

Health  
for Kids!

Looking after  
yourself

A kit to help you  
take care of  
yourself



# What's inside?

## Staying healthy

Advice on how to stay healthy and feeling good

## Handling your emotions

How to look after your emotions through relaxation and breathing exercises

## Saying goodbye to your worries

Ways to help you release and ease your worries

## Staying connected

Conversation starters and how to keep in touch with family and friends

## Things to do

Fun activities to keep you entertained

# Staying healthy



## Exercise

Going for a walk, playing on your bike or scooter, or running around your garden is great for your body and mind.



## Sleep

Try to go to bed and get up at the same time.



## Feel good

Do things that make you feel good, like reading a book, having a dance, baking some cakes or watching a film

## Talk

If you're feeling sad or worried, talk to a grownup about this. It's okay to be scared, angry, worried and upset



## Be kind

Think about things you could do to help around the house, call someone who might be lonely or help out a neighbour.



# Handling your emotions



How do you feel today?



Very sad because:

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Sad because:

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Okay because:

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Happy because:

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Very happy because:

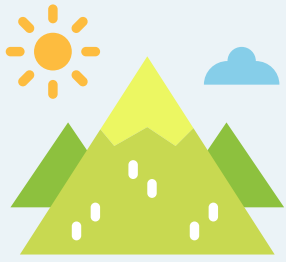
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# How to relax

Simple breathing exercises for all the family to try



## Exercise One: The Mountain



1. Image a mountain. You can close your eyes if you want to



2. Imagine you are walking up this mountain. As you walk up, breathe in to the count of 5



3. Imagine you are now at the top of the mountain. Hold this breathe to the count of 5



4. Imagine you are walking down the other side of the mountain. Slowly breathe out to the count of 5

5. Repeat steps one to four until you start to feel more relaxed

# Exercise Two: Square Breathing

You can use this when feeling stressed or anxious

Breathe in for 4 seconds



Hold for 4 seconds



Hold for 4 seconds



Breathe out for 4 seconds

# Exercise Three: Belly Breathing

## Step One

- Sit up straight in your chair or lie down if you prefer.
- Make sure you are comfy
- Keep your shoulders back
- Let your arms and legs go floppy
- Let your body feel floppy



## Step Two

- Think about your breathing
- Put one hand on your chest and one on your tummy
- Breathe in and out slowly 3 times and try not to move your chest



## Step Three

- Take a breathe into your tummy and feel your tummy grow and push out
- Keep your hand on your chest still
- Breathe out slowly and pull your tummy in

## Step Four

- Try this breathing until your chest is still and your tummy moves



# Exercise Four: Supple stretch



## Step One

- Sit up straight in your chair or lie down if you prefer.
- Close your eyes, be still and pretend your bones are made of loose elastic
- Let your legs and arms be floppy and loose
- Let your tummy, neck, head and whole body feel floppy

## Step Two



- Imagine someone is now pulling your arms gently, and someone else is pulling your feet
- You are stretching longer and longer
- Your elastic bones and muscles are being stretched out, longer and longer

## Step Three

- Take a few seconds to stretch and feel like you're growing
- PING.... someone lets go of your arms and legs
- Let all of your bones and muscles relax as you become floppy again





# Exercise Five: 5,4,3,2,1

Work through the five senses to calm you in difficult or stressful situations



## Look

5

What five things can you see? Say them out loud, for example, 'I see a phone', 'I can see a pen

## Listen



4

What four things can you hear? It could be birds singing outside or your parents talking



## Feel

3

Pay attention your body and think about three things you can touch or feel. For example, 'I can feel a cold drink in my water bottle'

## Smell



2

What two things can you smell? This could be your dinner cooking in the kitchen or freshly cut grass outside



## Taste

1

What one thing can you taste, or would love to taste right now? It could be something you're eating now or your favourite food

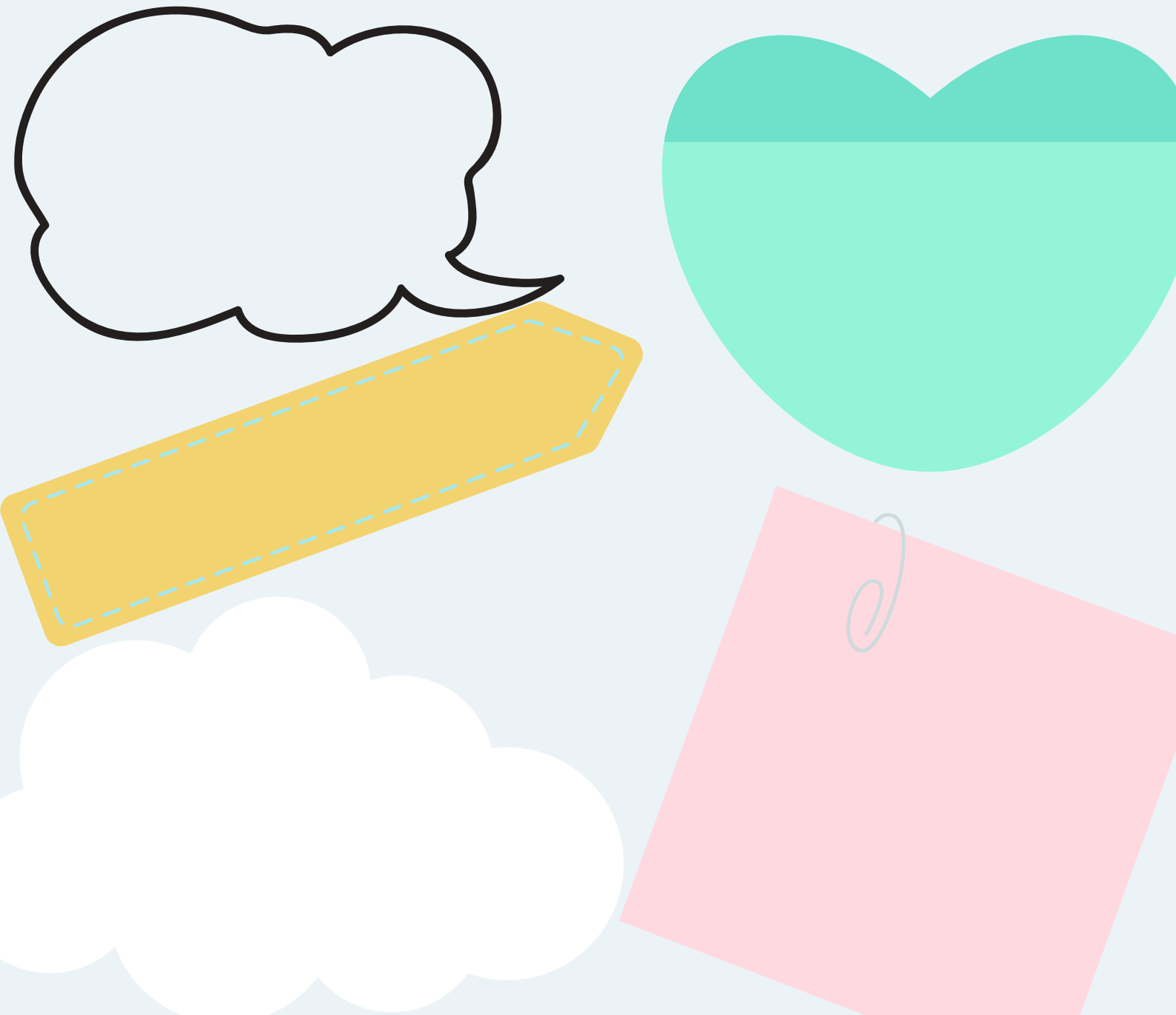
## Take a deep breath

Notice what is around you right now and how different it is from the difficult or stressful situation

# Saying goodbye to your worries

Try this if there are lots of thoughts and worries going round in your head.

Writing them down can be a good way to help clear your mind.



# Health for Kids!

Today I feel (Pick a feeling)



HAPPY



SAD



WORRIED



ANGRY

Because (Write down or draw a picture of why here)

A large, empty white rectangular box intended for a child to write or draw their reasons for the chosen feeling.



# The Worry Tree

Help get a plan to stop worrying



## Notice the worry

**Ask: What I am worried about?**

**Ask: Can I do anything about it?**

**No**

**Yes**

**Let the  
worry go**

**What can I do  
about it?**

**Do something  
else**

**How can I do  
it?**

**When will I do it?**

# Top tips to keep a healthy mind

Everyone worries sometimes, but this is normal. There are lots of things you can do to help with your worries.

Write or draw your worries

Speak to a trusted adult- for example your parents, carers or teachers

Go and do an activity you enjoy

Do some slow breathing

Remember to be kind to yourself and others

Think of 3 good things about yourself





# Staying connected

It's so important to keep talking, letting people know how you're feeling and also having some fun conversations with your family too

## Let's get talking

Try these conversation starters with your family

**If you were an animal, what would you be?**

**What would you tell an alien about planet earth?**

**Which film would you like to be in and why?**

**What is your dream job?**



# Family and friends

Write them a little note on this postcard to let them know how you're feeling

To \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Here's a picture of me!

**Health  
for Kids!**



You can show it to them  
the next time you see  
them

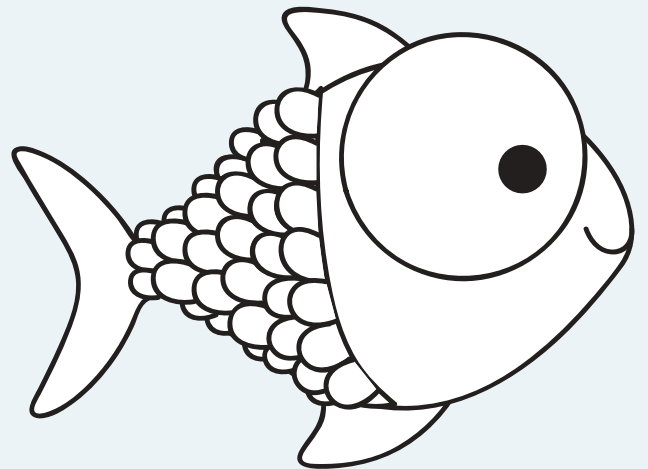
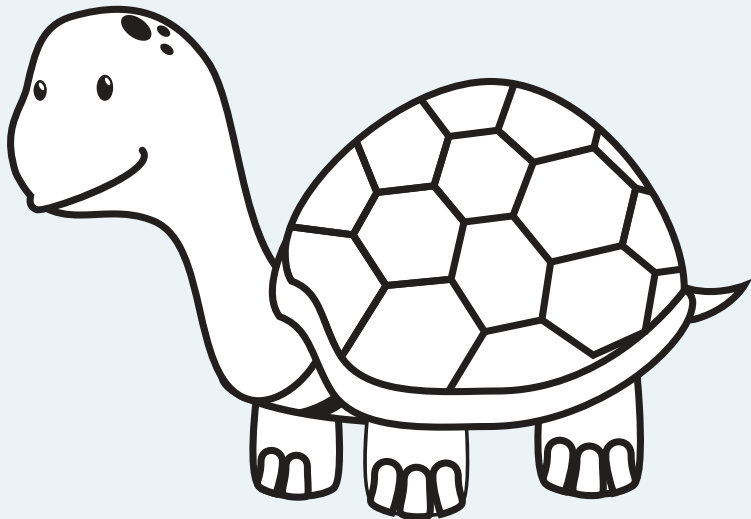
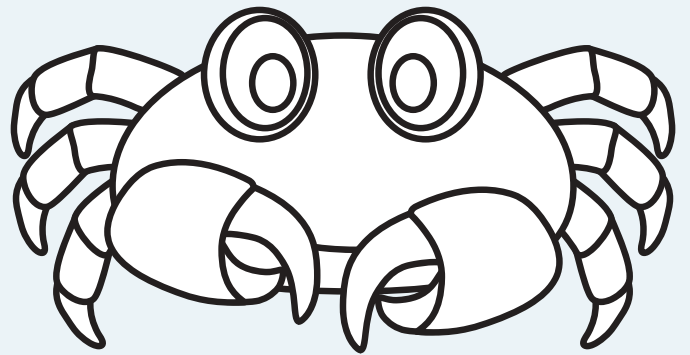
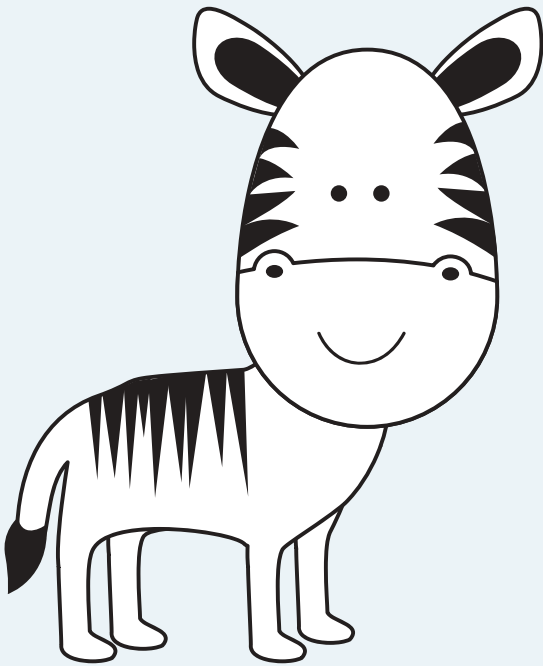


# Things to do



Discover some fun activities to keep you entertained

**Colour me in!**



# Things to look forward to...

Having things to look forward to  
is great.

What's on your list?



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# Let's get active

There's lots of fun online resources to help you get active at home



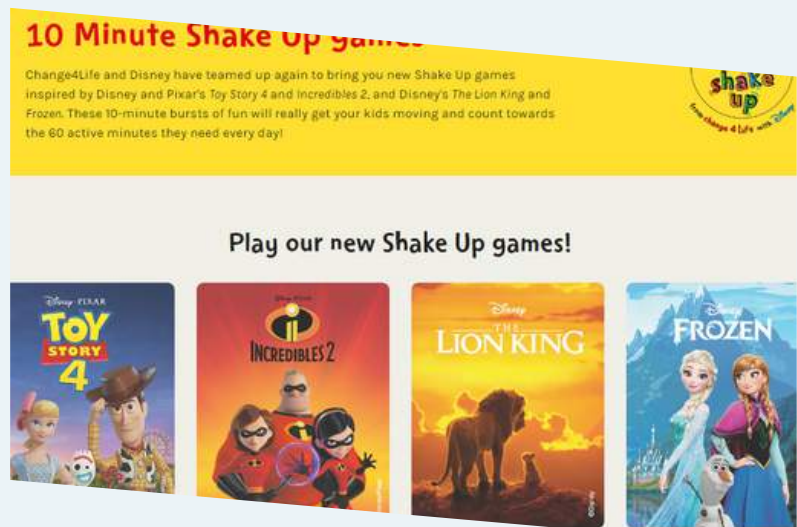
P.E with Joe



Andy's Wild Workouts



Oti Mabuse Kids Dance Class



Change4Life 10 min Shake Up Games



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[www.healthforkids.co.uk](http://www.healthforkids.co.uk)