The Charlie Waller Memorial Trust
Depression – let's get talking

CWMT Wellbeing challenge 2020

Primary school pack



CWMT Wellbeing challenge 2020

Welcome

Thank you for signing up to take part in the Charlie Waller Memorial Trust's Wellbeing Challenge 2020.

This is an interactive challenge that we usually send out to schools but we have adapted it for parents to do at home with their children. The idea is to encourage young people to think positively about their mental health; it's based around the 'Five Ways to Mental Wellbeing'.

The main aim is to complete at least one wellbeing activity for each of the five ways during this three-week period, and document it by sending us a photo of the activity in progress. We have given you lots of ideas to help you out but you are welcome to do your own activities too. Obviously you can do much more than just one per 'way' if you are enjoying it!

The challenge is only for three weeks, but we hope that you enjoy some of the activities so much that you might start to include them in your everyday life.

If you are viewing this online and do not have access to a printer please do get in touch and we can post out a pack to you.

Five ways to mental wellbeing

Connect – 'connect' with people you know: family, friends and neighbours. Spend time developing these relationships but remember to keep to the Government guidelines on social distancing.

Be active – take a walk, jog or cycle or find another activity that you enjoy while also keeping to the Government guidelines on social distancing.

Keep learning – learning new skills can give you a sense of achievement and increased confidence.

Give – even the smallest act can count, whether it's a smile, a thank-you or a kind word.

Take notice – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

The prize

Sharky and George have very kindly donated a superhero activity pack for two. For runners-up there'll be Sharky and George activity books or a 'Smile and pass it on' T-shirt from the lovely people at Boden. Everyone taking part and completing our entry form will also receive our Five Ways to Mental Wellbeing window stickers.

Boden



SHARKY & GEORGE





Timings

The challenge will run from Monday 4th to Sunday 24th May.

Submit your five best photos (one for each for the five ways) by uploading them to the entry form via the link below. **Closing date for entries is Monday 25th May.**

Our judging panel will then consider all entries and announce the winners the following week.

How to enter the competition in three easy steps:

1. Have a look through the activity ideas for each of the five steps to mental wellbeing and plan when/where/how you will do them.
2. Take photos of the activity in progress or of the finished items if you've made something.
3. Submit your five best photos, with descriptions – one for each of your five activities, by Monday 25th May using the link below:

Submit your photos here

Social media

We would love to create a bit of a buzz about the challenge and encourage as many people as possible to take part. If you are able to post photos on social media, we would love to see them and share any that you are happy for us to.

You can follow us on either Facebook, Instagram or Twitter and please tag us using the hashtag #wellbeingchallenge20.

Charlie Waller Memorial Trust **@CharlieWallerUK** **@CharlieWTrust**

Judging criteria and terms

We will be looking for originality, creativity, and enthusiasm so let your imagination go wild!

It's important that your photos clearly show your children doing or having done a wellbeing activity relating to one of the five ways.

When completing the form you must explain the activities that are happening in the photos.

You must upload at least one image for each of the five steps to mental wellbeing (therefore a minimum of five photos to qualify).

Please be aware that the photos do not have to be of the children if you are not comfortable in doing that. We will happily accept photos of the finished outcome of each activity or photos where you cannot identify the child/children.

We will accept only one entry per age group, per household.

We will announce the winner during the week of Ist June via email and on social media.

We very much welcome international entries to the competition but would ask that you make a contribution towards the postage costs if you were to win one of the prizes.

Our judging decision is final.

CWMT Wellbeing challenge 2020

Progress chart



Name	Connect	Be active	Keep learning	Give	Take notice

Badge cut-outs

Every time you complete one of the five ways to wellbeing cut out a badge and stick it to your chart. See how many you can get!!



Lots of little badges for those of you who just can't stop doing challenges







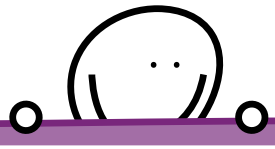




Some bigger badges for those of you who just do one thing amazingly!

Connect

Connections with other people help strengthen our sense of self-worth, and feelings of being loved and valued. They also offer a sense of perspective and a distraction from getting stuck in negative thoughts. They help us feel less lonely, which is very important, as studies have shown that loneliness may be linked to depression, sleep problems and other wellbeing issues.



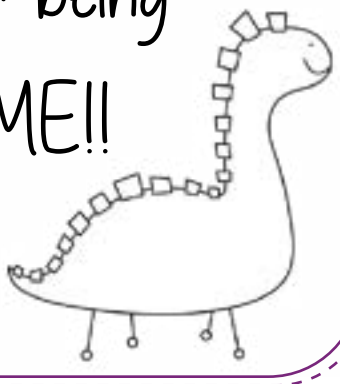
- [ ] Write happiness cards that promote wellbeing, friendship, tolerance and empathy; post them through a neighbour's door, give to a shop worker if you are out shopping, to a delivery person or make them poster sized and stick them in your front window for passers-by to see. See **page 7** for some templates.
- [ ] Think about someone who might be lonely at this time and send happy mail to cheer them up. This could be a picture, a poem, a letter etc. and can either be sent in the post, emailed or posted on social media for them to see.
- [ ] If you are old enough, read a book to a younger child or a grandparent – this could even be done via video call.
- [ ] Make a playlist of your favourite songs and share it with your friends.
- [ ] Make up a joke and try it out on your friends and family.
- [ ] If you like cooking, share the recipe for your favourite creation with someone.
- [ ] Find out something about your parents or grandparents that you didn't already know. You could ask some of these questions:
  - Where did they go to school?
  - Where was their first job?
  - Where did they live when you were first born?
  - What did they do for fun when they were your age?
  - When they were your age, what job did they want to do?
- [ ] Create your close family tree. Why not make it into a poster and make it look pretty.
- [ ] Invent your own secret code and write messages to your friends.



Happiness cards

Write happiness cards that promote wellbeing, friendship, tolerance and empathy; post them through a neighbour's door, give to a shop worker or a delivery driver or make them poster sized and stick them in your front window for passers-by to see. You can use our ones and colour them in or make your own! We've left one blank for you to write your own message.

Thanks for being ROARSOME!!





Here's a virtual **HUG** from me to you

Thank you for everything you are doing

You **super trooper** you



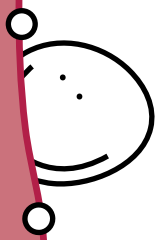
You're amazing

Be active

Exercise is good for our mental health; indeed the NHS recommends regular, enjoyable exercise as an effective treatment for depression. For children and young people aged 5 to 18 the NHS recommends an average of at least 60 minutes of moderate intensity physical activity a day, including some aerobic exercise and some that strengthens muscles and bones.



- [ ] Do a scavenger hunt. See **page 9** for our indoor and outdoor hunts for you to try.
- [ ] Create an obstacle course in your garden or round your house. Time how long it takes you and see if you can get quicker the more times you complete it. See **page 10** for our ideas on what you can include.
- [ ] Help your local community - on one of your permitted walks, put on some gloves, take a plastic bag and pick up any litter you see (maybe have a competition amongst your friends to see who can pick up the most).
- [ ] Practice standing on one leg whilst you're brushing you teeth (can you do it without putting your foot down?).
- [ ] Help round the house - when the laundry is all clean, take one item at a time from the dryer or washing line, take it to the room where it belongs and put it away. If you have to go upstairs you should be puffed out by the end of this one!!
- [ ] Walk backwards for 5 minutes (carefully!)
- [ ] Have a good stretch – reach up to the ceiling and see how close you can get to touching it!
- [ ] Put on your favourite music and dance for 10 minutes.
- [ ] Try making a giant picture on the floor from household items – 'Art Attack' style (remember to tidy up afterwards!).
- [ ] Take on the 'Stair Climb Challenge' and see if you can climb the equivalent height of a local tall building or hill. You could make a family scoreboard for some healthy competition. If you don't have stairs you could measure out a distance instead.
- [ ] Play animal races (hop like a bunny, slither like a snake, waddle like a duck, and so on).



Scavenger hunts

One for a sunny day outdoors and one for a rainy day indoors. They include things you can pick up as well as things you will see.

Outdoor scavenger hunt

- [ ] A feather
- [ ] A jogger
- [ ] A pinecone
- [ ] Three kinds of leaves
- [ ] Something that smells nice
- [ ] A weed
- [ ] Something yellow
- [ ] A crack in the pavement
- [ ] A bug
- [ ] Something round
- [ ] A daisy
- [ ] A 'Y' shaped twig
- [ ] Someone on a bike
- [ ] A spider web
- [ ] A berry
- [ ] A round road sign
- [ ] A butterfly
- [ ] A wooden bench
- [ ] A post box
- [ ] A worm

Indoor scavenger hunt

- [ ] A fork
- [ ] A brown crayon or pencil
- [ ] Something that has a nose
- [ ] A key
- [ ] Something with your name on
- [ ] A mixing bowl
- [ ] A sock with yellow on it
- [ ] A hard back book
- [ ] Something that has wheels
- [ ] A tissue
- [ ] A ruler
- [ ] Something fluffy
- [ ] A red lego brick
- [ ] A dice
- [ ] A penny
- [ ] Something round
- [ ] A hat
- [ ] A hairband
- [ ] A playing card
- [ ] Something orange

Obstacle course

Try out a few of these ideas for creating an obstacle course inside or out!

Throw balls of socks into a bin from a set distance



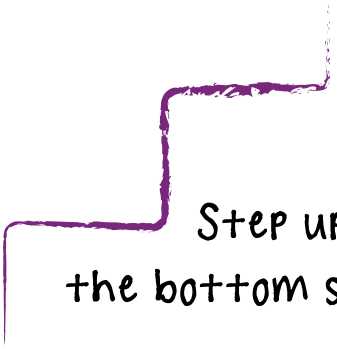
Set up 'stations' of different exercises:

- 10 burpees
- 5 press ups
- 15 star jumps

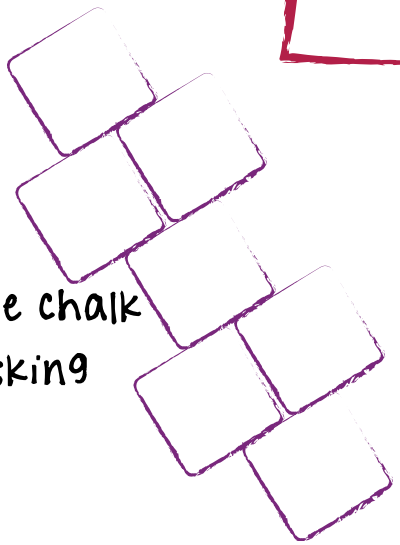
Circle round and round a chair 5 times



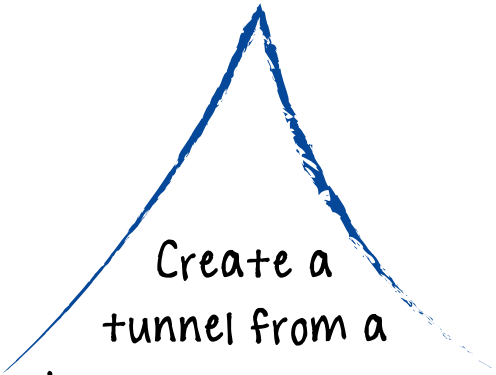
Use a pillowcase to hop along a set distance



Step ups on the bottom stair



Create a hop scotch grid (use chalk outside or masking tape inside)



Create a tunnel from a duvet cover to crawl under

Keep learning

Learning things, developing new skills and achieving goals can help boost self-esteem and give a sense of purpose. Active minds are more resilient to intrusive negative thoughts. Learning can also be fun!

- [ ] Build a tower as high as you can with items you find round the house. How many items did you use? How tall was your tower?
- [ ] Recreate a scene from your favourite movie or book. Why not film it too?
- [ ] Do a quiz with your friends via video call. See **page 12** for our example quiz for you to try.
- [ ] Try and think of an animal that begins with each letter of the alphabet.
- [ ] Do a wordsearch. See **page 13** for our positive search.
- [ ] Find out what a limerick is and try to write your own.
- [ ] Make up a tune that you can sing your times tables to and practice it lots!
- [ ] Find out the meaning of your name (and your families' names too).
- [ ] Discover a really long word and find out what it means. Why not try and get it into a conversation!
- [ ] Write down as many colours as you can - how many of them can you see from where you are sitting?
- [ ] Design and make your own board game and play it with your family.
- [ ] Learn 1-10 in Italian:

1 – **uno** *(oo-no)*
2 – **due** *(doo-eh)*
3 – **tre** *(tray)*
4 – **quattro** *(kwa-trow)*
5 – **cinque** *(ching-kwe)*
6 – **sei** *(say)*
7 – **sette** *(set-eh)*
8 – **otto** *(o-toh)*
9 – **nove** *(nor-veh)*
10 – **dieci** *(di-etch-ee)*

Let's get quizzical

Get your friends together and host a virtual quiz via video chat. Ask one of the parents to be your quiz master and think of a suitable prize for the winners. Here are some questions you could use or you can create your own. You will find the answers to this quiz on **page 23.**

Round one - Numbers

1. How many sides does a hexagon have?
2. How many strings does a violin have?
3. How many years are there in a millennium?
4. How many holes are there in a standard ten pin bowling ball?
5. How many pockets does a snooker table have?
6. How many hours are there in 3 days?

Round two - General knowledge

1. What is the largest brass instrument in an orchestra?
2. In which country would you find the Pyramids?
3. What is H2O commonly known as?
4. What is the name of the invisible line that runs round the middle of the earth?
5. Which is the largest planet in the solar system?
6. What are the three primary colours?

Round three - Films

1. What is the name of the Snowman in the film 'Frozen'?
2. What sort of animal is the video game character 'Sonic'?
3. In 'The Jungle Book' what kind of animal is 'Baloo'?
4. What magical item does Aladdin use to fly on?
5. What is the name of Harry Potter's pet owl?
6. Pongo and Perdita appear in which animal film?

Round four - Animals

1. What sort of creature is a 'dingo'?
2. What is the name given to an animal that only eats plants?
3. What colour is a giraffe's tongue?
4. What food makes up nearly all of a giant panda's diet?
5. What is the largest type of 'big cat' in the world?
6. What is the fastest land animal in the world?

Wellbeing wordsearch

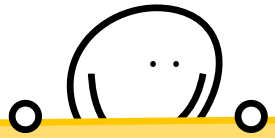
Find all ten positive words below in the letter grid. The words are all forwards and are either vertical or horizontal. Can you find any other random words in there too? (You can find the solution on **page 23**).

Happy	Connect
Wellbeing	Active
Friends	Give
Family	Notice
Kindness	Learn

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

Give

As humans, we thrive on doing something positive for the world around us. It can be incredibly uplifting and bring a sense of hope, value and purpose.



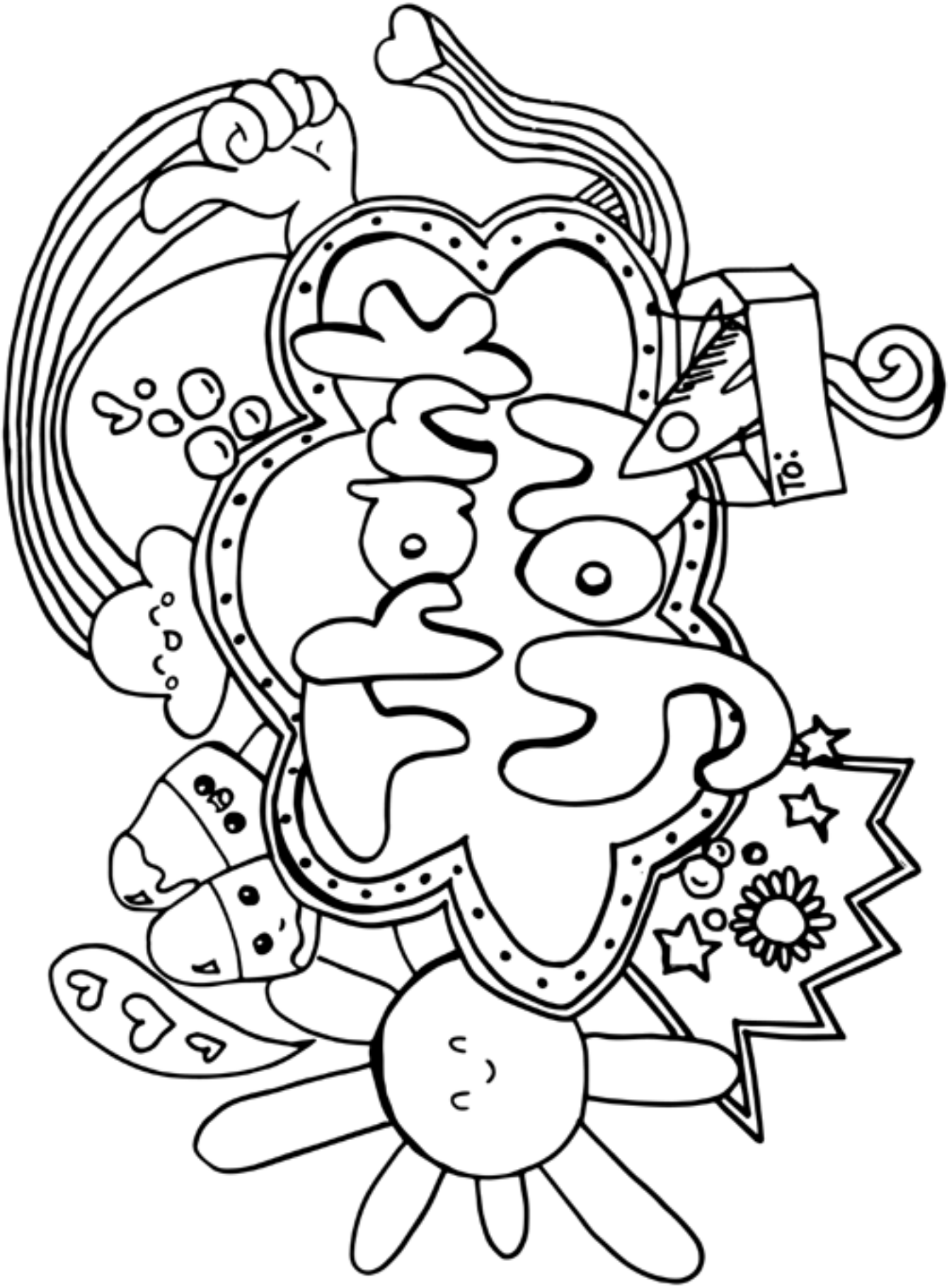
- [ ] Do three random acts of kindness in one day.
- [ ] Hand write a note thanking someone and ask an adult to post a photo of it online. That way you can share the love and let them know how much you appreciate them.
- [ ] Draw a thank you picture for your bin collection team and put it on your bin when it is time for them to be collected. You can either draw your own or see **page 15** for our template for you to colour in.
- [ ] Find a funny fact and pass it on to make someone's day. Did you know that kangaroos can't walk backwards??
- [ ] Remember to clap for the NHS and key workers every Thursday to show appreciation for all their hard work.
- [ ] Make a 'bunch of flowers' and leave them on the doorstep of someone you know. See **page 16 and 17** for our template and instructions for a paper flower.
- [ ] Give some love to your postie and leave a thank you note by your letter box.
- [ ] Give a compliment to everyone in your house today.
- [ ] Do a chore around the house that someone else might usually do.
- [ ] Send a postcard to someone you haven't seen in person for a while.
- [ ] Give back to the planet and find a way to re-use one item this week. Maybe you could turn an empty bottle into a bird feeder or plant holder or cut up empty toilet rolls and make a marble run?
- [ ] Give your time and ask someone how you can help them today.
- [ ] Learn something new and share it with a friend. It can something as small as a new word or a new game.



CWMT Wellbeing challenge 2020

Thank you!

Say thank you to your bin collectors or postie by colouring in this poster and putting it up where they will see it.

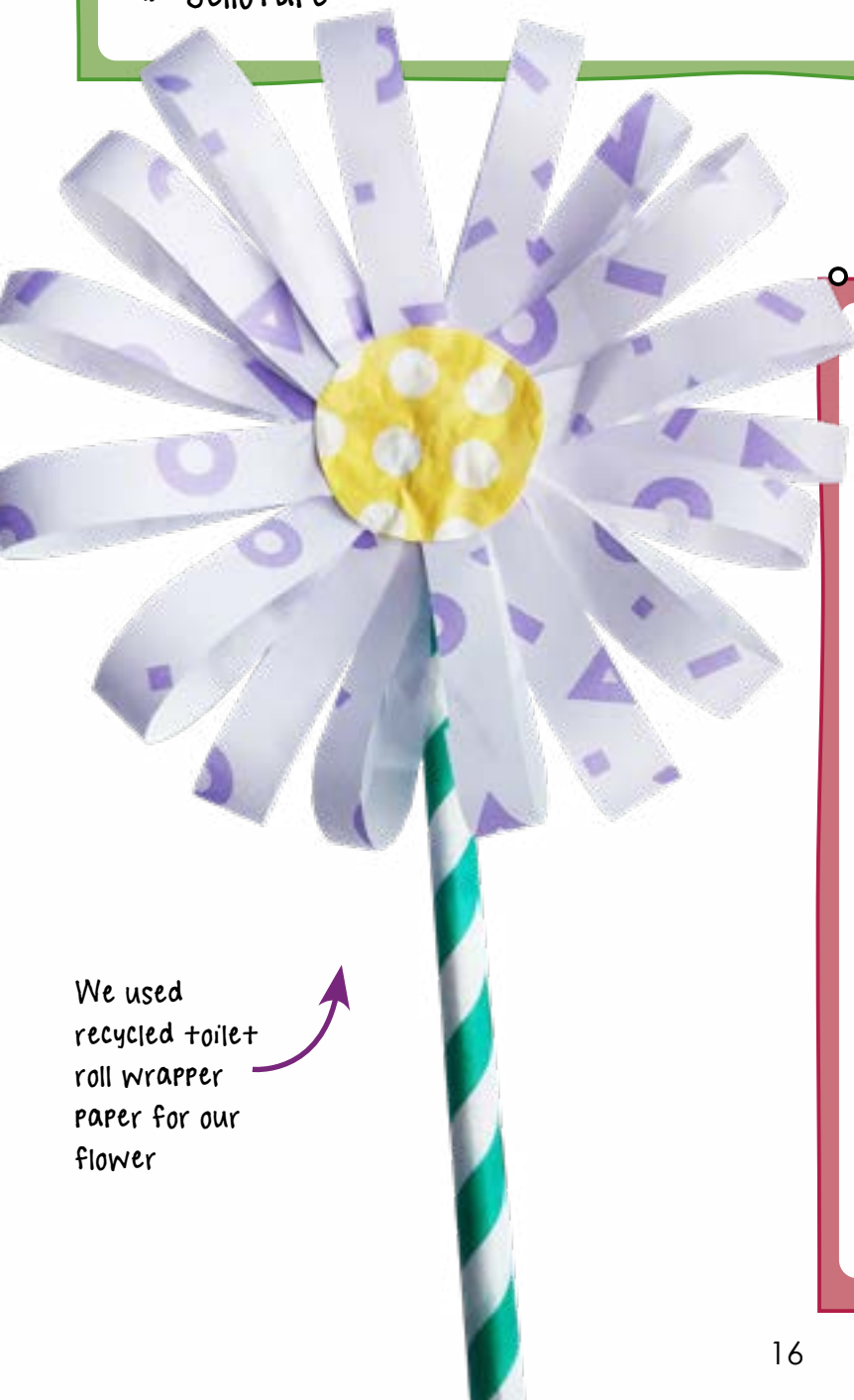


Paper flowers

Follow our instructions below to create these lovely flowers. Why not make a bunch of them and leave them on a neighbour's doorstep to cheer them up.

You will need:

* The 'cut out' print on the next page
* Scissors
* Colouring pencils or pens
* Glue
* Sellotape



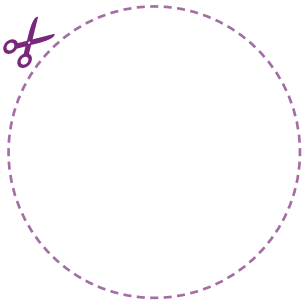
We used recycled toilet roll wrapper paper for our flower

Instructions

* Colour in the shapes on the next page and then cut them all out.
* Fold over each petal strip into a loop and glue the ends together.
* Then glue each petal to the back of the round circle.
* To make the stem roll up the cut out into a tube and glue (you could also use a straw for the stem instead).
* Stick the stem to the back of the flower with the Sellotape and your flower is finished.
* Why not make a few in different colours. You could use coloured paper instead of colouring in or recycle some other pretty paper.

Flower cut-outs

Flower centre - colour in and cut out.



Flower petals - colour in and cut out each strip. You can do it all one colour, lots of different coloured strips or even a pattern.

Flower stem - colour in and cut out. You can do it all one colour or a pattern.

Take notice

Paying more attention to your surroundings can help keep your mind grounded and stop it getting carried off by spiralling uncontrolled thoughts and worries. Focusing on the here and now can be a powerful way to help deal with anxiety.

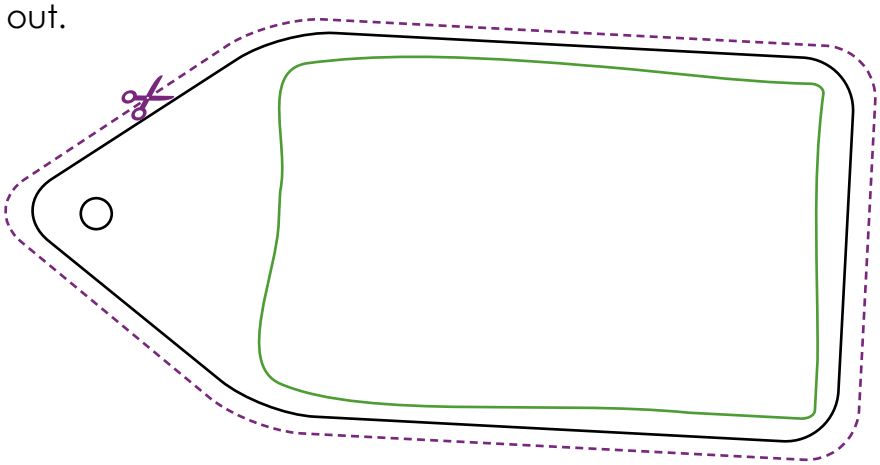


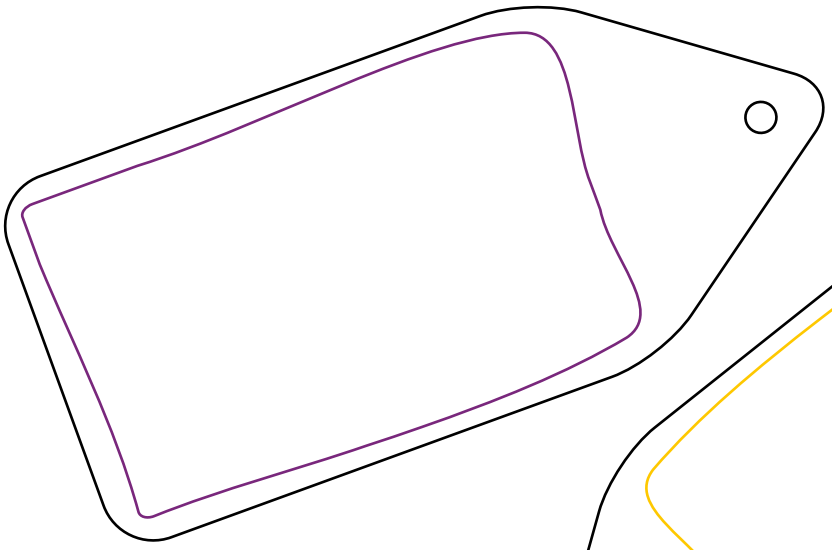
- [ ] Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. See **page 19** for some templates for you to write on and cut out.
- [ ] Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar. That way you'll have some positive memories to look back on at this strange time.
- [ ] Blow bubbles and watch how they move, their colours etc.
- [ ] On your permitted walk outside, look to see what animals or creatures you can spot – don't forget to look down as well as forward and up!
- [ ] Take notice of how you are feeling. Let your family know by using our 'feelings chart' on **page 20**.
- [ ] Look up to the sky and find funny shapes in the clouds.
- [ ] Take some quiet time out and do some colouring in. See **pages 21 and 22** for our very own colouring pages.
- [ ] Stop for a few minutes and really concenrate on listening to the birds sing (download a British birdsong app to help you identify the different calls).
- [ ] Try a blindfolded taste test of various foods from your kitchen cupboards – really concentrate on the different flavours and textures.
- [ ] Take a moment to study your reflection and try to find three things that are similar and three things that are different to a friend or family member.
- [ ] Try to notice one thing that makes you feel excited and one thing that makes feel calm and relaxed.
- [ ] Do our 'wellbeing' scavenger hunt on **page 23.**

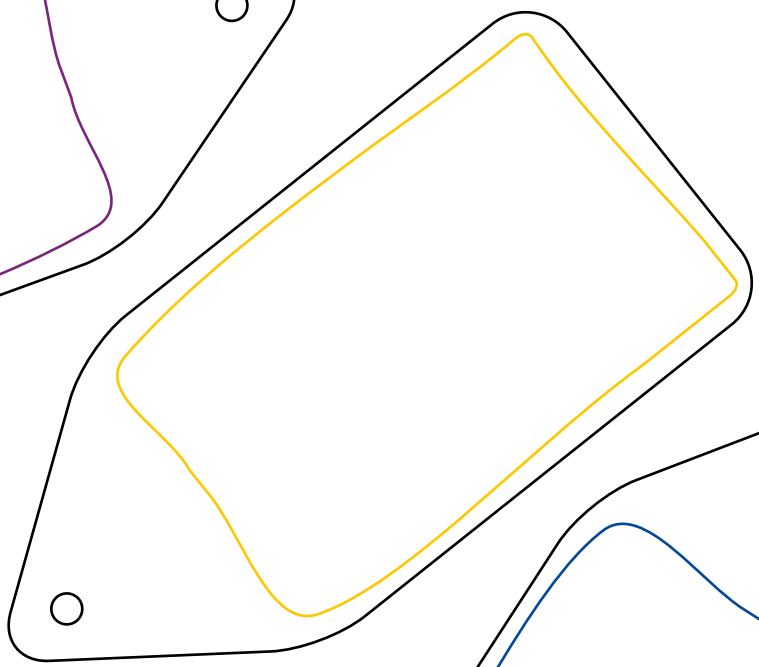


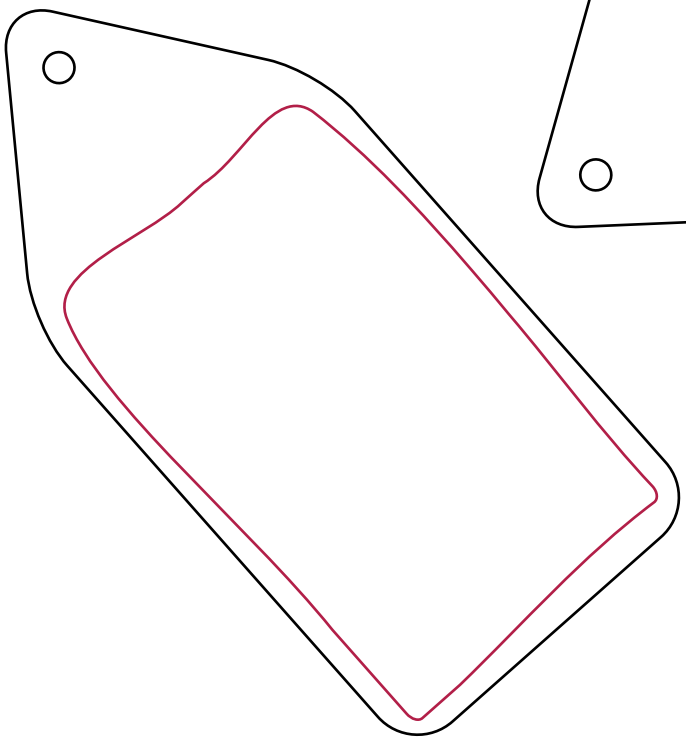
Gratitude tree

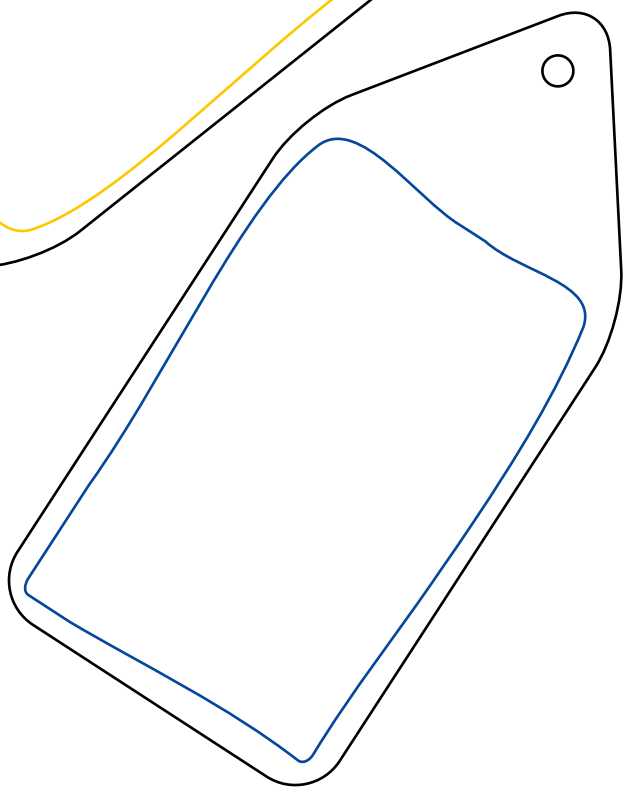
Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. We have provided you with some templates below for you to write on and cut out.







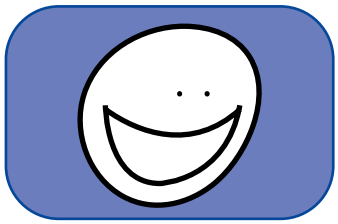
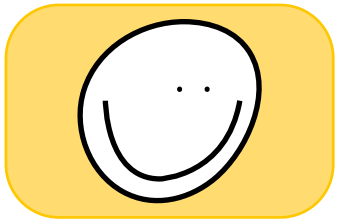
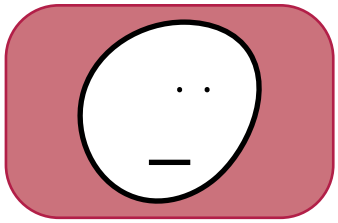
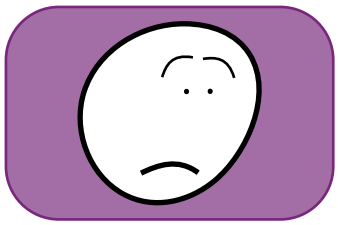
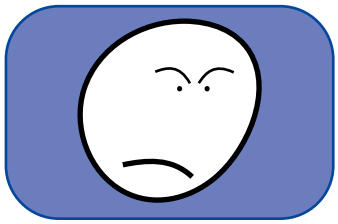




Feelings chart

Sometimes it's easier to show how you are feeling by a picture rather than words, so we suggest that you put a chart like this one up where everyone in your family can see and all take time out in the day to update it. Our chart is just a suggestion - why not create your own? Please see our note on **page 23** for advice if you need to talk to your child about their feelings.

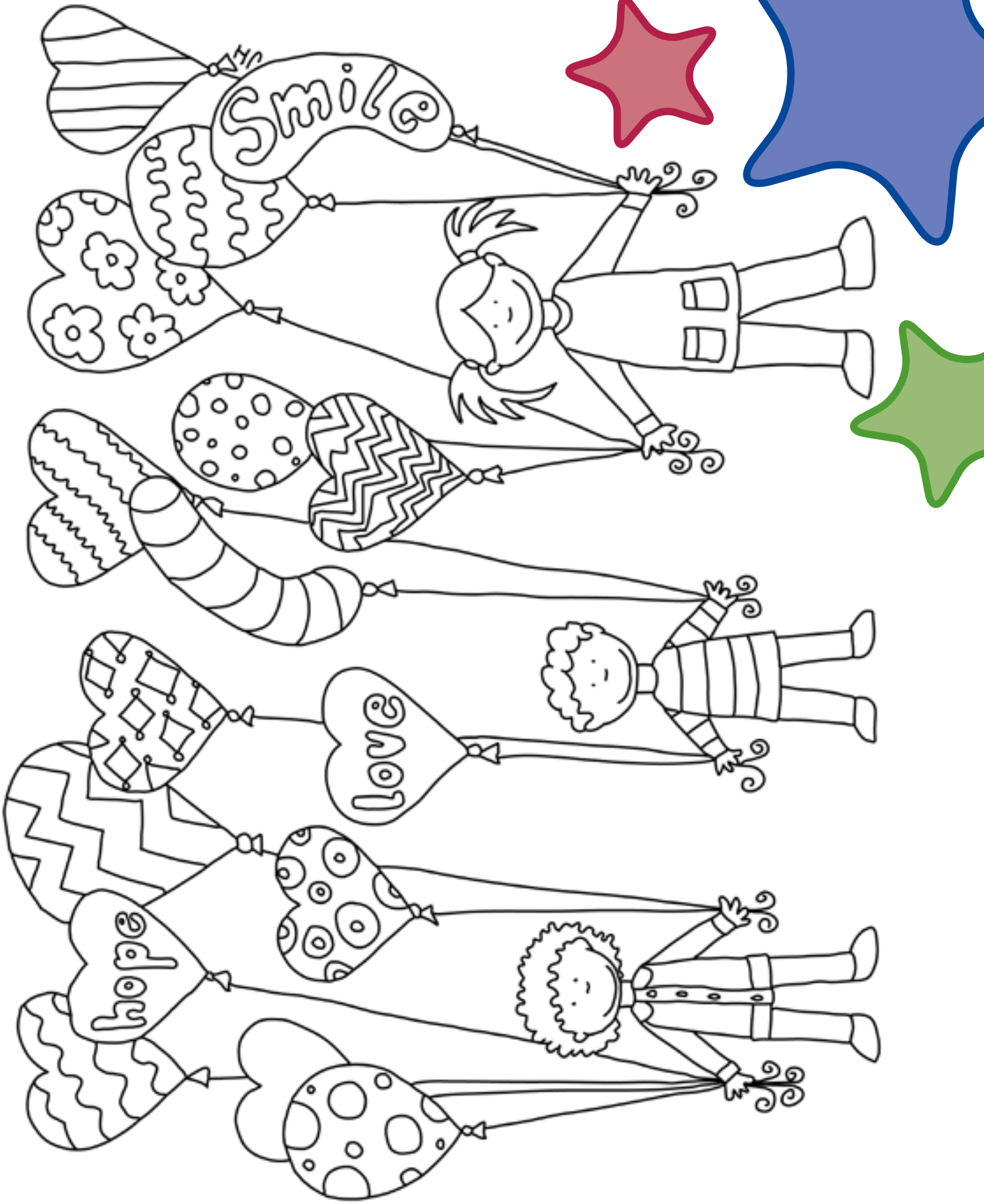
Name tags - Cut these out and make sure everyone in your family has one

Feelings	Which one are you today?
	
	
	
	
	
	

CWMT Wellbeing challenge 2020

Colouring in

Take some quiet time out and do some colouring in.



CWMT Wellbeing challenge 2020

Colouring in

Take some quiet time out to do some colouring in.



CWMT Wellbeing challenge 2020

'Wellbeing' scavenger hunt

Here's a scavenger hunt with a difference! It's all about wellbeing and thinking about what helps us to feel happy, calm and positive. Feel free to add other items to this list, such as something that reminds you of other family members – grandparents, aunts, uncles, cousins – or a special friend, teacher or pet. You could also make it an activity for the whole family and turn it into a 'show and tell' session. You might find each other's items inspiring!

Wellbeing scavenger hunt

- ☐ Something that makes you happy
- ☐ Something that makes you feel calm
- ☐ Something that makes you laugh
- ☐ Something that reminds you of Mum/Dad
- ☐ Something that helps you sleep
- ☐ Something that makes you think of love
- ☐ Something that makes you think of your friends

For parents/carers

Sometimes thinking about feelings may bring up more challenging emotions for children and it may be helpful for parents/carers to talk about these with them. You can find some guidance on this from our experienced mental health trainers on our website: **www.cwmt.org.uk/talking-about-feelings.**

Quiz answers

Round one – 1. 6, **2.** 4, **3.** 1000, **4.** 3, **5.** 6, **6.** 72

Round two – 1. Tuba, **2.** Egypt, **3.** Water, **4.** Equator, **5.** Jupiter, **6.** Red, blue, yellow

Round three – 1. Olaf, **2.** Hedgehog, **3.** Bear, **4.** Carpet, **5.** Hedwig, **6.** 101 Dalmations

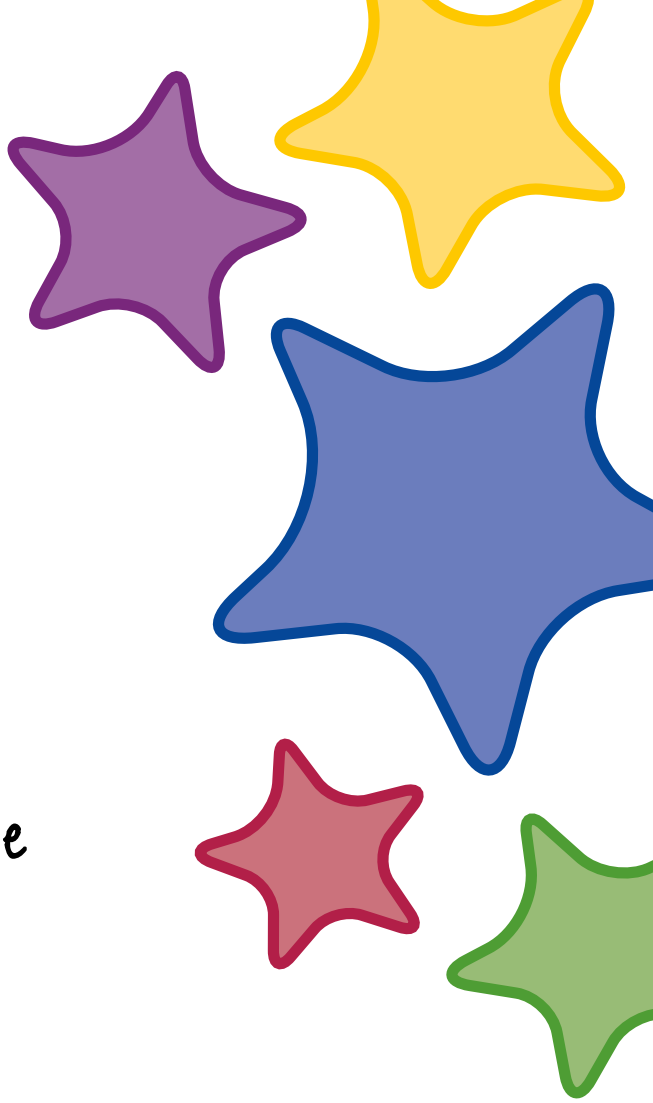
Round four – 1. Wild dog, **2.** Herbivore, **3.** Blue, **4.** Bamboo, **5.** Tiger, **6.** Cheetah

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

References:

www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people
www.mentalhealth.org.uk/sites/default/files/the_lonely_society_report.pdf
www.campaigntoendloneliness.org/the-facts-on-loneliness/

The Charlie Waller Memorial Trust
Depression – let's get talking



Thank you for taking part in the Charlie Waller Memorial Trust Wellbeing Challenge 2020.

We hope you have enjoyed the challenge and we have helped make some positive changes to your mental wellbeing.

If you would like to make a donation to the Trust you can do so via our website: www.cwmt.org.uk/donate.

The Charlie Waller Memorial Trust (CWMT) was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. CWMT raises awareness of depression and other mental health problems, fights stigma, provides education and training to schools, universities, workplaces, GPs and nurses, and encourages those who may be depressed to seek help. Visit www.cwmt.org.uk for further information.

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