVICE FOR TEENAGERS

A minimum of 8 to 10 hours' good sleep on school nights is recommended.

Here's how to make sure you get enough sleep to stay healthy.

Limit screens

If possible, try to not have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep.

Having screens in the bedroom also means you are more likely to stay up late interacting social media. Have at least 1 hour of screen-free time before going to sleep.

Exercise for better sleep

Regular exercise helps you sleep more soundly. Teenagers should be aiming for at least 1 hour exercise every day, including aerobic activities such as fast walking and running.

Cut out the caffeine

Cut out or drink less caffeine – found in drinks such as cola, tea and coffee. Too much caffeine can stop you falling asleep and reduce the amount of deep sleep you have.

Do not binge before bedtime

Eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

Have a good routine

Get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help you drift off to sleep.

Create a sleep-friendly bedroom

Try to ensure that your room is dark and quiet at night to prevent you from being alert and help you relax.

Avoid long weekend lie-ins

Try to not sleep in for hours at weekends. Late nights and long lie-ins can disrupt your body clock and make it harder to sleep come Monday.

KILSYTH ACADEMY WELLBEING TOOLKIT:

MENTALHEALTH.ORG.UK - HOW TO SLEEP BETTER

The below link will direct you to a pdf produced by mental health.org.uk

www.mentalhealth.org.uk/sites/default/files/How%20to.sleep%20better.pdf

This offers advice and support for sleep difficulties.

This PDF says the 4 '*pillars*' determining sleep are:

- 1. Health**
- 2. Environment**
- 3. Attitude**
- 4. Lifestyle**

This PDF then breaks down these 4 pillars and provides ideas which can be used to supplement your daily routine to better prepare for an optimal sleep routine.

KILSYTH ACADEMY WELLBEING TOOLKIT:

UNDERSTANDING AND OVERCOMING SELF-HARM

Mental health organisation

www.youngminds.org.uk say that self-harming is when a person hurts themselves on purpose as a method to attempt to relieve feelings of distress.

YoungMinds can offer advice on how to stop self-harming and suggest:

- 1. Talking to someone**
- 2. Getting Professional Support**
- 3. Finding Ways to Keep Yourself Safe**
- 4. Speaking to your GP**

The below link can direct you to where you can access help for self-harming

www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/

The below links can be downloaded to access support and strategies to resist or manage the urge to self-harm:

- 1. Calm Harm - www.calmharm.co.uk**
- 2. Distract - www.nhs.uk/apps-library/distract/**

KILSYTH ACADEMY WELLBEING TOOLKIT:

STAYING ON TOP OF YOUR SOCIAL MEDIA

Watch the below video from www.Youngminds.org.uk which discusses 3 tips which enable you to '*Own your feed*' and have social media that does not have a negative impact on your mood and mental health:

<https://www.youtube.com/watch?v=MO0MX3LCcQg>

Managing your time – **YoungMinds.ORG.uk** advice from an O2 Expert

- Apps like Facebook, Instagram and YouTube make it easy to track your time online, whether you're on iOS or Android.
- For [Facebook](#), go to More > Settings and privacy > Your time on Facebook.
- For [Instagram](#), go to Your account > More > Settings and your activity.

Findings from the Royal Society for Public Health:

Anxiety and depression RSPH say 1 in 6 young people will experience an anxiety disorder at some point in their lives and say research they have conducted shows that young people say 4 of the 5 most used social media platforms worsen their anxiety.

Sleep can be damaged due to over-use of social media which can lead to poor states of mental health.

Body Image is an issue for many young people, as many as 9 in 10 teenage girls say they are unhappy with their body. There are 10 million new photographs uploaded to Facebook every hour. Studies have shown that when young girls and women in their teens and early twenties view Facebook for only a short period of time, body image concerns are higher compared to non-users.

KILSYTH ACADEMY WELLBEING TOOLKIT:

OVERCOMING EXAM STRESS

Studentminds.org.uk/examstress.html offer the below advice to help you overcome exam stress

Keep it in perspective

- **Exams are not everything. Whatever happens in your exams, you can still be successful in life afterwards.**
- **Employers do not just look at your exam scores. They're just as interested in your attitude, transferable skills and how well you get on with other people.**
- **Exam success doesn't define you as a person. Everyone copes differently in different situations.**

Get that organised feeling

- **Picture your exams as a time-bound project. Are the exams 60 days away? That's your 60-day challenge. Best of all, there's a definite end point.**
- **Work out the basics: which exams you have, how the marks are allocated, and how much you have to learn for each one.**
- **Break your revision down into small chunks and form a plan.**

Get into some good habits

- **Take frequent breaks. Psychologists say we can only concentrate properly for 30-45 minutes.**
- **Eat well. Keep a good blood sugars level to avoid highs and lows of energy, by eating slow-release foods like bread, rice, pasta, fruit and veg.**
- **Drink lots of water. People often underestimate how much hydration helps!**

KILSYTH ACADEMY WELLBEING TOOLKIT:

STUDY TIPS

Childline.org.uk offer the below study tips:

Make a plan

Write down what homework or revision you need to do in a week as well as all of the other things you do every day – like spending time with friends or tidying up. You can then make a plan of what you need to do and when. Use BBC Bitesize's revision planner to help you get started.

Use revision tools

Try using tools such as mind maps to help understand course content. You could also try writing things you want to remember on post-it notes and stick them on things where you live, like a door, wall or fridge, so you'll see them every time you walk past.

Remove distractions

Put your phone somewhere else and make sure the TV is off so that you're not tempted to do something else when you're doing homework or revision.

Think about what's helped before

If you've taken exams before, write down what helped you revise and what you found difficult. For each thing you found difficult, try and think of what you could do differently.

Change your plans when you need to

It's normal for things to get in the way of your plans to work. You might have a family event or an emergency. Even if you can't keep to a plan exactly, do as much of it as you can.

Ask for help if struggling

It can be tough trying to catch up when you feel like you're falling behind. Asking for help at school or from someone you trust means that they can be there to give you support.

KILSYTH ACADEMY WELLBEING TOOLKIT:

BODY IMAGE

<https://www.youngminds.org.uk/young-person/coping-with-life/body-image/>

www.youngminds.org.uk say that body image is: '*how we think and feel about ourselves physically. Sometimes, we worry about how we look or what our friends think about our body*'.

Youngminds offer the below advice:

Be kind to yourself

Try not to compare yourself to the many images you see online and in magazines, which are often digitally changed to make them look 'perfect' – they don't reflect how people look in real life.

Notice how social media is affecting the way you feel about your body

There can be lots of pressure online to have the 'perfect' body when we compare ourselves to different people. Unfollow accounts that make you feel bad, and try following accounts that make you feel good instead

Focus on the good things

Focus on the things you like about yourself, and the parts of your body that you like.

Spend time with people who make you feel positive about yourself

It might help you to write down the nice things people say to you, and not just about how you look. Remember, people value you for many reasons.

What would you say to a friend?

Think about what advice you would give a friend if they told you they were struggling with the way they look and remember that advice whenever you start having negative thoughts.

Talk to someone you trust

It could be your parents or wider family members, like older cousins, aunts or uncles. Outside home, it could be a teacher, a neighbour, a close family friend or someone from a club you attend.

KILSYTH ACADEMY WELLBEING TOOLKIT:

READING FOR PLEASURE

The National Literacy Trust defines Reading for Pleasure as '*reading that we do our own free will, anticipating the satisfaction that we will get from the act of reading*'.

Research from the Programme for International Student Assessment found that reading for pleasure can increase empathy, improve relationships and promote wellbeing.

While some pupils will have access to books at home already, and should be encouraged to read for pleasure, others should use the below sources to enable them to access free e-books.

SOURCES OF FREE E-BOOKS

1. www.bookboon.com
2. www.feedbooks.com/publicdomain
3. www.freebooks-app.com
4. www.free-ebooks.net
5. www.gutenberg.org
6. www.openlibrary.org

Tweet [@KA_English_Dept](https://twitter.com/KA_English_Dept) and [@KA_Library](https://twitter.com/KA_Library) and share anything you think other pupils may enjoy.

KILSYTH ACADEMY WELLBEING TOOLKIT:

MENTAL HEALTH SUPPORTS

There are many sources of online support for you during times of difficulty.

The below links can be accessed to provide advice and support to help you stay mentally healthy or overcome difficulties:

- www.anxietyuk.org.uk
- www.breathingspace.scot
- www.thecalmzone.net
- www.childline.org.uk
- www.headstogether.org.uk/get-support/
- www.menshealthforum.org.uk
- www.mentalhealth.org.uk
- www.mind.org.uk
- www.papyrus-uk.org
- www.samaritans.org/?nation=scotland
- www.samh.org.uk
- www.sane.org.uk/support
- www.seemescotland.org
- www.stem4.org.uk
- www.themix.org.uk
- www.youngminds.org.uk

KILSYTH ACADEMY WELLBEING TOOLKIT:

MINDSET

'The established set of attitudes held by someone in relation to their skills, current abilities and their ability to improve'.

There are two types of Mindset: FIXED and GROWTH.

See the below video for a greater understanding of the characteristics of both types of Mindset:

https://www.youtube.com/watch?v=KUWn_TJTrnU

Our own Mindset can sit on a continuum where we may show different attitudes in regards to different areas of our lives.

For example, in one subject in school you may embrace challenges, be highly motivated and learn from feedback (GROWTH MINDSET), while in another you may lack motivation, self-belief and feel like feedback cannot help you improve (FIXED MINDSET).

Follow this link to see which Mindset you align more closely with:

<https://positivechangequru.com/whats-your-mindset/>

4 THINGS TO REMEMBER - YOU SHOULD..

- 1. Identify when you are being fixed mindset and aim to change your inner voice as you know it can limit your success;**
- 2. Recognise that you have a choice. You control how you respond to challenge, setback and criticism/feedback;**
- 3. Recognise the most successful people have had to overcome mistakes and if you learn from mistakes, rather than hide from them, then this can positively help you make progress;**
- 4. Understand that life comes with obstacles. If you approach these with a Growth Mindset you can overcome these better.**

KILSYTH ACADEMY WELLBEING TOOLKIT:

BODYWEIGHT HOME WORKOUTS

The below workouts do not take long to complete, will prevent boredom and help you maintain your fitness.

NOTE: You should ensure to stretch before any exercise and be mindful of surrounding furniture which could limit your space or cause injury! You should do **as many rounds as possible** of these moves in their provided order in a set time for **example 10 minutes**;

(hold the plank each time **for 30 seconds** and perform **20 repetitions** of all other movements)

Then note down how many rounds you manage, trying to improve the amount you can achieve each time.

or

alternatively work for time so for example completing each exercise for **30 secs** consecutively and taking **1 minute rest** before repeating for **3 or 4 rounds**.

The below 3 workouts are at 3 levels of difficulty with gold being the most demanding and bronze the least. Try and see how many of these workouts you can do and let staff know on twitter
@KilsythPe @Mr_McGinley_PE

BRONZE

GOLD

SILVER

PLANK	PLANK	PLANK
JOG ON SPOT	JUMPING JACKS	JUMPING JACKS
SIT UPS	MOUNTAIN CLIMBERS	RUSSIAN TWISTS
WALKING LUNGES	SPLIT JUMPS	REVERSE LUNGES
KNEES DOWN PUSH UPS	TRIANGLE PUSH UPS	PUSH UPS
SQUATS	BURPEES	SQUAT JUMPS

KILSYTH ACADEMY WELLBEING TOOLKIT:

F2 FOOTBALL

To practice the below skill tutorials from F2Freestylers all you require is a ball and small area of space to work on your skills! These practices can help enhance your football dribbling techniques, prevent boredom and help you maintain your levels of fitness.

NOTE: You should be mindful of surrounding space when attempting these drills so you do not cause any damage in your home / garden or injure yourself!

- **F2Academy Isolation Drills - Ball Control** Simple exercises which can be repeated to develop ball control.

https://www.youtube.com/watch?v=t5UQAoYF_o8

- **F2 Academy Isolation Drills - Ball Juggling**

Progressively difficult ball juggling exercises which can help you improve your skills <https://www.youtube.com/watch?v=u-OKUVceoBw&t=2s>

- **Eden Hazard's Favourite Matchplay Skills - Tutorial**

Eden Hazard works alongside the F2Freestylers to show you how to do his favourite dribbling skills:

<https://www.youtube.com/watch?v=sJfLoLcn1BY>

- **Neymar Special - The F2Freestylers teach Neymar Skills**

This video focuses on skills used by Brazilian Neymar and involves a step-by-step guide on how to perform each!

<https://www.youtube.com/watch?v=c-cCSbVXfj4>

- **F2Freestylers 'Can You Do This?' 3 Skill Tutorials**

As part 17 of their 'Can you do this' playlist the F2Freestylers show you how to do 3 'incredible match skills'.

<https://www.youtube.com/watch?v=3vjcfv0ob70>

KILSYTH ACADEMY WELLBEING TOOLKIT:

STATIC POSITION CHALLENGES

The following challenges involve you holding static positions for as long as possible!

You should send any clips or pictures you have of you / your family attempting these on twitter to [@KilsythPE](https://twitter.com/KilsythPE)

STATIC POSITIONS

1: THE PLANK



2: THE LUNGE



3: THE WALL SIT



4: THE SQUAT HOLD



5: THE GLUTE BRIDGE



6: THE V-SIT



KILSYTH ACADEMY WELLBEING TOOLKIT:

ALPHABET NAME CHALLENGE

Use the below letters to complete a workout. You could spell:

- Your full name;
- Your favourite sports team;
- Your favourite subject at school.

You should send any clips or pictures you have of you / your family attempting these on twitter to [@KilsythPE](#) [@Mr_McGinley_PE](#)

Note:

- For push ups participants can put their knees down if needed;
- Shadow punches should be forward punches making no contact;
- If participants have no flights of stairs to run up they can use front door steps (10 step ups = a flight!);
- For letters with have exercises needing equipment with a * everyday weighted items can be used such as school bags / water bottles.

A 10 Star Jumps	B 5 Sit-Ups	C 10 Lunges	D 20 Shadow Punches	E 5 Squats
F 10 Squat Jumps	G 5 Burpees	H 30 Secs High Knees	I Run Up 2 Flights	J 5 Push Ups
K 10 Tuck Jumps	L 5 Lunges	M 10 Push Ups	N 10 Sit Ups	O 30 Shadow Punches
P 30 Second Plank	Q 5* Bicep Curls	R 10 Burpees	S 5* Side Raises	T 10 Crunches
U 30 Secs Squat Hold	V 30 Secs V-Sit	W 5 Tuck Jumps	X 5 Star Jumps	Y Run up 3 Flights
				Z 1 Min Plank

KILSYTH ACADEMY WELLBEING TOOLKIT:

WALKING TO WELLBEING

NHS advice (www.nhsinform.scot/healthy-living/keeping-active/activities/walking) suggests that walking an easy and effective way of looking after your health and wellbeing.

Walking is a simple, free way of getting more physically active and is ideal for people of all ages and fitness levels. It is easy to build into your daily routine and doesn't require any special equipment.

As well as many mental and physical health benefits, walking can help you feel part of your community and reduce loneliness and isolation.

Many people don't think of walking as being exercise. However, you don't need to go to the gym, go swimming or play sports to get the benefits of being active. Walking is a great way of reaching the recommended level of physical activity we need to stay healthy.

There are many free phone applications which can enable you to track your walks so that you can time your walks and record routes which you can revisit. Applications you could use include Nike Run Club and Map My Run.

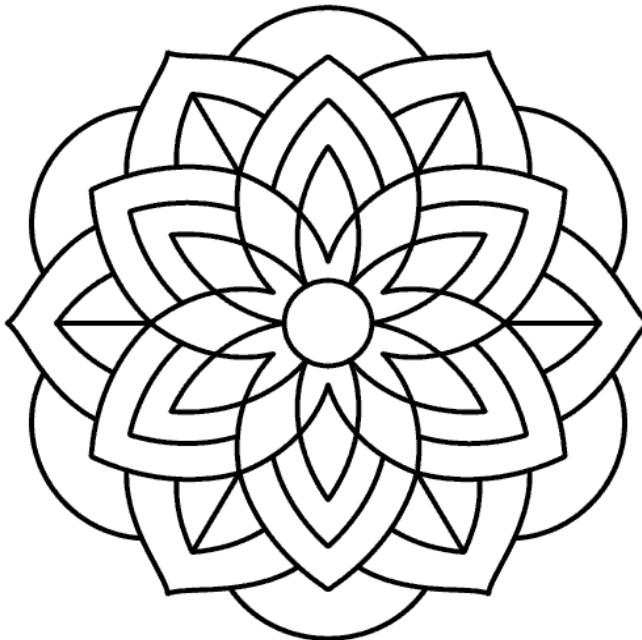
Healthline (www.healthline.com/health/benefits-of-walking) suggests that walking specifically:

1. **Burns calories to help you maintain a healthy bodyweight;**
2. **Strengthens the heart in order to prevent heart disease;**
3. **Boosts immune function so that you are as healthy as possible and can combat illnesses.**

KILSYTH ACADEMY WELLBEING TOOLKIT: MANDALA DESIGNS

The creating of, and shading / colouring of mandala designs has been linked to improving mental wellbeing.

www.Verywellmind.com states that people who colour mandalas often experience a **deep sense of calm. Pupils can draw and colour mandalas to **focus their attention, relieve stress** and allow them to **express creativity**.**



Above is an example of a mandala design pupils could print, or draw, before colouring in.

Many websites offer free mandala designs including www.colormandala.com and www.free-mandalas.net

KILSYTH ACADEMY WELLBEING TOOLKIT:

YOGA AT HOME

Yoga is an exercise which focuses on strength, flexibility and breathing to enhance your physical and mental health and wellbeing. Research (healthline.com) indicates that regular participation in yoga decreases the release of cortisol, the stress hormone, as well as lowering blood pressure.

You can use the following clips to try yoga at home with no equipment. Youtube Yoga expert Adriene has developed a [30 days of Yoga at Home](#) series which you can work through.

Below are links to the first week of uploaded yoga at home videos which can be done by yourself or with your family:

Yoga with Adriene - Day 1 - 'Recognise'

<https://www.youtube.com/watch?v=--jhKVdZOJM>

Yoga with Adriene - Day 2 - 'Intend'

<https://www.youtube.com/watch?v=UcZ3O1e0ejA>

Yoga with Adriene - Day 3 - 'Awaken' -

<https://www.youtube.com/watch?v=ejDUxMbsjOo&list=PLui6Eyny-UzzFFfpiil94CURWKVMaqmkm&index=4>

Yoga with Adriene - Day 4 - 'Activate'

<https://www.youtube.com/watch?v=8PO95Jy8LUQ&list=PLui6Eyny-UzzFFfpiil94CURWKVMaqmkm&index=5>

Yoga with Adriene - Day 5 - 'Soften'

<https://www.youtube.com/watch?v=NVeNMX8WDeQ&list=PLui6Eyny-UzzFFfpiil94CURWKVMaqmkm&index=6>

Yoga with Adriene - Day 6 - 'Ignite'

<https://www.youtube.com/watch?v=qIWOSQZAvTo&list=PLui6Eyny-UzzFFfpiil94CURWKVMaqmkm&index=7>

Yoga with Adriene - Day 7 - 'Stretch'

[youtube.com/watch?v=iQKrWQB_Mi4&list=PLui6Eyny-UzzFFfpiil94CURWKVMaqmkm&index=8](https://www.youtube.com/watch?v=iQKrWQB_Mi4&list=PLui6Eyny-UzzFFfpiil94CURWKVMaqmkm&index=8)

KILSYTH ACADEMY WELLBEING TOOLKIT:

COUCH TO 5K

The NHS have produced an excellent resource which can help you get active and aim to be able to walk / jog / run 5k 'COUCH TO 5K'. This time could be an excellent opportunity for you and your loved ones to improve your health by exercising together, while maintaining social distancing and adhering to government policy about time outdoors.

The below link provides 9 weekly podcasts for beginners starting to run and is progressive helping you and your loved ones aim to push yourself a bit further each week towards a 5K.

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

There is also an associated application which can be downloaded for your smartphone. This includes celebrities coaching you through each run and what you must do. Below is a summary of what is involved in the first 4 weeks of progressive training:

Week 1 - 3 runs, 5 minute walk, then alternate between 1 minute run and ½ minute walk for 20 minutes;

Week 2 - 3 runs, 5 minute walk, then alternate between 1 ½ minutes running and 2 minutes walking for 20 minutes;

Week 3 - 3 runs, 5 minute walk, 2 repetitions of 1 ½ minutes of runnings, 1 ½ minutes of walking, 3 minutes of running and 3 minutes of walking;

Week 4 - 3 runs, 5 minute walk, 3 minutes of running, 1 ½ minutes of walking, 5 minutes of running, 2 ½ minutes of walking, 3 minutes running, 1 ½ minutes walking and 5 minutes of walking.

KILSYTH ACADEMY WELLBEING TOOLKIT:

HYDRATION

For optimal health it is key to stay hydrated and ensure you are drinking enough water each day.

The World Health Organisation suggests you should avoid drinking caffeinated soft drinks and energy drinks as these can dehydrate you and negatively impact your sleep pattern. Furthermore, how much water you or your relatives need depends on numerous factors such as your age, sex, size, level of physical activity and environmental conditions (for example in hot weather, particularly if you are being active, you will require more water).

Taking into account that around 20-30% of the water we need comes from our food, the European Food Safety Authority has set average recommendations for how much water we should drink per day depending on our age.

See the below image for guidance for you and those you live with:



KILSYTH ACADEMY WELLBEING TOOLKIT:

HOME ECONOMICS

The below tasks have been provided by Kilsyth Academy staff @KAHomeEc @KirmanMrs. These tasks are all useful ways of spending time with those at home while further developing your understanding of theory and practical abilities.

FAMILY BAKING

Try doing some home baking for those you live with. Use the below link if you do not have any recipes or want some to try!

www.jamieoliver.com/recipes/beautiful-baking/

FAMILY RECIPES

Create a booklet showcasing some of your favourite family recipes and tweet pictures of you completing a recipe. Remember to include how many this recipe serves, the quantity of ingredients and a step-by-step guide. Tweet this to @KAHomeEc or upload to Glow to showcase your good work!

FOOD AROUND THE WORLD

Try to re-create a recipe from a different cuisine! You can use the following link for inspiration or use the internet to gain information on your favourite foreign dishes. www.bbc.co.uk/food/cuisine

JACK MUNRO - THE BOOTSTRAP COOK

Jack Munro demonstrates how to cook with minimal ingredients and use up any foods you have lying around to minimise waste. You can find her on twitter at: <https://twitter.com/BootstrapCook>

SUPPORT A SIBLING

Demonstrate your culinary skills and help your younger siblings try some basic cooking using advice from: www.bbc.co.uk/cbeebies/shows/i-can-cook

KILSYTH ACADEMY WELLBEING TOOLKIT:

MOOD FOODS

While off school just now you may be less structured than normal in how and when you are eating. You may also at times feel tempted to eat when bored or if feeling down. However, sugary, high calorie treats which may seem appealing can have negative consequences that then make you feel much worse.

Recently, research on the relationship between nutrition and mental health has been emerging ([healthline.com](https://www.healthline.com)) with certain foods being shown to improve overall brain health and prevent certain types of mood disorders.

Below are some foods which could positively impact how you feel during this time:

FISH - Fatty fish like salmon and albacore tuna are rich in two types of omega-3s – docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) – that are linked to lower levels of depression;

DARK CHOCOLATE - Dark chocolate is rich in many mood-boosting compounds and lower in added sugar than milk chocolate. You should still stick to 1–2 small squares (of 70% or more cocoa solids) at a time since it's a high calorie food;

BANANAS - Bananas are a great source of natural sugar, vitamin B6, and prebiotic fiber, which work together to keep your blood sugar levels and mood stable;

OATS - Oats provide fiber that can help stabilise your blood sugar levels and therefore enhance your mood. They are also an excellent source of slow-releasing energy;

BERRIES - Berries are packed with a wide range of antioxidants which combat oxidative stress and imbalances of harmful compounds in your body.

KILSYTH ACADEMY WELLBEING TOOLKIT: HEALTH AND WELLBEING STRATEGIES

Below lists different activities you can and should use to look after the 4 areas of your health and wellbeing:

Physical, Mental, Social and Emotional.

It is important to remember all four areas are related and participation in any of the below positive coping activities can benefit different areas of your health and wellbeing.

While off school you should use this toolkit and the below strategies to best maintain and improve your wellbeing.

Mental	Emotional	Physical	Social
<ul style="list-style-type: none"> • Deep Breathing Techniques • Go for a walk • Learn about Mindset • Limit time online • Mindful Meditations • Positive Affirmations • Progressive Muscle Relaxation • Yoga 	<ul style="list-style-type: none"> • Just Dance • List things to be grateful for • Make a to-do list • Read for Pleasure • Talk to family • Write a reflective essay on your experience • Write down your feelings 	<ul style="list-style-type: none"> • Alphabet Name Challenge • Bronze / Silver / Gold home workouts • Exercise with family • F2 Tutorials • Keep a healthy sleep routine • Static Hold Challenges • Jog a 1K/3K/5K • Make a TikTok 	<ul style="list-style-type: none"> • Check in with friends • Cook with family • Exercise with family • Facetime a friend • Phone a relative • Play an online game with friends • Walk with family • Write a letter to a relative

