



HELPING YOU
TO KEEP CALM AND CARRY ON!



AN INTRODUCTION

Hello, my name is Steve Daniels, founder of an organisation called Strengthening Minds. At Strengthening Minds our ethos is simple - 'Helping People Grow' - and during these difficult times we hope to be able to help you in doing just that. It is our priority to try to help out as much as possible, so we have put together this short booklet, which is packed full of exciting and useful activities when potentially stuck indoors.



The Strengthening Minds' Guide to Staying Home...In Style is made up of useful information and activities, from links to educational websites to family games, from mindfulness activities to helpful information on local services. This book was designed to help with life over the coming weeks, because even though you may be stuck indoors, that doesn't mean you can't do it in style!

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THINGS TO DO AS A FAMILY



Family is important at the best of times, so it is especially important that you spend quality time with each other now. To help with this while you spend longer periods of time indoors, we've come up with a list of things you can try together as a family. For most games, all you will need is paper and some pens. So, gather round and have a good ol' fashioned round of family fun!

WHO KNOWS WHO?

This game is simple. Every member of the family gets a pen and piece of paper. All you have to do is read out the questions below. Each player writes down their answer, but they must not show others what they have written down. At the end of the game compare answers and find out 'Who Knows Who?'

1. Who is most likely to **run from a spider**?
2. Who is the **bravest**?
3. Who does the **most housework**?
4. Who is the **funniest**?
5. Who is the **best dancer**?
6. Who is the **strongest**?
7. If there was a **kick-up tournament**, who would win?
8. Who is the **best cook**?
9. Who is **best at computer games**?
10. Who is the **fastest runner**?
11. If there was a **zombie appocalypse**, who would be the leader?
12. Who is the best **singer**?



THINGS TO DO AS A FAMILY



Here are four more fun things to do as a family. We especially like the riddle list - very tricky. See if you can solve them all!

RIDDLE ME THIS!

1. What is in the middle of Paris?
2. David's father has 3 sons - Snap, Crackle and _____?
3. A doctor and a boy were fishing. The boy was the doctor's son, but the doctor was not the boy's father. Who was the doctor?
4. It starts out tall, but the longer it stands, the shorter it grows. What is it?
5. What comes once in a minute, twice in a moment, but never in a thousand years?
6. What belongs to you, but is used more by others?
7. A plane crashes on the border of the United States and Canada. Where do they bury the survivors?
8. What type of cheese is made backwards?
9. Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?
10. A woman has six daughters and they each have a brother. How many children does she have?

PAPER PLANE CHALLENGE

Here's an easy one. Every family member gets a piece of paper and has five minutes to make a paper aeroplane. Whichever plane goes furthest is the winner!

FAMILY COLLAGE

Feeling arty? Grab some paper - the bigger the better. You are going to make a family collage together, full of words and doodles. The only rule is that everyone must add at least one thing.

TREASURE HUNT

Time to get hunting. Take it in turns to hide an object around the house. Then, the person who hid the item has to write three clues to help the hunters. No other hints!



THINGS TO DO WITH TEENAGERS



Being a teenager at this time can be tough; although the idea of no school can seem amazing, the loss of routine can sometimes be difficult to handle. We've come up with a list of websites, activities and hobbies that can help keep teenagers busy and also offer some form of learning to replace the lost school hours. Even **an hour a day** doing something productive can help boost confidence, combat boredom and make a meaningful difference to a young person's life.

KEEP ON LEARNING!

One of the quickest ways to keep busy is to learn. With schools closing, it's time to take learning online. We have put together a list of websites and apps that are great for online learning.

- ➡ <https://www.bbc.co.uk/bitesize>
- ➡ <https://ed.ted.com/lessons>
- ➡ <https://www.youtube.com/user/mrbruff>
(Currently offers daily lessons)
- ➡ <https://www.shmoop.com/study-guides>
- ➡ <https://www.codecademy.com/>
(email address needed)
- ➡ <https://www.khanacademy.org>
(email address needed)
- ➡ iTunes U Free educational courses
(iPhone app)

AN HOUR A DAY
KEEPS THE BOREDEOM
AWAY

THE RIGHT TIME TO WRITE

Writing is an easy way to stimulate the mind and it really helps to boost intelligence. Below is a list of writing activities that can be completed easily at home.

- ➡ Keep a diary - spend twenty minutes a day writing down your thoughts
- ➡ Write a letter to Coronavirus, explaining what you think of it
- ➡ Poetry - write poems! They don't have to be about love; try writing about the following:
 - what you fancy for dinner
 - the last time you felt happy
 - what it's like to be off school
- ➡ Write a review for the last film you watched or the last computer game you played

Want your work published?
Send it to - stevedaniels@strengtheningminds.co.uk



THINGS TO DO WITH THE KIDS



The smallest things often take the most time. It's precisely why we've included this section for the kids! Designed to give you some well needed rest, we've come up with a list of things to keep the little people in your life busy. First up is our exciting writing challenge which can do so much to help the vulnerable people in the local area. Check below for more information about this exciting opportunity!

THE GREAT, BIG STRENGTHENING MINDS' WRITING COMPETITION!



We've been THINKING about ways we can make the vulnerable people in our area feel BETTER and we think we've come up with a GREAT idea. We are asking the young people in the area to design/write/draw



something HAPPY that can be sent to people who need it most, like the people who live in nursing homes and can't get out, or the kind people who work at foodbanks. It could be a poem, a FRIENDLY card, or just a really

CHEERFUL picture. If you create something, send it to stevedaniels@strengtheningminds.co.uk and we will make sure it gets

emailed to the people who need it most. Who knows, your work might even get published on our website for the whole world to see!



THINGS TO DO WITH THE KIDS



Here's some more useful stuff to keep the kids content. We've also included a few links to learning websites, so you can keep expanding their little minds - plus, it's a lot of fun too!

positive words

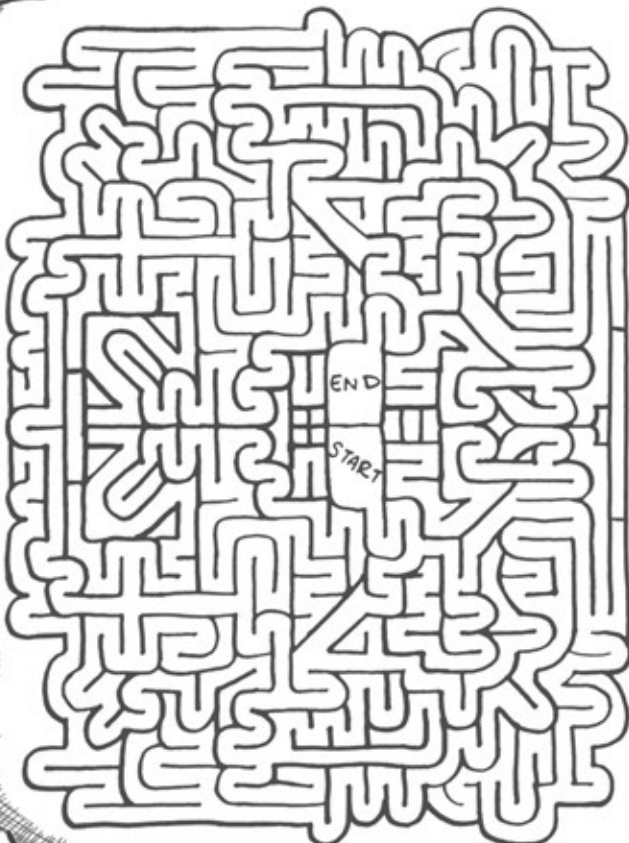
J F A N A V H A P P Y K C L V Q D aware bold brave clever
 S L E R P M V J B G C B O A N S Y creative daring fun giving
 F T F J M Q R X O F Y H B U K M R happy humble kind loyal
 P K R R Q E E D L T U U F W Z N C magical positive quick-witted smart
 L A U O V B P Q D L L M W R Y R F strong unique wise
 O I P E N U O U N X C B F I H T X
 Y R L F F G S I E U E L E D X G B
 A C G S U L I C K Y Q E B V N R K
 L W J C A P T K E M M N B I A V M
 I L U D W H I W P R E L V V H U A
 L W N A Y N V I Q J A I E R F H G
 L Y I R O B E T T J G W W Z T M I
 G B Q I W P A T Q S L I A B W X C
 W P U N O Q P E O I S L U T F C A
 A I E G T S W D Z E S M A R T O L
 J C R E A T I V E B I D G F T J Q
 C D F U X R V X P W Q R U K I N D

SUDOKU STYLE!

	1	4		5	
2		5	1	3	
		3		6	
	4		3		
	5	1	6		3
	3		5	4	

2	3	4	1
3	4	1	2

MAZE MADNESS



KEEP ON LEARNING

Here's a couple of websites to keep the little ones busy. An hour a day will help keep their brains active and their boredom levels low. Studies show that learning a new topic can help to combat boredom in young children and it boosts confidence too!

- www.bbc.co.uk/bitesize/primary
- www.classroommagazines.scholastic.com
- www.primaryresources.co.uk
- www.amazingeducationalresources.com
- www.coolmath.com
- www.howstuffworks.com

Another great idea is to let your child teach you something they have been learning about at school. This helps to keep learning fresh and also will make them more likely to remember lessons when they return to school.





The NHS work tirelessly each day to prevent the spread of Coronavirus. Of course, it also falls on us as a society to make adjustments to our lifestyles in order to do our bit in the fight against the virus. In this section, we have included some top-tips from the NHS to combat Coronavirus.

PREVENTING THE SPREAD OF CORONAVIRUS - DOS AND DON'TS

DO

Wash your hands often with soap for at least 20 seconds



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze



Put used tissues in the bin immediately and wash your hands afterwards



Only travel on public transport if you really need to



Avoid social activities, such as going to pubs, restaurants, theatres and cinemas



Use phone and online services, or apps to contact your GP surgery or other NHS services unless it is an emergency



DON'T

Do not touch your eyes, nose or mouth if your hands are not clean



Do not have lots of visitors to your home, including friends and family



Do not make trips that you do not think are necessary



Do not share a bed, if possible, with someone who you think may have the virus



Do not share towels with someone who you think may have the virus, including hand towels and tea towels



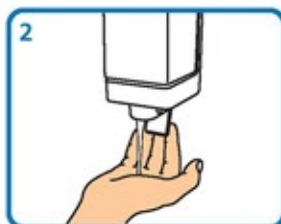


One really effective way to stop the spread of germs is proper hand washing. Although we are all used to washing our hands, at times like this, it is important that we are spending a little longer than usual and follow a few crucial steps. Here's what the NHS say.

Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



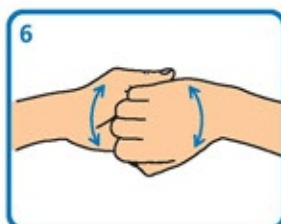
3 Rub hands palm to palm



4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15-30 seconds





Whilst it is vital, we limit our movement outside of the home at this time, there is no reason why our movement at home should not increase. Exercise is a scientifically proven mood booster, decreasing symptoms of both stress and anxiety. Physical activity kicks up endorphin levels, the body's famous "feel good" chemical produced by the brain and spinal cord that produces feelings of happiness. Even moderate exercise throughout the week can improve the way you feel.

No matter your age or ability, there is something out there for everyone. Lots of home exercises can be found on YouTube, below are links to some of our favourites. Lets get that blood pumping!

HEALTHY LINKS

PRIMARY CHILDREN - www.youtube.com/watch?v=d3LPrhI0v-w

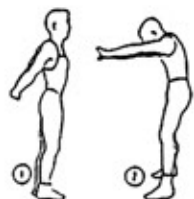
TEENS - www.youtube.com/watch?v=-TGEdzRzSbw

ADULTS - www.youtube.com/watch?v=fHfTCd2q-rg

CHAIR EXERCISES - www.youtube.com/watch?v=8BcPHWGQO44



DE-STRESS STRETCHES



Chest



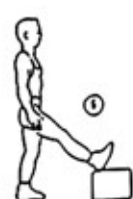
Upper back



Back of upper arms



Calf



Back of thighs



Back of thighs



Front of thighs



Front of thighs



Inner thighs



Torso



Outer thighs



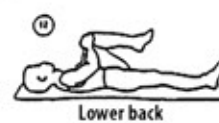
Inner thighs



Lower back



Lower back



Lower back



THINGS TO HELP YOU KEEP CALM



Let's start with taking a deep breath - ahh, that's better. There has been a lot going on recently and life has been affected in ways that may seem out of your control - it's totally normal to feel like that. But the truth is, you have got this! We are passionate about mindfulness and the calming effects it can bring, so we wanted to share with you some helpful exercises and activities that you can try straight away to take the stress out of life a little and start feeling back in control. So, get comfortable, take the weight off your feet and get ready to relax - you've earned it.

WHAT IS MINDFULNESS?

In short, Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Mindfulness meditation can be an extremely helpful tool when dealing with feelings of stress and anxiety.



BENEFITS OF MINDFULNESS

LET'S YOU UNDERSTAND ANY MISTAKES YOU MIGHT MAKE

HELPS YOU STEP BACK FROM STRESS

ALLOWS BALANCE IN YOUR LIFE

SEE SITUATIONS MORE CLEARLY

RESPOND BETTER TO DIFFICULT SITUATIONS

MAKES YOU BETTER AT LEARNING

MAKES YOU HAPPIER

HELPS YOU BE MORE CREATIVE

HELPS YOU FOCUS ON THE PRESENT MOMENT



THINGS TO HELP YOU KEEP CALM



Here are 3 exercises that you can use straight away to help keep stress at bay and start practicing mindfulness today. For some, mindfulness is something that can take time to master and benefit from. With that in mind, we have included three activities that vary in difficulty. Start with the beginner activity and then work your way up!

BEGINNER - POSITIVE BREATHING EXERCISE

Positive breathing is a really easy way to begin your mindfulness journey. Check out this link for a useful breathing exercise that you can try right now!

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

INTERMEDIATE - MY 'HAPPY PLACE' MEDITATION

If you are looking for something a little more in-depth, try this 'Happy Place' meditation from our website - it's great for kids to try too!

<https://www.strengtheningminds.co.uk/meditation>

ADVANCED - FULL BODY SCAN

For a more complete mindfulness experience, try a full body scan. These can take a while to complete, so make sure you are somewhere comfortable. Here's a great example to try out.

<https://www.youtube.com/watch?v=i7xGF8F28zo>

