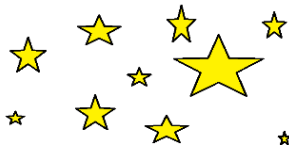


The Mental Health Support Team's Summer Challenge

Welcome to the MHST Summer Challenge!

In this pack you will find lots of great activities you can do over the holidays to have fun, look after yourself, learn new things and boost your wellbeing!

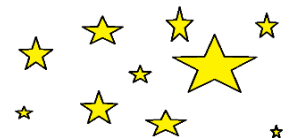


How to use this pack:

Use the bingo grid to pick an activity at random. Cross off each activity when you have completed it.

There are **36 activities** to have a go at. See how many you can complete over the summer holidays! We challenge you to complete two lines in the grid. If you are feeling brave, try and complete the whole thing.

If you need help with any of the activities, hold down the *Control* button on your keyboard and click on the text in the bingo box to find out more.



Bingo

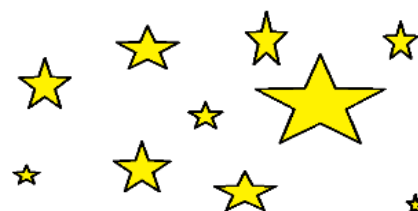
Finger breathing	Read two books	Learn a magic trick	Mindfulness Walk	Write a short story	Learn to finger knit
Make up a dance routine		Animal yoga	Write a letter to a friend	Make a scrapbook	Colouring
List five things you were grateful for today	Glitter jar	Make a bookmark	Make your own board game	Blow painting	Watch the clouds
Write about or record your day	Try an activity you've never done before	Have a fashion show	Wall push ups – how many can you do in one go?	Put on a sock puppet show	Bake cookies
Make a tiny book	Make your own affirmation stones	Have a home sports day	Five senses grounding exercise	Progressive muscle relaxation	Make your own play-doh
Mindful meditation	Do a jigsaw puzzle	Make something out of recycled materials	Do a science experiment	Make a future plans	Watch the film "Inside Out"

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Mental Health Support Team's Summer Challenge

response

NHS
Oxford Health
NHS Foundation Trust



Mindfulness Walk



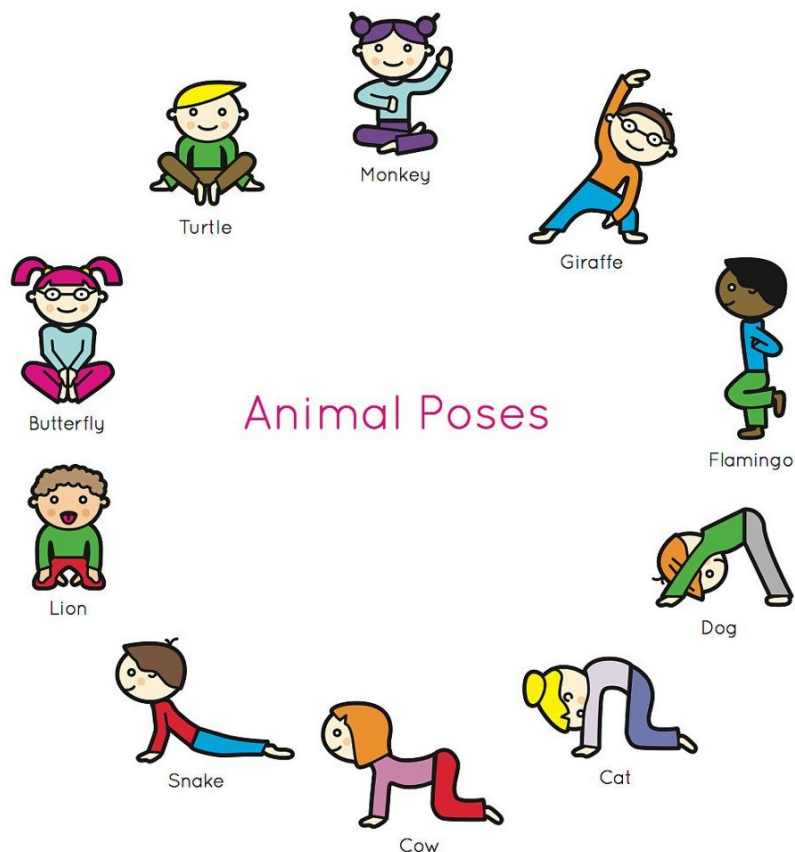
Mindfulness means noticing things about yourself and your surroundings in a particular moment, including things you can see, hear, smell, taste and feel.

Go for a fifteen minute walk. Notice how your body feels: how does your foot hit the ground when you take a step? How do you swing your arms? Look around you – what can you see? What can you smell? Notice how you are feeling while you are out and about.

Animal yoga

Watch this video or have a look at the picture below to learn some new poses, include the Cat Pose and the Downward Dog:

https://www.youtube.com/watch?time_continue=2&v=s-Z127YfUQo&feature=emb_logo



Watch the clouds



Lie down somewhere no one will trip over you.

In which direction are the clouds moving? What shapes do you see? Do they remind you of anything?

Make a calm kit

A calm kit is a collection of small toys or activities that we can use to help us feel better when we are angry, worried or upset. Sometimes calm kits are just fun to play with!

Simply gather a collection of things that help you feel good and put them in a box or a bag. We've put some ideas below to help you:

- A pinwheel
- Calm jar (to make a calm jar, take a plastic jar and fill it with water, food colouring and glitter. Shake it and watch the liquid float and settle)
- Your favourite book
- A diary
- Puzzles
- Stress ball
- Bubble wrap
- Colouring sheets
- Bubbles
- "Where's Wally?"

For more ideas have a look here:

<https://www.andnextcomesl.com/2016/04/what-to-put-in-a-calm->

Five senses grounding exercise

Use this simple exercise when you are feeling worried or upset, or when you feel that you would like to bring yourself back to the present moment.

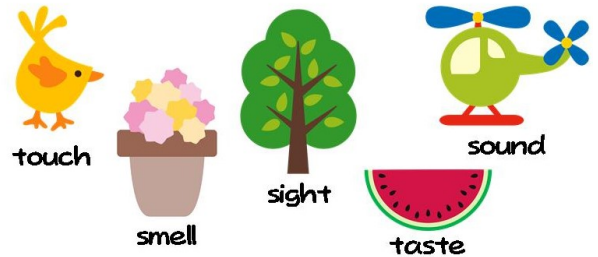
First, notice **5** things you can see

Next, notice **4** things you can hear

Then, notice **3** things you can touch

2 things you can smell

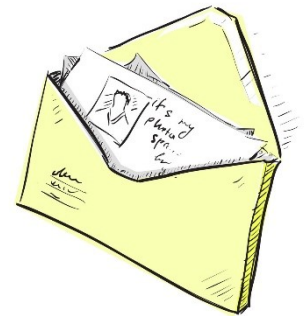
Finally, notice **1** thing you can taste



five senses

Write a letter to a friend

Try writing a letter to a friend or family member you haven't seen for a while. Tell them what you've been doing, how you've been feeling, and think of some ideas for what you'll do together when you see each other. Go wild and draw some fun illustrations or decorate your letter with stickers, glitter or anything else that might put a smile on their face.



Make a future plans jar

Cut out some coloured card. Think of some fun activities or things you would like to achieve in the future. Write them on the pieces of card. Put them in a jar and save them for days when you need a pick-me-up. Pick out a card at random and complete the activity.

We hope you enjoy the challenge and have a fun and restful holiday!

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