



Positivity Pack for High School



Advice & tips to help you feel
more positive about starting
or returning to Secondary
School this September!



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Foundation**

Welcome to your positivity pack!

Introduction

Section 1: Self-care

Section 2: Managing your thoughts

Section 3: Healthy body, healthy mind

Section 4: Useful contacts



Thinking Well, Feeling Well

The last few months haven't been easy for everyone. Lockdown meant that we were unable to see our friends and family, we couldn't go out and have fun like we normally would and we had to deal with the fact that we're living through a global pandemic!

There have been some major and unexpected changes to schools and many of us find change very difficult to cope with. So, whether you're starting high school for the very first time in September or continuing at the same school, we've put together this positivity pack to help you find ways to manage those difficult emotions and look after yourself, both physically and mentally.



Being kind to yourself

Being kind to yourself and looking after your body is very important. You may have heard the term 'self-care', this is what being kind to yourself is all about. It keeps your body healthy and your mind happy.

One way that you can be kind to yourself is by taking some time to relax. Below are some activities that are designed to help you relax. Take a moment to read through them all. Try them out and then circle the ones that helped you the most. Then, when you feel like you want to relax and feel calm, turn back to this page and choose one of your favourite activities to do.

Positive affirmations



Singing



Create a journal



Colouring



Dancing

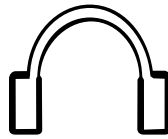
Baking



Reading a book



Listening to music



Gardening

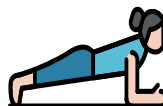


Going for a walk

Playing a musical instrument



Practising yoga



Meditation



Playing card games

I'm kind

I'm worthy

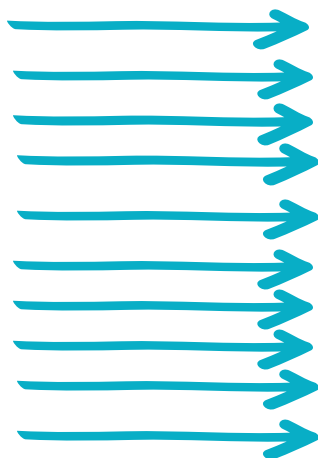
Positive Affirmations

Positive affirmations are statements that are repeated to encourage and uplift the person saying them. The practice of positive thinking can help us to challenge and overcome negative thoughts.

Did you know saying positive affirmations and kind words to yourself boost your confidence and self-esteem? Top athletes use affirmations to help them achieve their goals and improve their performance.

Here is a list of ways to use affirmations. Take a moment to think about what each one means to you. Do any stand out and help you to feel good?

Feeling Scared
Lack of Confidence
Feeling Worried
Exam Nerves
Shyness
Loneliness
Looking after others
Self-love
Making Errors
Achieving a Goal



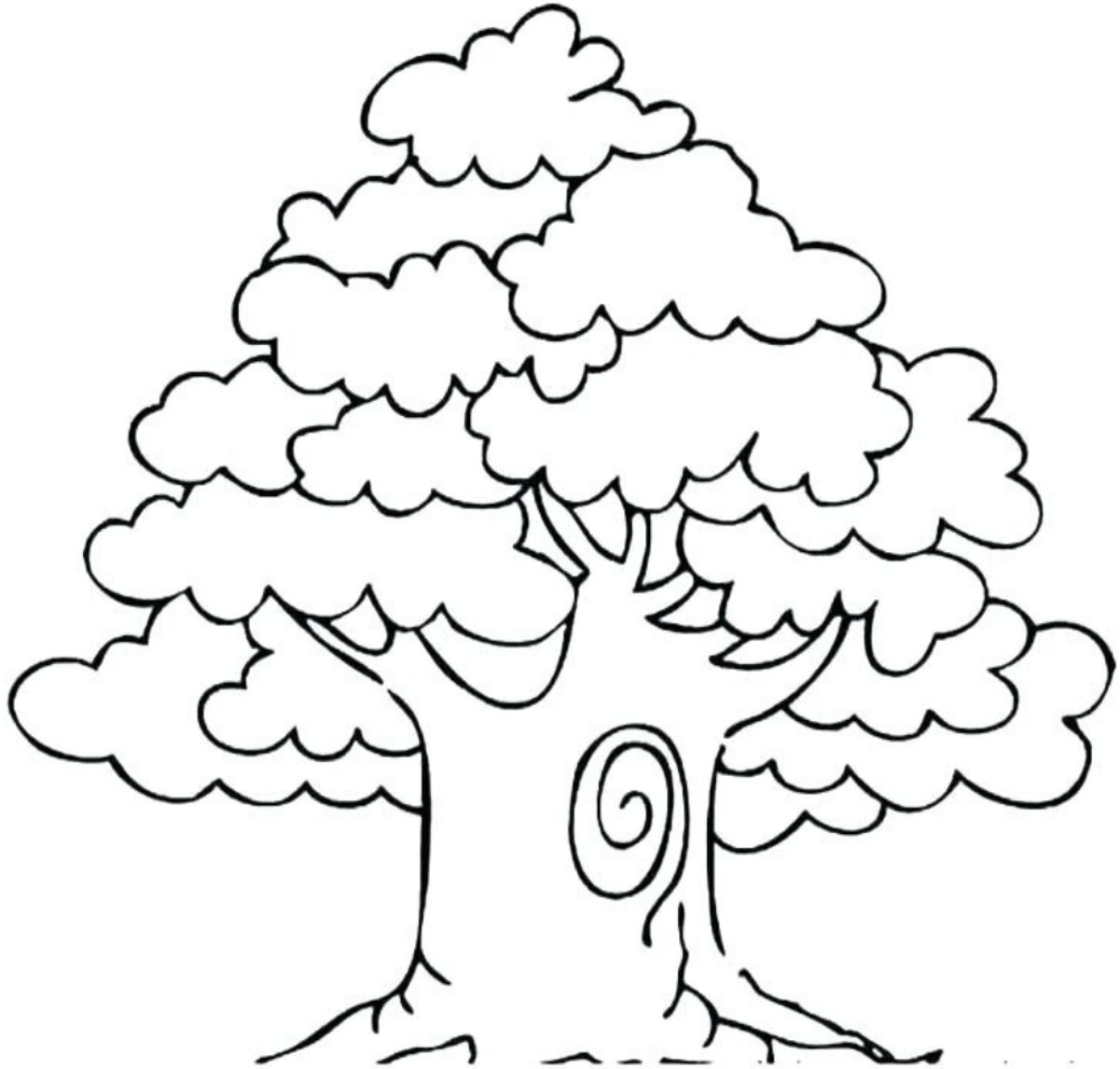
I am courageous
I believe in myself
I can make good decisions
I am in control
I am okay
I am strong
I am kind
I am loved
I learn from my mistakes
I will reach my goals

Write 3 affirmations of your own in the space below and try saying these 3 things to yourself every day. You can practise these in the morning when you wake up or before you go to bed.

Positivi-tree

Most people find it hard to say nice things about themselves, and to give themselves compliments. This activity is designed to help you think about yourself and your positive qualities.

In this activity, you are going to take a few moments to think about all the things you find positive about yourself.



When you have some ideas write them down in the leaves. This is your tree of positivity. A reminder of how great you are and what qualities you have.

Advice from a tree

Connect with your roots

Stay grounded

Keep growing

Enjoy your natural unique beauty

Drink plenty of water

Stand tall

Jar of Happiness



This is the Jar of Happiness

Take a moment to think about everything that makes you happy. Turn to the next page to write your list before putting them in your jar.

The purpose of this Jar is this; If ever you need a boost when you are feeling low, turn to this page and pick out something from your jar that helps you smile and feel happy again.





Managing my thoughts

Sometimes we can find ourselves worrying a lot, with many thoughts and questions going over in our mind. This can happen more during times of change and uncertainty. If you find yourself overthinking and unable to switch off from your thoughts try some of these activities to help you.

1. Ring-fence your thinking

Set yourself an amount of time each day, maybe 15 minutes, where you sit down and think about any worries, questions or concerns. It might also help if you write them down, then you won't need to hold onto them in your mind. You could even make a thoughts jar to put them into. If you find your worries are on your mind when you are trying to do other things, remind yourself that you can think about them later during your set thinking time. "I don't need to think about this now. I will save it for my designated time later"



2. Step out of your head

One of the best ways to stop overthinking is to do some form of exercise. You may like to go for a walk or a run or go on a bike ride. Maybe you like to dance or play football. Exercise can help you to release any stress, anger or tension and can help you to feel refreshed. 20-30 minutes exercise per day will help your mind and body feel better!



5,4,3,2,1 Grounding technique



5

things you can see around you



4

things you can touch/feel around you



3

things you can hear around you



2

things you can smell around you



1

thing you can taste

These five simple steps will help take you out of your head and help you ground yourself in the NOW, instead of worrying about the past or future.

Deep breathing

Breathing calms your nervous system and helps you to feel better. This is a great technique to use if you are feeling worried, anxious or stressed.



Start by sitting comfortably, visualise a forest. You can see tall pine trees and a forest path. Notice how the trees move in the breeze. The sun is shining and you feel the warm rays on your face. Visualise walking along the forest path. Notice the birds, they are singing and hopping along the branches of the trees. As you look down, notice the flowers on the ground, their bright yellow and pink petals. You see bees buzzing from one flower to another. Notice the pine cones on the ground and capture their scent. You can hear water trickling. You see a rock next to a stream. Visualise yourself walking over to the rock and sit in the middle, notice how cool it feels. Feel the cool water of the stream as you dangle your feet in and swish them around. Pause, and breathe in all that is around you.

Take a deep breath in through your nose and as you breathe out say "Haaaaaaa" then breathe in through your nose again. Fill your body up with air and hold for 2 counts. Next, breathe out through your mouth saying "Haaaaaaa" practise this breath 3 more times.



Calming our minds and our bodies after a busy day at school can help you to focus. Removing any worries that you have had in the day, gives you time to look after yourself. Know that you can return to the forest and sit on the rock whenever you need to take a deep breath and feel calm.

Self-esteem sentence starters

Writing down your thoughts and feelings can help you to discover any personal issues that are affecting your self-esteem. Doing this exercise on a regular basis will make it more effective as you will be able to look over what you have written down.

This will help you recognise positive changes in your responses over time. Answering these questions can give you helpful insight into yourself, what makes you happy and what things you are currently struggling with. When you are exploring your thoughts and feelings it might help you to share them with someone you trust, such as a parent or good friend. Set aside 5-10 minutes a few times a week to complete these sentences.

Today I would enjoy doing _____

I often look forward to _____

Sometimes I am afraid of _____

I get my strength from _____

It made me feel happy when _____

One person I can rely on is _____

I would never _____

I find it hard to _____

One of my long term hopes/dreams is _____

It makes me angry when _____

I love it when _____

I sometimes worry that _____

I find it hard to admit _____

This week is going to be _____

I feel calm when _____

Mood tracker

This activity can be used to help you track how you are feeling and what your mood is like on a daily basis.

Below is a list of moods. Take a moment to read through them all. Next, think of a colour that you feel reflects each mood.

Each mood has an empty box next to it, once you have chosen the colour which reflects that mood, colour the box in.

☐

Happy

☐

Worried

☐

Sad

☐

Bored

☐

Angry

☐

Nervous

☐

Excited

☐

Uncertain

☐

Scared

☐

Positive

☐

Proud

☐

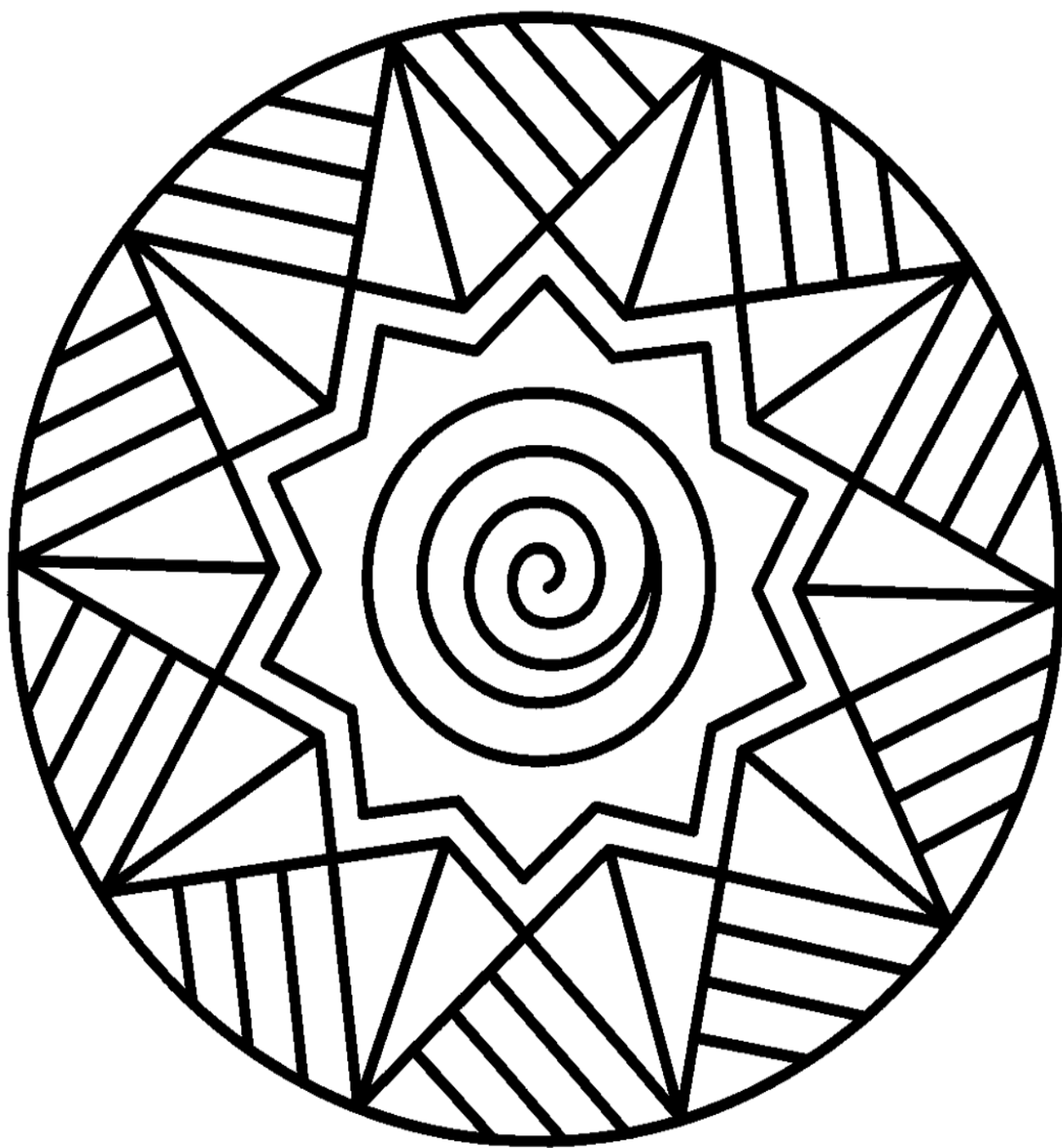
Tired

Now you can track your mood each day by filling in a section of the image with the mood colour you are feeling that day. Feel free to add your own moods/emotions to the list as you go on.

Count up the total sections of each colour to find out what mood you feel the most and write it down here _____

Remember, no matter how you are feeling, there are always ways to help you feel better.

The next page is your image to colour in!



Re-connecting with positive feelings

Sometimes when we are feeling a bit low or anxious it can be helpful to re-connect with positive feelings

Think of a time you felt one of the feelings below:

Happy, Peaceful, Excited, Energised, Calm, Creative, Relaxed, Amused, Proud

Now think, what could you do today to feel this way again?

For example, going for a walk or bike ride may help you feel energised. Gentle breathing exercises may help you feel calm. Mindful colouring may help you feel more peaceful.



Gratitude

Gratitude can help people to feel more positive emotions and is associated with greater happiness. New research is starting to explore how gratitude works to improve our mental health. Gratitude can release us from toxic emotions and can have lasting effects on the brain. It can also improve relationships and problem solving.

The effects of practicing gratitude takes time. Why not start September by completing this gratitude calendar. At the end of each day write down one thing you are grateful for. We can be grateful for all things big and small. For example, you may feel grateful for spending time with a good friend or simply observing a bee on a flower in your garden!

Find your gratitude calendar on the next page!

September

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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			



Healthy Eating & Exercise



Our physical health affects our mental health. So to stay positive, we need to make sure we're living a healthy lifestyle as much as possible. This includes eating well, exercising well and sleeping well.

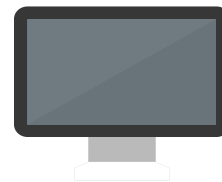
Healthy habits



Eat healthy foods



Drink plenty of water



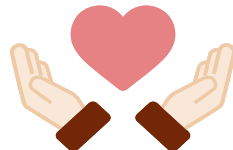
Limit screen time



Be active for at least an hour a day



Brush your teeth and gums twice a day



Be kind to yourself and others



Wash your hands regularly



Get plenty of sleep



Only eat junk food and sweets on occasion



Have a bath or a shower every day

Fun & healthy recipes to try



Getting a good breakfast is an important part of a healthy diet and fuels us for the day ahead! Why not try some of these quick & easy breakfast ideas:

Crunchy Monkey Breakfast Sundaes



1. Choose your favourite cereals such as: Porridge oats, granola, corn flakes, rice crispies
2. Layer the cereal between yogurt & fresh, frozen or tinned fruits
3. Tuck in & enjoy!



Banana Bites



1. Mash the banana and mix with the oats and fruit.
2. Form the mixture into small bite size pieces – adding more oats if needed.
3. Place bites on a lightly greased baking tray and cook for 10-15 mins at 180°C/Gas Mark 4, until firm.



Ingredients

½ ripe banana
3 tablespoons of rolled oats
1 tablespoon of raisins
1 tablespoon of dried apricots (finely chopped)

...And for those after school snacks!



Healthy Chips & Dips

1. Drain and rinse the beans
2. Tip into a food processor with the feta, lemon juice and garlic and blend until smooth
3. Add dill, mint or chives and season with black pepper.

Ingredients

- 400g can cannellini beans
- 200g feta cheese
- 2tbsp lemon juice
- 1/2 garlic clove, crushed
- 1tbsp of chopped dill, mint or chives
- Option: You can add some natural yogurt for a smoother consistency

For the tortilla chips:

1. Lightly brush a tortilla wrap with olive oil and sprinkle with paprika, chilli flakes or garlic granules (you can leave them plain if you prefer)
2. Cut or tear the tortilla wrap into triangular pieces
3. Bake for approx 5 minutes until golden and crisp



Pitta Pockets

1. Cut your pitta in half and open up the 'pocket' – this may work better if the pitta has been warmed up in the microwave for 10 seconds first.
2. Add desired fillings to the pockets.
3. Toast or grill the pitta until the cheese has melted.

- 1 pitta bread
- Approx. 3 tablespoons of grated cheese
- 1 carrot (peeled and grated)
- 1-2 spring onions (finely chopped)
- A handful of fresh spinach (optional)

Thank you for reading, we wish you all the best for your return to high school!



Healthbox CIC offer a counselling and emotional support programme for children and young people up to the age of 25 in rural West Cheshire funded by the Westminster Foundation

To access our support, speak to a teacher, your GP or contact us direct at info@healthboxcic.com

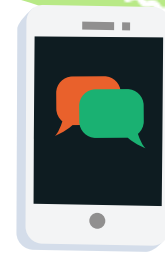


For anymore information & help with other wellbeing services, please visit our website: www.healthboxcic.com or email info@healthboxcic.com



Sarah is a yoga & mindfulness teacher for children & teenagers. For more information visit her website: www.sarahsyogawarriors.com or email: sarahsyogawarriors@gmail.com

In need of further support?



If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer, or a trusted adult such as your form tutor. Your form tutor may be able to connect you to a counsellor working in your school.

If you aren't able to talk to a trusted adult, you may find the below organisations can help:

HEALTHBOX

Healthbox

Email:
info@healthboxcic.com

childline

Childline

Call: 0800 1111
Chat online or
send an email

POLICE.UK

Emergency
services

Call: 999

SAMARITANS

Samaritans

Call: 116 123
Email or write
to them

shout

for support in a crisis

Shout

If you're in a crisis,
get 24/7 help from
a crisis volunteer.
Text 85258

Don't suffer in silence, there will always be someone willing to listen & help you, whatever the issue is.

HEALTHBOX


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