



**HeadStart**  
Wolverhampton



**COMMUNITY**  
FUND

# All About Me Journal



## Introduction to All About Me Journal

The last few weeks have seen a lot of changes for us all. As a result of the corona virus you may have been told you have to stay at home and not go out because someone in your family is ill. You may be going to school but with a lot fewer students, whilst your mum, dad or carer go to work. Whatever has happened for you it can be a confusing and scary time and it is OK and normal to feel worried. Remember the most important things you can do at the moment are to stay at home and wash your hands regularly.

If you are still worried, there are some blank pages in the journal where you can write these worries down which can help. You may want to share them with someone else in your house or someone you speak with on the phone.

At HeadStart we work with schools, young people and families to support mental health and wellbeing. We wanted to put together a journal which might offer some support and distraction during this time, there is no specific way to work through it, you can just pick a page you fancy and give it a go. You might also want to get other people in your household involved.

### Acknowledgements:

*Thank you to the HeadStart team for pulling together many of the resources included in this journal, particular recognition goes to Remi Desouza, Sawsan Therese and Omolara Balogun for their hard work in producing this journal in a short period of time under challenging circumstances.*

**The Academic Resilience Approach** was created by Lisa Williams and Professor Angie Hart, based on Professor Hart's work at the University of Brighton and Boingboing.

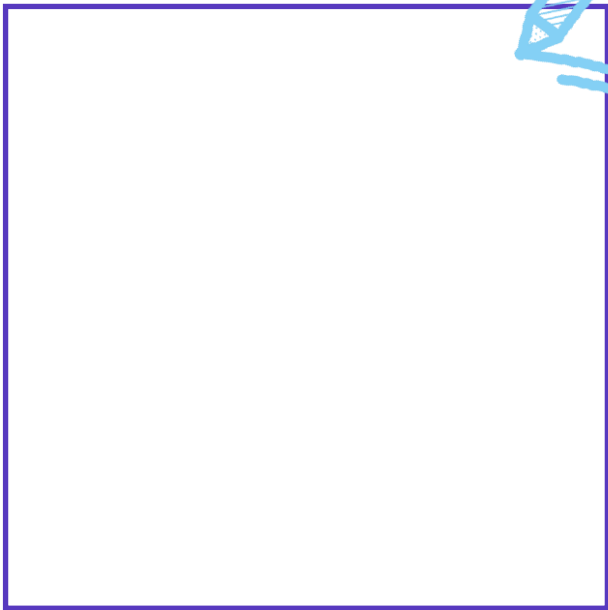
**The Resilience Framework** Reference Hart and Blincow (2007) [www.boingboing.org.uk](http://www.boingboing.org.uk)

**Wheel of life** Reference: 'Wheel of life exercise', Co-Active Coaching (3rd ed.) 2011 by Henry Kimsey-House, Karen Kimsey-House and Phillip Sandahl

**Friends and family tree** Reference : The Resilient classroom is a resource developed as part of the academic Resilience Approach (A Hart and L Williams, 2013) by Hove Park School, Brighton



Picture of Me



Draw a picture of yourself



Name:

Age:

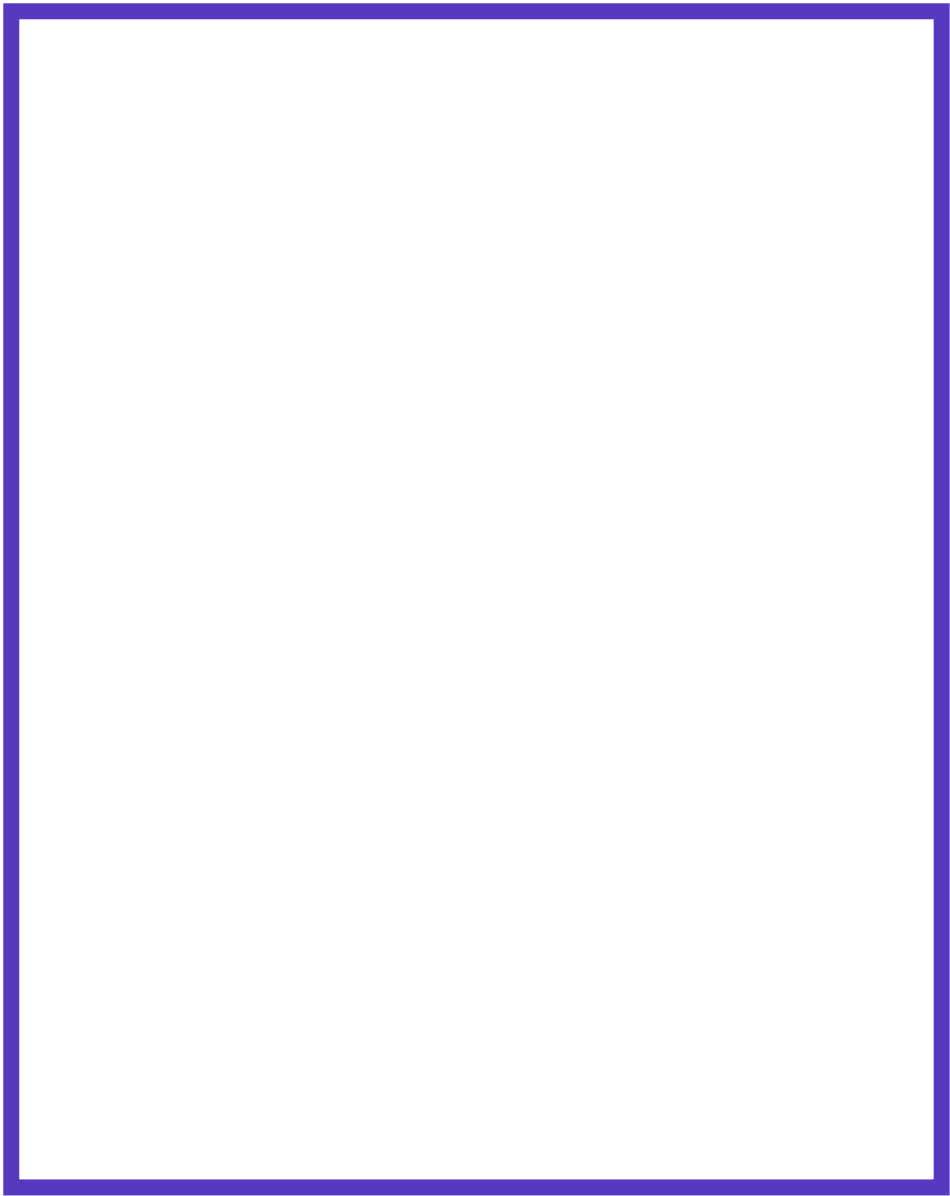
My Family:

My Friends:

The Resilience Framework is a useful tool to help you think about your life and things that can help you build your resilience

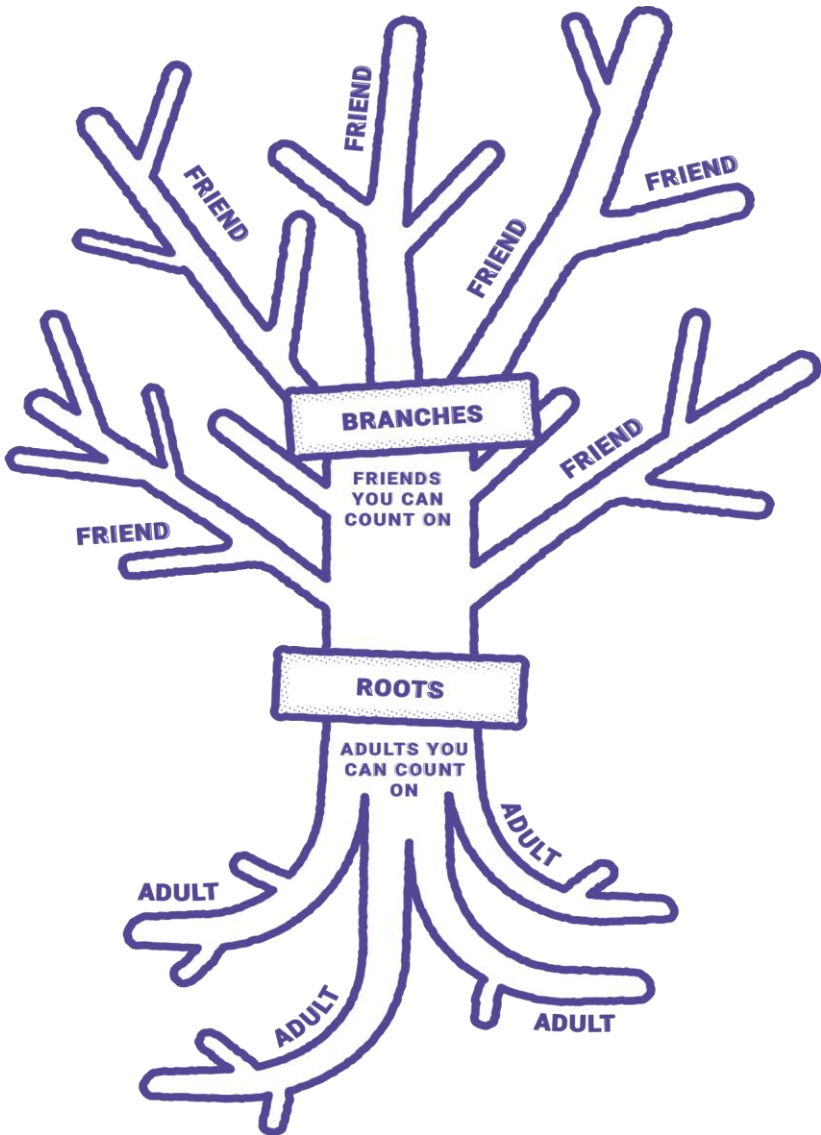
My Resilience and Wellbeing						
BASICS	BELONGING	LEARNING	COPING	MY SELF		
Where I live is warm, dry and safe	There are places in and out of school where I feel I belong	I feel I am coping well with school	I understand the school rules and boundaries outside school and I can keep to them	I have hope for my own future		
We have enough money for heating, food, and clothing	I am understanding more about the world I live in	I know how to get extra help and support if I need it	I can be brave when I need to be	I try to understand other people's feelings		
I feel safe most of the time	There are good influences and role models in my life	I have ideas about what I'd like to do in the future	I get practice in solving problems	I know what I am good at and where I need help to get better at something		
I can get places I need to go safely	I have good, stable relationships in my life People look out for me and I can count on them	I am organised	I look on the bright side when things are tough	I take responsibility for myself and my actions. I don't blame others		
I have access to healthy food and drink	My friends make me feel good about myself and my future	I know when I have done something that I should be proud of	I have a hobby, activity, passion, sport that I enjoy doing	I want to get even better at the things I'm good at		
I am physically active and get outside	I focus on the good times and places in my life					
I sleep at least 8 hours a night and avoid screens before bedtime	I am comfortable talking about where I come from/my home	I am learning skills that are useful in real life	If I'm feeling angry, frustrated or sad, I know what to do to calm myself down or feel better	I take advice from others and try different solutions to solve the problems I have		
I do things I enjoy and chill out	I like trying new things or meeting new people and have the chance to do this					
I do not feel picked on or bullied for who I am, how I live my life or where I am from	I make new friends and mix with other young people					
ACCEPTING	CONSERVING	COMMITMENT		ENLISTING		

**My Worries/Concerns**



**Friends and Family Tree**


Use this tree to write down the name of people you can count on.  
Your friends/siblings are the branches, the people you can count on and reach out to when you need to. The adults are roots, giving you stability and being there for you when you need them. You might even want to include pets as they can play an important role in helping you with your wellbeing.





Things That Make Me Feel  
Happy and Better





Make a note of things you enjoy doing, help you feel better and make you happy. Shade each heart a different colour as you list them


























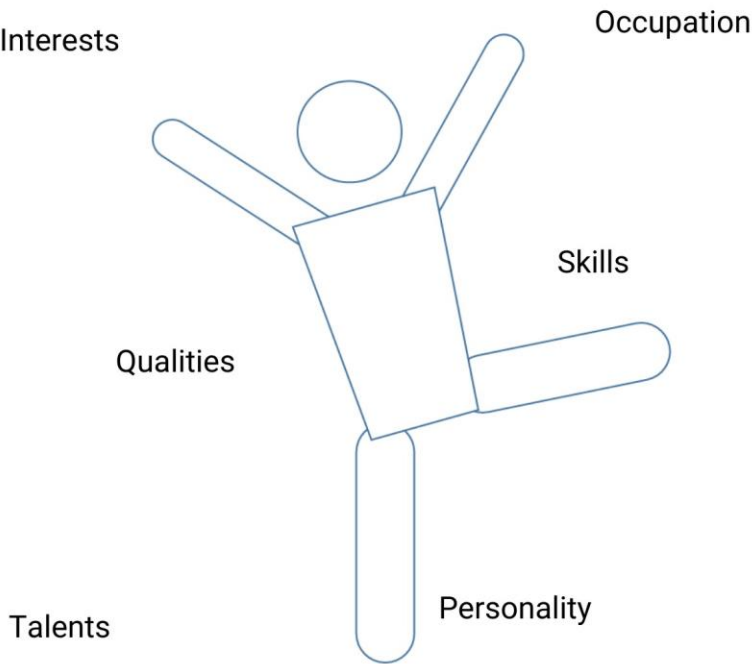
Self Care Tracker – Let's make a note of how often we do what makes us happy (shade each day depending on which activity on your list you do)

Month:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# Your Ideal Future

Where would you like to be in a month, a year or 5 years time?



What would your favourite person say about you...





# 30 Year Old Me...

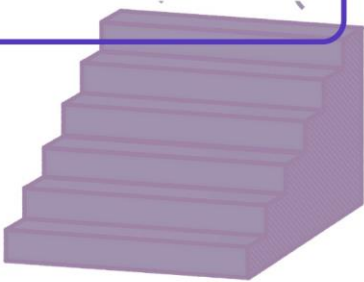
#LifeGoals

I will be working as:

I will live in:

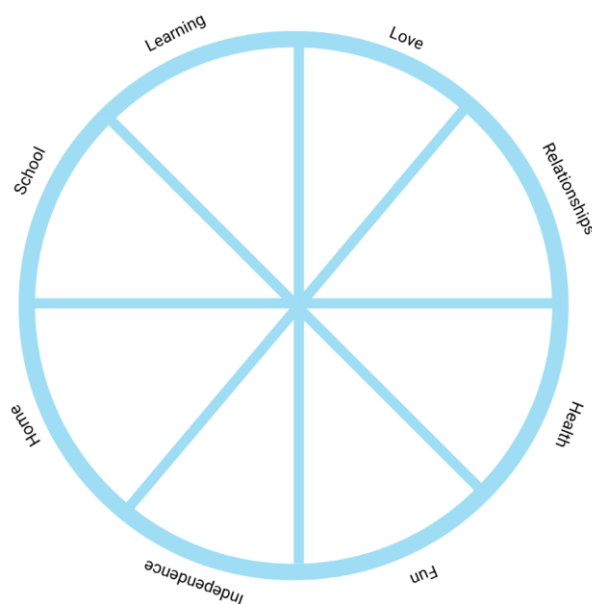
I will drive a:

"Believe you can and you're halfway there"  
- Theodore Roosevelt





## Wheel of Life



The wheel has eight sections, which represent the key areas of your life.

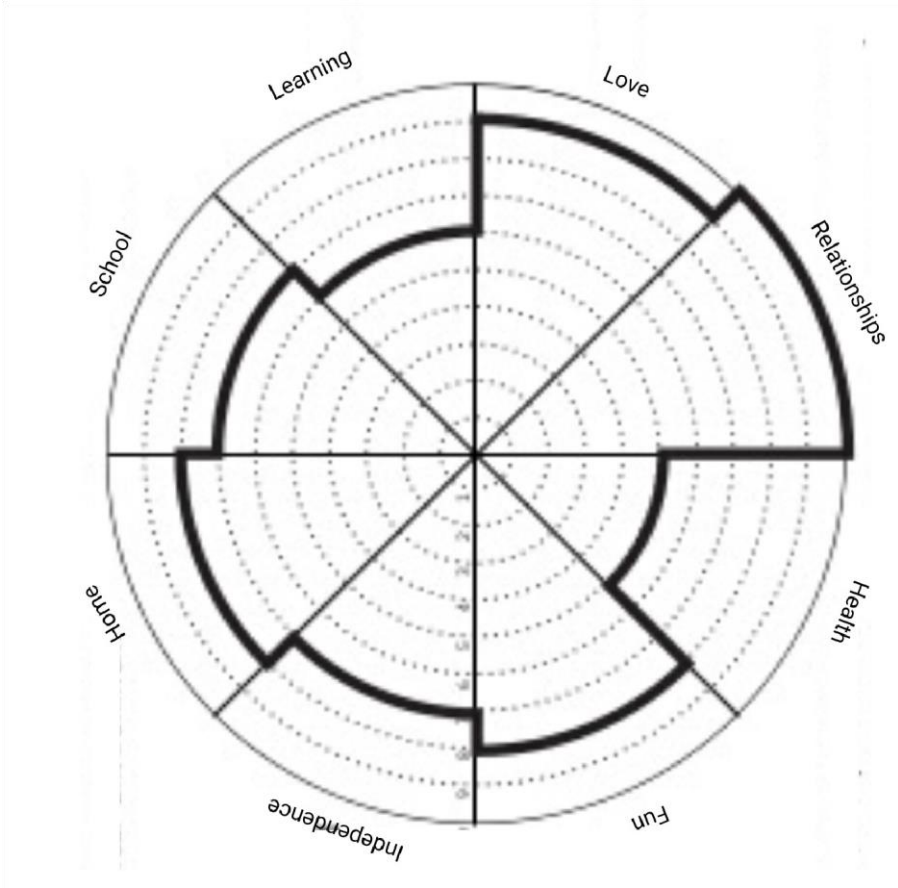
The exercise gets you to think about how you feel about each part of your life. Imagine that the middle represents 0 and the outside edge represents 10, give each area a mark out of ten and then draw a line where you think it should go, creating a new edge to the circle (see example on the next page). How bumpy would the ride be if this wheel were real? Once you have finished all 10 sections you will see which areas you might need to make improvements in and set a target to think about what you can do. This will help you smooth your journey!

Why not create a vision board to help you imagine what your future could be? (Look at page 13)



## Wheel of Life

Here is an example of a completed wheel.





# Wheel of Life

**Goals:**

What would you like to improve based on your answers



**What will you do to achieve your goals:**

What changes would you make? Can anyone help you make them?



# HeadStart Vision Boarding



A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life. Identify your vision and give it clarity.

## How to do it?

**Add your own  
spark!**

Think about something you want in the future. This could be something you can buy e.g. new trainers, something you can do e.g. rock climbing, something you can be e.g. a scientist.

Research your future goal! You can do this with online searches, reading magazines or newspapers, even looking in books around the house.

Visualise your future!

Create a picture board either electronically or on paper, cut and stick pictures that represent your goal onto a sheet of paper.

Feel free to draw, paint or use creative writing on the vision board too.

What you might need:

computer/phone/tablet, magazines/newspapers, pens, paper, scissors, glue



Draw a picture of a peaceful or quiet place you would like to visit, i.e: beach, space, park or nature.

Look at your picture and memorise everything about it. Now close your eyes and go to your peaceful or quiet place you have drawn, imagining all of the elements and senses around you, such as air, sand, sea or sounds of nature.

Taking deep breaths (breathe in for a count of 4 and out for a count of 7) throughout this time.

Look around you? What do you see? (using your imagination and taking deep breaths throughout)

Take a few minutes and then return from your peaceful or quiet place. How did that exercise feel?

Keep your picture and visit your peaceful or quiet place, whenever you feel overwhelmed or too much is going on in your head.



**Doodling And Free Writing**

A large, empty rectangular box with a thick purple border, intended for doodling and free writing. The box is centered on the page and occupies most of the middle section.

# Random Acts of Kindness



Have a go at doing a few of these random acts of kindness and put a smile on someone's face

Do a chore around the house to help someone



Make a cup of tea for someone at home

Draw a lovely picture for someone you love



Skype or Face-time with grandma/ grandpa



Offer to help with making dinner






Spend quality time with your family

Text a friend and tell them why they are important to you

Leave some positive notes around the house



Doing these random acts of kindness made me feel:

"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace."  
- The 14th Dalai Lama



# HeadStart Wellbeing Bingo

Get your friends and family involved. Once you've played, choose 3 well-being items you'll like to try and do each day. In the last week...

I made my bed	Took an hour break from social media	Went to bed early
Said something nice to someone	Listened to music and danced	Took a shower or bath
Took 5 deep breaths	Brushed my hair & teeth	Gave someone a hug
Stayed hydrated	Had a healthy snack	Had an indoor picnic

# HeadStart

## Fitness Bingo

Try to do 3 of these exercises a day and see which member of your family completes them first. Be careful and listen to your body.  
Remember to shout 'BINGO'.

Do some stretches	5 start jumps while shouting "I'm a star"	Sit down and stand up 10 times
Jog on the spot for 2 minutes	Wall sit for 20 seconds	Do 15 push ups
Dance for a whole song	Rest	Balance on one leg for 20 seconds
Do 15 sit ups	Do 30 lunges	Do 20 Squats



Movement is magic! Exercise releases feel-good hormones called endorphins which help us to boost our well-being and improve our physical and mental health! Being active is a great way to have a laugh and build your resilience. Everybody is different, so take your time and give these moves a go at your own pace, try to improve on them each week!

**Before you get started, check in with an adult and let them know your plan.**  
**During the moves listen to your body, if it doesn't feel right, stop and take a break**

Warm up! 1 minute of light jogging on the spot.

**THE BIG 4 (4 minutes intotal).**

#### MOVE ONE: THE BURPEE

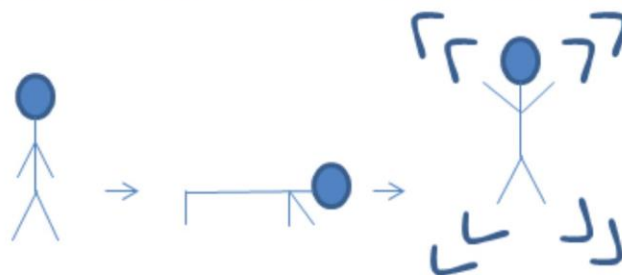
Duration: 1 minute

Step 1: Start standing with your feet shoulder-width apart. Squat down and touch the floor with both hands. Now you are almost in a frog position.

Step 2: Next, shoot your feet backward into a plank position (like the second diagram). Bring both legs forward back into frog position, and then lift your hands from the floor so you are back into a standing squat position.

Step 3: From the squat position, shoot your hands upward and jump as high as you can. As you land, that is considered 1 repetition (Rep). Repeat the cycle! Go the extra mile!

For step 3 try to bring your knees to your chest and perform a tuck jump.

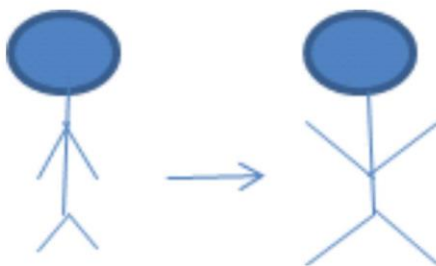




Duration: 1 minute

Stand up straight with your arms by your side and knees slightly bent. Jump up, extending your arms and legs out to make a star shape. Hold your tummy tight and look forward. Repeat this move for 1 minute and see how many star jump repetitions you can do! Go the extra mile!

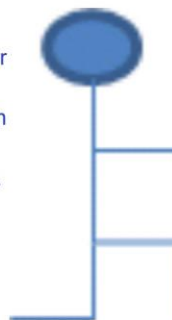
Start from a crunched over position with knees bent and explode up and out into a star jump, returning to a small crouched position after each rep (aiming to get your hands and feet off the floor at the same time).



**MOVE THREE: THE LUNGE**

Duration: 1 minute

Stand with your feet together and your hands by your sides or on your hips. Then step forward with one leg and sink down into your lunge (see diagram). As you lunge forward remember to keep the weight on your front leg and your knee directly above your toes. Make sure you keep your back and shoulders upright and look forward as you lunge. Hold for one or two seconds and then return to standing position. Repeat this move, alternating legs for 1 minute and see how many repetitions you can do! Go the extra mile! Grab two water bottles to hold as weights while you lunge.





#### MOVE FOUR: THE SQUAT

Duration: 1 minute

Stand with your feet hip-width apart and bend your knees and sit back as if lowering yourself onto a chair. Don't arch your back as you lower down. You can reach your arms out in front to maintain balance. Make sure your weight is not on your toes and squeeze your glutes (your bum) as you stand back up. Repeat this movement for 1 minute and write down how many squats you do!

Go the extra mile! The jump squat: Instead of standing back up from your squat do an explosive jump, bringing your hands from in front of you down to your sides to return back to your squat position.



#### EXTRA MOVE : THE WALL SIT

Duration: 1 minute

Get into your squat position (see 'squat' move) in front of a wall and then lean back so your entire back is against the wall and your legs are at a 90 degrees angle. Hold this position for as long as you can! Use a phone or stop watch to log your time. Why don't you challenge your parent, carer or sibling? Who can hold the pose the longest?





## How to do The #DailyMileAtHome



### GET GOING WITH THE DAILY MILE AT HOME

Your children may already do The Daily Mile at school – if so, they will probably miss it. Ask them about it – they can explain how it works at school and why they do it. Discuss with them the best way to do The Daily Mile at Home.

### BE SAFE. ALWAYS FOLLOW THE GOVERNMENT'S ADVICE ON GOING OUTSIDE

At the moment, the advice is to take exercise outdoors, once a day. Every time you're going outside, keep 2 metres from other people. Getting outside for some exercise and fresh air is good for physical and mental health.

### HOW LONG TO BE OUTSIDE FOR

So, the first time you do it, check how long you were actually outside. You may feel that 15–20 minutes is enough for you. 10 minutes from your front door and 10 minutes back may work well for you. You may find you can do more; if so, keep yourself and others safe.

### STAYING AS LOCAL AS POSSIBLE

Before you go out, decide on a route you know, from your front door. You may choose to go around in a circle or straight out and back the same way. It's very likely there are a few different routes you could try and use.

### HOW TO GET MOVING – WALKING AND RUNNING

Everybody's different so it's up to you how to do it in the way that suits you best. Jogging, walking briskly, strolling – you will decide on your own pace. It's not a race. Stay in your bubble if there are others around – close to your household and don't split up. Keep it all relaxed and enjoy what you're doing

### AND ALSO...

Some people will change clothes – but just wear what's most comfortable for you. You are going to be moving side by side – take the time to talk and listen. Try to notice nature, the weather and the changing season.



03/04/2020

# EASY NO BAKE RECIPES

## RECIPE 1 Corn flakes Cake

**Ingredients:**  
38g butter  
100g milk chocolate  
2tbsp golden syrup  
100g cornflakes

- Melt the butter, chocolate and golden syrup in a microwave safe bowl. Microwave at 20% power for 15 second, remove the bowl from the microwave and stir. Repeat the process until most of the mixture has melted and is smooth
- Put 12 cupcake cases into muffin tins or on a baking tray
- Stir the cornflakes into the mixture, and spoon into the cupcake cases. Allow to set and then serve.

**Makes 12**  
**5 mins to prepare and 10 minutes to cook, plus setting time**

## RECIPE 2 Chocolate oatmeal bars

**Ingredients:**  
1/4 cup + 3 tbsp  
peanut butter  
1/4 cup + 3 tbsp pure maple  
syrup, honey, or agave  
1 virgin coconut oil (48g)  
1/2 tsp pure vanilla extract  
1/4 tsp salt  
quick oats (180g)  
1/4 cup cocoa powder

- Line an 8-inch square pan with parchment or wax. Set aside.
- Stir together the first three ingredients.
- Gently heat until the oil is melted and stir in the peanut butter.
- Whisk in the vanilla extract and salt, stirring until completely smooth.
- Stir in the quick oats and cocoa powder until evenly coated.
- Smooth into the prepared pan, and press down with a spoon as hard as you can. Really pack it in.
- Freeze until firm enough to cut.

**Makes 9-12**  
**Total 10 min to prepare**

## RECIPE 3 Peanut butter and chocolate cookies

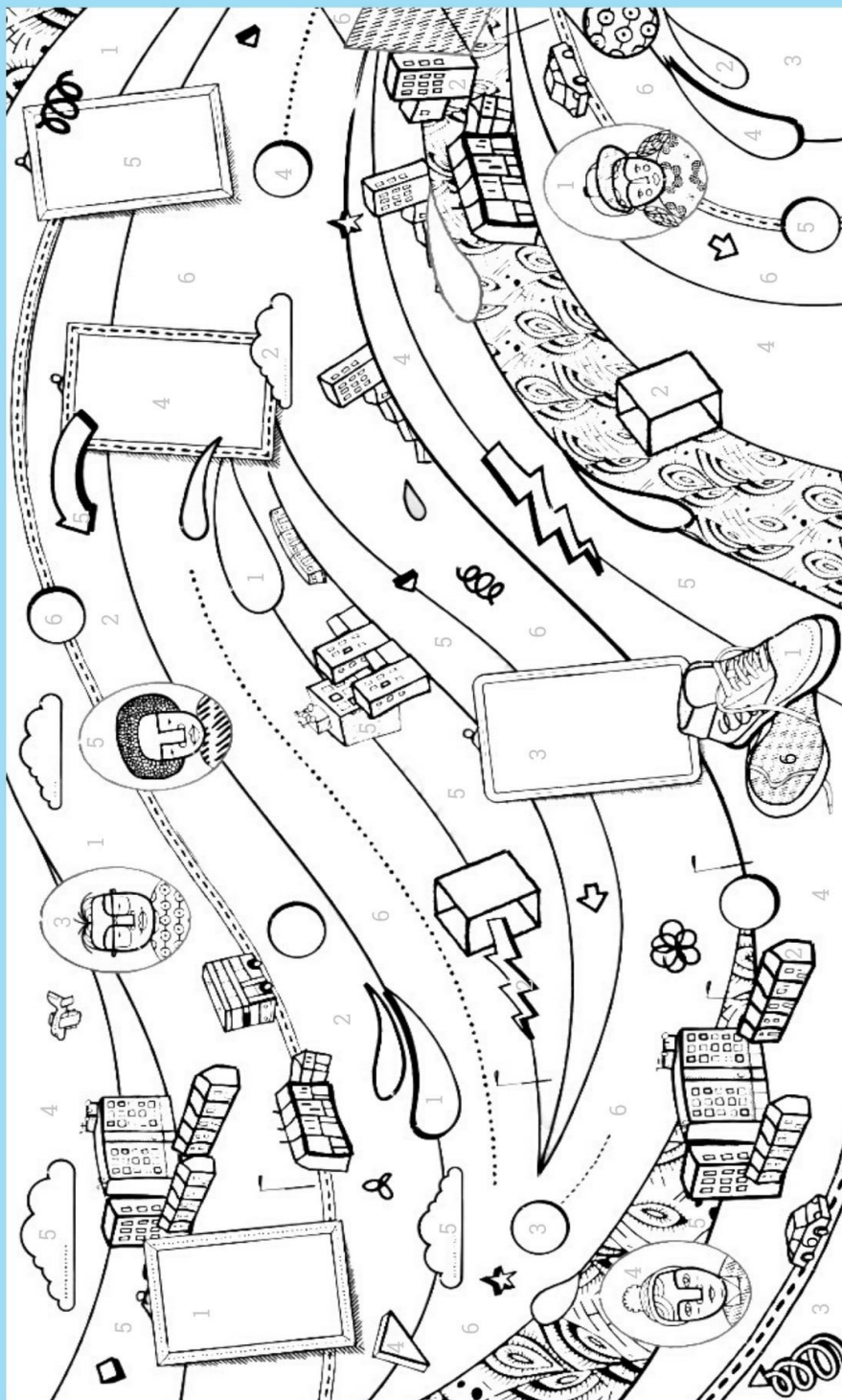
**Ingredients:**  
salted butter (113g)  
whole milk (120ml)  
light brown sugar (200g)  
granulated sugar 200g  
cocoa powder 25g  
creamy peanut butter  
165g

- Prepare two cookie sheets by lining with wax paper and set aside.
- Combine butter, milk, sugars, and cocoa powder in a medium-sized saucepan over low heat.
- Don't bump up the heat to speed up the process or you run the risk of your ingredients not combining properly and your cookies not setting properly.
- Stir ingredients frequently until butter is completely melted (I recommend using a long wooden spoon as a metal spoon can become really hot).
- Increase heat to medium and, stirring constantly, bring to a boil.
- Boil, still stirring constantly, for 1 minute (I recommend using a timer), then remove from heat.
- Continue to stir the mixture for several seconds. Add peanut butter and vanilla extract, stirring until peanut butter is completely combined and melted into the mixture. Add oats and stir until coated in chocolate.
- Drop no bake cookie mixture by approximately 1 ½-2 Tablespoon-sized spoonfuls onto prepared cookie sheet.
- Allow to cool (approximately 20-30 minutes) before serving, the cookies will harden as they cool.

**Makes 22**  
**15 mins prep and 4 minutes cook time**

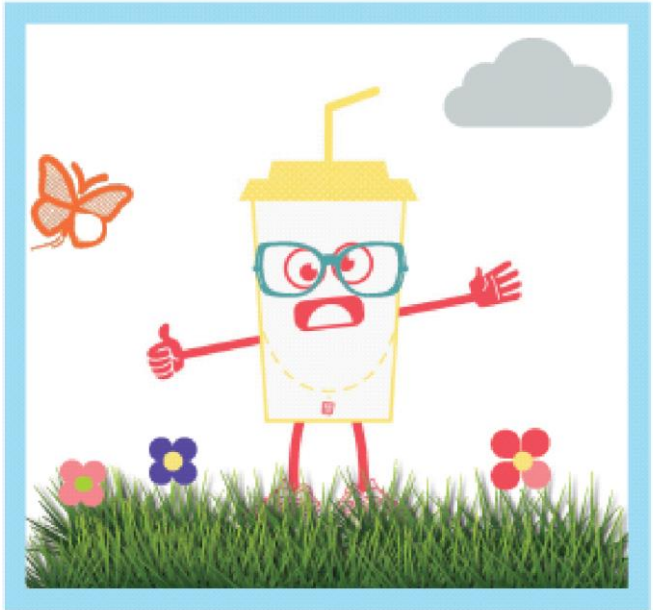
# Colour by Numbers

1.Pink 2.Orange 3.Dark Green 4.Light Green 5.Light Blue 6.Red





Spot the 7 differences





# Sudoku

A Game for Mathematicians

Fill out the blocks so that the numbers one to nine will only appear once in each row, column and 3x3 grid.

Easy

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



Medium

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



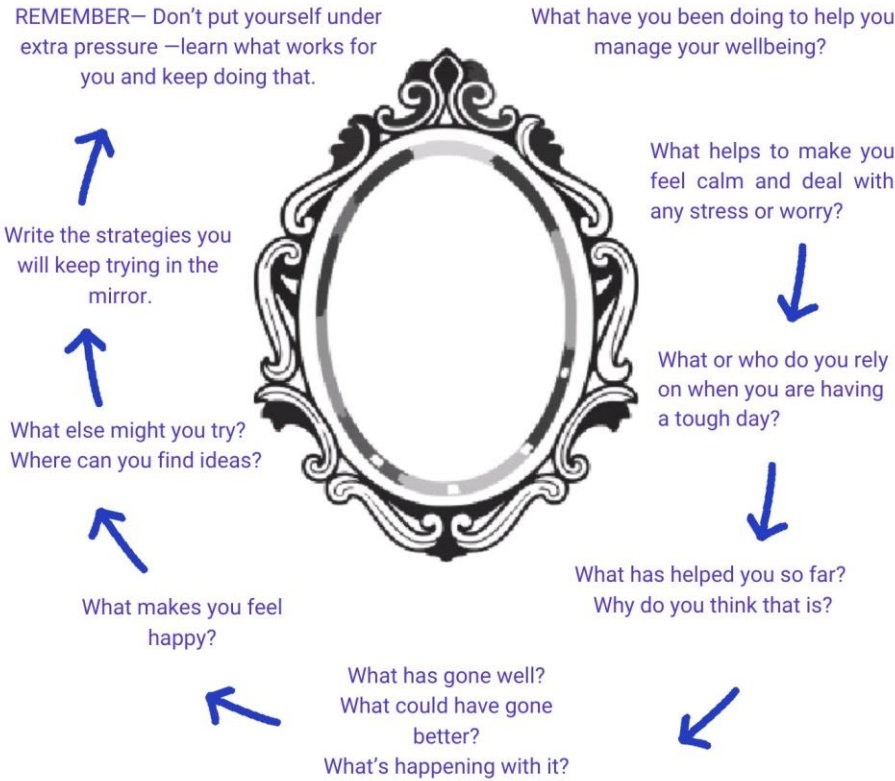
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# Learning From Our Experiences

The situation we are in at the moment is completely new for everyone and we are all having to find ways of managing the changes and emotions. Everyone will find their own ways and what works for one person might not work for another. But we can all learn from our own experience and work out what helps us and what doesn't.

At the heart of being resilient is the ability to learn from the things that happen to us. We can do this by using a mirror to the mind and taking a look at what has worked for us so far.

*Answer the questions honestly and thoughtfully – this is just for you!*





## Family Activities

**Camping in garden or living room** - put up your tent or get some sheets and make a tent and play your favourite board game.

**Play balloon volleyball** - blow up a balloon, put a belt on the floor to divide the room in 2.

**Family storytime** - get a family favourite book and read together. Take turns to read and get in character.

**Family yoga/ exercise** - put on comfortable wear and have a go at some of our exercise plans on pages 18 - 21 or have a look for some exercises on youtube.

**Have a picnic in garden or living room** - make sandwiches (or your alternative favourites), get fruits, snack and drinks. Get a sheet, mat or tablecloth and enjoy a picnic together.

**Baking** - get an adult in your house to get involved and have a go at some of our recipes on page 23, or head over to [www.twinkl.com](http://www.twinkl.com) for more easy recipes.



HEADSTARTWORDSEARCH

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

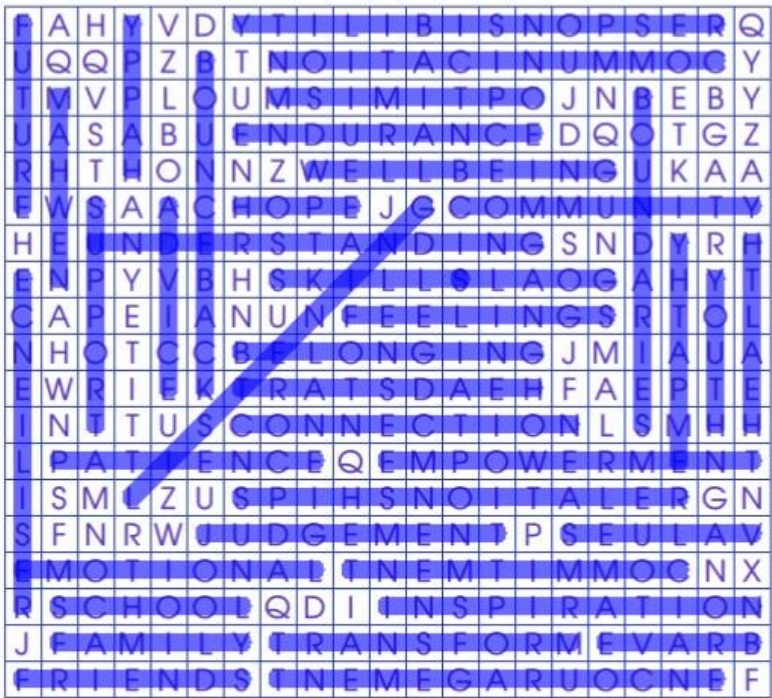
ADVICE	EMPATHY	HEADSTART	RESILIENCE
BELONGING	EMPOWERMENT	HEALTH	RESPONSIBILITY
BOUNCEBACK	ENCOURAGEMENT	HOPE	SCHOOL
BOUNDARIES	ENDURANCE	INSPIRATION	SKILLS
BRAVE	FAMILY	JUDGEMENT	SUPPORT
COMMITMENT	FEELINGS	LISTENING	TRANSFORM
COMMUNICATION	FRIENDS	NEW	UNDERSTANDING
COMMUNITY	FUTURE	OPTIMISM	VALUES
CONNECTION	GOALS	PATIENCE	WELLBEING
EMOTIONAL	HAPPY	RELATIONSHIPS	YOUTH

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HEADSTART WORDSEARCH—SOLUTION





# Sudoku

A Game for Mathematicians

Fill out the blocks so that the numbers one to nine will only appear once in each row, column and 3x3 grid.

Easy  
Answer

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

Medium  
Answer

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



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## Useful Helplines And Resources

[www.wolverhampton.gov.uk/coronavirus-advice-and-information/support-for-families-and-young-people](http://www.wolverhampton.gov.uk/coronavirus-advice-and-information/support-for-families-and-young-people)

### CHILDLINE

0800 1111

<https://www.childline.org.uk/>

National support line helping all children and young people on various topics.

### YOUNG MINDS

<https://youngminds.org.uk/>

Urgent help Text YM to 85258

### PARENTS' HELPLINE

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Call: 0808 802 5544 Mon-Fri from 9.30am to 4pm.

Online form available—3 working days reply

### MIND

<https://www.mind.org.uk/>

Mental health charity

Infoline: 0300 123 3393 9am to 6pm, Monday to Friday (except for bank holidays).

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Text: 86463

<https://www.elefriends.org.uk/>

### THE MIX

[Www.themix.org.uk](http://www.themix.org.uk)

Essential supports for under 25s

Text: THEMIX to 85258 anytime

Call: 0808 808 4994 7 days a week 4pm to 11pm

## How to sign up to kooth

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums service for 10-16 year olds in: **Newham**

Access 365 days a year to counsellors who are available from:  
**12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday**

Or live discussion forum Monday, Wednesday, Friday 7.30-9pm. Topics pages and articles are accessible at any time.

Log on through mobile, laptop and tablet.



[www.kooth.com](http://www.kooth.com)

<p><b>1</b> Click on the <b>Join Kooth</b> button located in the centre of the home page of the Kooth website</p>	<p><b>2</b> Choose from the drop down box the location you are in</p> <p>The place I live is...</p> <p>Choose ▾</p>
<p><b>3</b> Click on the gender you identify with I am...</p> <p>Male Female</p> <p>Agender Gender Fluid</p>	<p><b>4</b> Choose from the drop down box the ethnicity that best fits you</p> <p>My ethnicity is...</p> <p>Choose ▾</p>
<p><b>5</b> Add the month and year you were born</p> <p>I was born in...</p> <p>Year Month</p> <p>Choose ▾ Choose ▾</p>	<p><b>6</b> Create an anonymous username (not your real name) and secure password</p> <p>I would like this username</p> <p>My password will be</p>
<p><b>7</b> Choose from the drop down box to explain where you found out about Kooth</p> <p>Where did you learn about Kooth?</p> <p>Choose ▾</p>	<p><b>8</b> Click on the <b>Create Account</b> button to complete your registration</p>

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click the turquoise "Chat now button"

To write a message to the team, click on the mustard "message the team."

[www.kooth.com](http://www.kooth.com)