

EDUCATORS-BARNARDOS. ORG.UK

Keeping Yourself TOPPED UP Over the holidays!

### THE IDEA OF THIS BOOKLET IS TO SUPPORT YOUR WELLBEING OVER THE SCHOOL HOLIDAYS BY:

SPENDING TIME
AT SCHOOL BEFORE THE
END OF TERM THINKING
ABOUT WHAT MIGHT HELP
OR GET IN THE WAY FOR
YOU DURING THAT TIME
& WHO MIGHT HELP

PROVIDING YOU WITH A SPACE FOR A WEEKLY CHECK-IN OVER THE HOLIDAYS.

REFLECTING
UPON THIS TIME
WHEN YOU ARE
BACK AT SCHOOL
WITH A MEMBER
OF STAFF

The name RECHARGE comes from the idea that we need things to keep ourselves topped up just like we need to charge our devices: smart phones, ipads etc

## BOOSTERS

THESE ARE THINGS WE DO REGULARLY TO LOOK AFTER OUR WELLBEING.





TRIGGERS THESE ARE EVENTS OR CIRCUMSTANCES THAT MAY MAKE US FEEL UNCOMFORTABLE.





REMEMBER THESE ARE NORMAL REACTIONS TO LIFE EVENTS - BUT IF YOU DON'T RESPOND TO THEM, THEY MAY MAKE YOU FEEL WORSE.

#### REMEMBER!

- SOME BOOSTERS ARE HEALTHIER THAN OTHERS.
- \* THINK MODERATION.

## SUPPORTS

THESE ARE PEOPLE/ORGANISATIONS WHO HELP YOU FEEL TOPPED UP & IMPROVE YOUR WELLBEING.







MY BOOSTERS

MY TRIGGERS

MY SUPPORTS

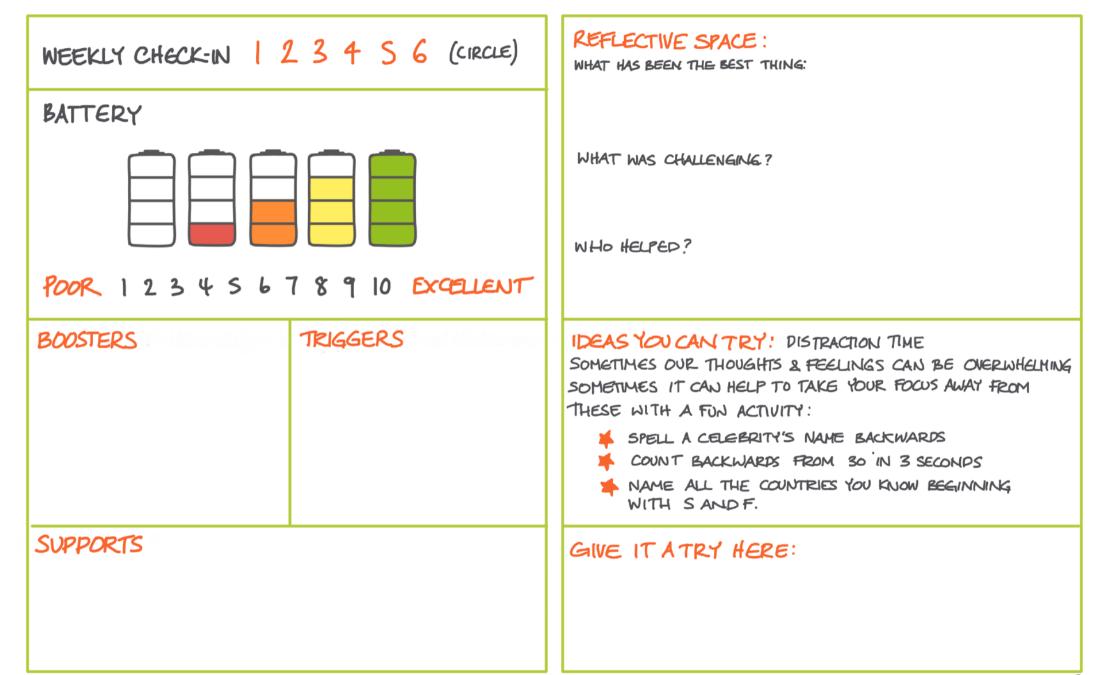
## PHASE 1: WELLBEING PLAN (to be completed at School before the holidays)

WHAT ARE YOUR BOOSTERS? What are you looking forward to over the holidays?

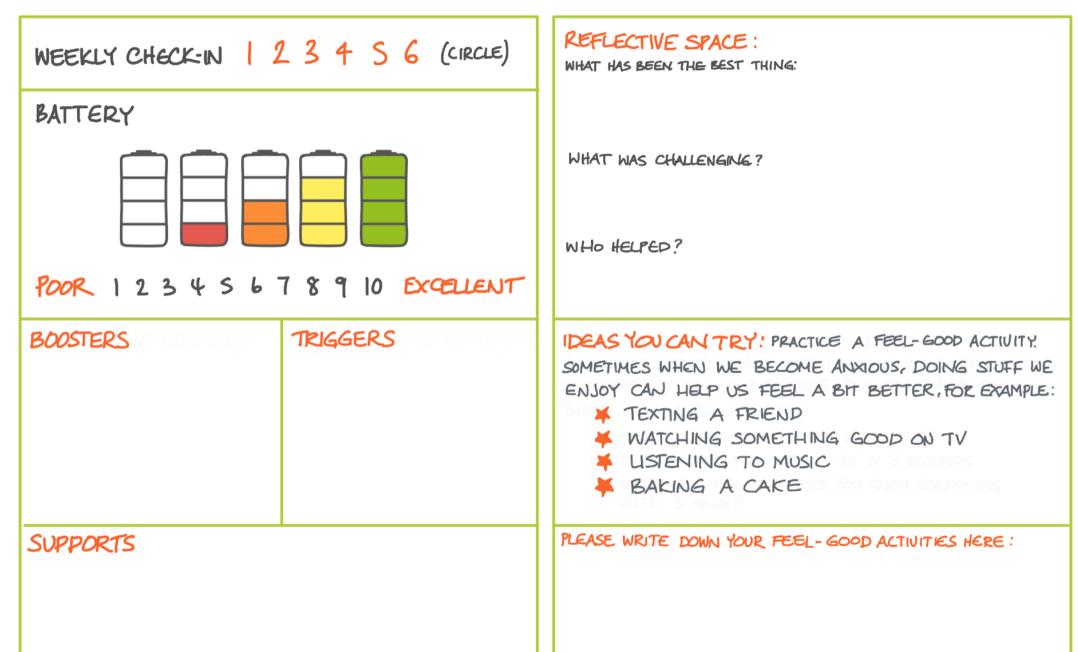
WHAT ARE YOUR TRIGGERS? What are you worried about over the holidays?

WHO ARE YOUR SUPPORTS?

## PHASE 2: WEEKLY CHECK-INS (during the holidays)



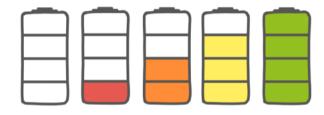






WEEKLY CHECK-IN 1 2 3 4 5 6 (CIRCLE)

BATTERY



POOR 1 2 3 4 5 6 7 8 9 10 EXCELLENT

BOOSTERS

TRIGGERS

SUPPORTS

REFLECTIVE SPACE:

WHAT HAS BEEN THE BEST THING:

WHAT WAS CHALLENGING?

WHO HELPED?

SOMETIMES WHEN WE ARE FEELING DOWN,
GETTING ACTIVE CAN SEEM HARD BUT WE KNOW
THAT GETTING OUT FOR A WALK/RUN/DOING
EXERCISE CAN HAVE A POSITIVE BENEFIT
ON OUR WELLBEING.

TRY TO GET OUTSIDE TODAY AND WRITE DOWN HOW IT MADE YOU FEEL



WEEKLY CHECK-IN | 2 3 4 5 6 (CIRCLE)

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#### REFLECTIVE SPACE:

WHAT HAS BEEN THE BEST THING:

WHAT WAS CHALLENGING?

WHO HELPED?

#### IDEAS YOU CAN TRY!

YOU ARE HAUFWAY THROUGH YOUR HOLIDAYS NOW!
HOW IS YOUR HOLIDAY ROUTINE GOING?
BEING IN A GOOD ROUTINE CAN HELP OUR WELLBEING.
TEENAGERS ARE RECOMMENDED TO HAVE 8-10 HOURS
SLEEP A NIGHT.

HOW MANY HOURS SLEEP ARE YOU GETTING? WHAT CAN YOU DO TO GET INTO A BETTER ROUTINE?



WEEKLY CHECK-IN 1 2 3 4 5 6 (CIRCLE) BATTERY POOR 12345678910 EXCELLENT TRIGGERS BOOSTERS SUPPORTS

#### REFLECTIVE SPACE:

WHAT HAS BEEN THE BEST THING:

WHAT WAS CHALLENGING?

WHO HELPED?

IDEAS YOU CAN TRY: THE BEGINNING OF SCHOOL IS NOT FAR AWAY. WHEN WE ARE ANXIOUS, WE WORRY THAT THINGS WILL BE WORSE THAN THEY ARE. PRACTISING POSITIVE SELF-TALK AND COPING SELF-TALK CAN HELP US WHEN WE FEEL LIKE THIS.

POSITIVE SELF-TALK -INSTEAD OF THINKING 'SCHOOL WILL BE REALLY BUSY WHEN WE GO BACK, TELL YOURSELF 'I WILL SEE MY FRIENDS SOON' COPING SELF-TALK-INSTEAD OF THINKING 'IM SCARED OF GOING BACK TO SCHOOL' TRY TO THINK 'I AM FEELING SCARED, BUT IVE BEEN HERE BEFORE, I CAN DO THIS!

HOW WOULD YOU USE THESE STRATEGIES TO HELP YOU WITH YOUR ANXIETY?



REFLECTIVE SPACE: WEEKLY CHECK-IN | 2 3 4 5 6 (CIRCLE) WHAT HAS BEEN THE BEST THING: BATTERY WHAT WAS CHALLENGING? WHO HELPED? POOR 12345678910 EXCELLENT TRIGGERS BOOSTERS IDEAS YOU CAN TRY! FEELING A SENSE OF ACHIEVEMENT. YOU HAVE FINISHED YOUR HOLIDAY. YOU HAVE NAVIGATED A PANDEMIC. SOMETIMES WE NEED TO REFLECT ON WHAT WE HAVE BEEN THROUGH AND ACHIEVED RECORD YOUR LOCKDOWN ACHIEVEMENTS: THE FEARS YOU HAVE CONQUERED: THE WORRIES YOU HAVE OVERCOME: SUPPORTS THE BARRIERS YOU HAVE JUMPED OVER:

## PHASE 3: TRANSITION RECHARGE (to be completed on return to school)

HOW WAS YOUR SUMMER? HOW CAN WE HELP YOU TO KEEP ON FEELING TOPPED UP? HOW DID THE PLAN AND WEEKLY CHECK-INS HELP YOU RECHARGE?

# Organisations that can help you...

Speak to someone about what's happening & how you're feeling

## childline

- 1-2-1 Chat & message boards
- J 0800 III
- thildline.org.uk

## **YOUNGMINDS**

- 1 24/7 text service
- Text YM to 85258
- # Youngminds. arg.uk



- 1 under 35's helpline
- 2 0800 068 4141
- papyrus-uk.org

## SAMARITANS

- 1 24/7 helpline
- 116 123
- samaritans. org



- 1 Helpline & web chat
- J 0808 808 499<del>4</del>
- the mix.org.uk



- 1) Information about local Counselling & advice for young people aged 12-25
- # Youthaccess. co. UK



