



Children's
Health Scotland



ACTIVITY BOOK!

Scottish Children's
Health Week 2021

6-12 September 2021
#feelinghopeful

We've packed this Activity Book full
with ideas for the week including:

- * MAKING JOURNEY STICKS
- * LET'S START TALKING
- * CREATING A CALM CORNER
- * RECYCLING FOR NATURE
- * SELF-CARE CHECKLIST
- * HUGS FOR HAPPINESS



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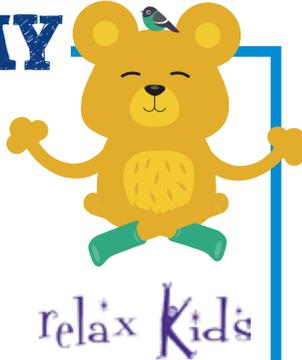
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Children's Health Scotland

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SCOTTISH CHILDREN'S HEALTH WEEK 2021

Welcome to our second Scottish Children's Health Week 2021 #feelinghopeful.

This week has been created to focus on the health and wellbeing of children and young people and their right to the best possible health. We play a big part in enabling children and young people to learn about their health and wellbeing and the fact that every child has the right to the best possible health.

Do you know about your rights? Human rights are a list of things that all people – including children and young people – need to live a safe, healthy and happy life. You can find out more about these on page 4. 'The right to the best possible health' is Article 24 of The UN Convention on the Rights of the Child (UNCRC) which sets out the human rights of every person under 18.

It is the hope that everyone involved with children's health and wellbeing in Scotland will take the opportunity to be part of Scottish Children's Health Week 2021 (#SCHW21) and celebrate working side by side to keep children safe, healthy and happy.

This Activity Book supports Scottish Children's Health Week and includes themed days to help you get creative and share your thoughts and feelings about health and wellbeing. For older children, this Activity Book should be easy to read and contains activities that you can do with your friends. For younger children, adult help (or the help of older children) will be needed to explain activities, and more importantly, to learn more about health rights.

The hashtag 'feelinghopeful' has been created to encourage everyone to talk about health, feelings and emotions. Please use this hashtag on social media.

We hope as many people as possible will join our conversations.



DO YOU KNOW ABOUT RIGHTS?



Human rights are a list of things that all people – including children and young people – need in order to live a safe, healthy and happy life. You have them no matter where you are from, how old you are, what you believe, or how you choose to live your life.

The United Nations Convention on the Rights of the Child (UNCRC) describes children as anyone up to the age of 18 and is an important agreement by countries who have promised to protect children's rights. The Convention on the Rights of the Child explains who children are, all their rights, and the responsibilities of governments.

Governments cannot pick or choose which rights to honour. All the rights are connected, they are all equally important and they cannot be taken away from you.

Adults must respect and protect the human rights of children and young people when they plan services, make policies and decisions.

The European Association for Children in Hospital (EACH) is an international umbrella organisation for the welfare of children in hospital and other healthcare services. Children's Health Scotland is a member of EACH and

represents the organisation in Scotland. EACH has created a Charter (shown opposite) that describes in 10 points the rights of sick children and their families before, during and after a stay in hospital and in other healthcare services. The rights mentioned in the Charter apply to all sick children, regardless of their illness, age, disability, origin, social and cultural background, reason, form or place of treatment, or whether they are in-patients or out-patients. The 10 principles of the EACH Charter relate in many respects to the rights of the child in general as set out in the UNCRC, as well as to the recognition of children's different emotional and developmental needs depending on their age.

Do you know your rights?

Over the page are two activities you can try to learn more about rights.

Page six has a list of children's rights. Take a piece of rice or a small stone and drop it onto the paper. What right did you land on? Find out more about this right online at <https://cypcs.org.uk/rights/uncrc/articles/> and discuss with your friends and family what this actually means to you.

Page seven has a colouring sheet for you to print off. While you colour this in, discuss the right and what it means to your health and wellbeing.



EUROPEAN ASSOCIATION FOR CHILDREN IN HOSPITAL (EACH) CHARTER

The EACH Charter recognises and endorses the rights of the child as stipulated in the UN Convention on the Rights of the Child (UNCRC), and in particular the key principle that, in all situations, the best interests of the child should prevail.

Children's Health Scotland is the only charity in Scotland dedicated to informing, promoting and campaigning on the healthcare needs and rights of all children and young people.

1 Care at home whenever possible and hospital only when necessary



2 Children and young people have their parents' and carers' support



3 Parents and carers welcome to stay
Families have help with extra costs
Parents and carers as partners in care are kept informed



4 Easily-understood information in line with age and understanding



5 Take part in decision-making



6 Cared for with others of similar age and stage



7 Time for play, recreation and education



8 Staff trained to know how children and young people work



9 Team around the child for continuous care



10 The right to understanding, respect and privacy



www.childrenshealthscotland.org

Cartoon captions are adapted from the European Association for Children in Hospital (EACH) Charter and Annotations and should be read alongside the complete text. Visit the EACH website www.each-for-sick-children.org or link through Children's Health Scotland website www.childrenshealthscotland.org. For copies of the Charter contact Children's Health Scotland 22 Laurie Street, Edinburgh, EH6 7AB Tel: 0131 553 6553 Email: enquiries@childrenshealthscotland.org. The EACH Charter is in line with the corresponding and binding rights of the child in general as stipulated in the UN Convention on the Rights of the Child and refers to children as being aged from 0-18. EACH is the umbrella organisation for member associations involved in the welfare of all children before, during or after a hospital stay (at home, in hospital or in the community). Charter illustrations: © PEF/APACHE France. Children's Health Scotland, 22 Laurie Street, Edinburgh, EH6 7AB. Scottish Charity Number SC006016. Registered Company Number 100114.



<p>1</p> <p>DEFINITION OF A CHILD</p>	<p>2</p> <p>NO DISCRIMINATION</p>	<p>3</p> <p>BEST INTERESTS OF THE CHILD</p>	<p>4</p> <p>MAKING RIGHTS REAL</p>	<p>5</p> <p>FAMILY GUIDANCE AS CHILDREN DEVELOP</p>	<p>6</p> <p>LIFE, SURVIVAL AND DEVELOPMENT</p>	<p>7</p> <p>NAME AND NATIONALITY</p>
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HOW THE CONVENTION WORKS

UN CONVENTION ON THE RIGHTS OF THE CHILD



ARTICLE 31
I have the right to
relax and play



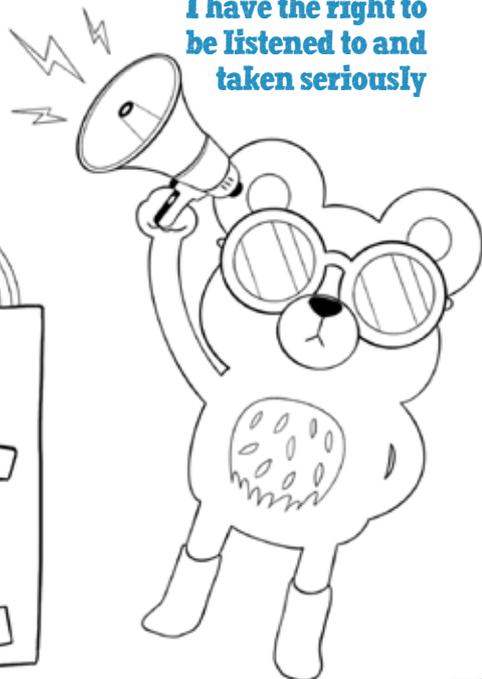
ARTICLE 9
I have the right to
live with a family
who cares for me



ARTICLE 28
I have the right
to an education



ARTICLE 12
I have the right to
be listened to and
taken seriously



MONDAY

#BEACTIVE



Being active isn't just about feeling stronger, fitter, more energetic and sleeping better. It's all about having fun! You don't have to go to the gym to be active - you can take a walk, go cycling or play a game. Remember being active is vital for healthy development and contributes to your quality of life, health and wellbeing as well as your physical, social, emotional and cognitive development.

THREE MONDAY MOTIVATIONAL IDEAS...

1.

BECOME AN ANIMAL

It's fun to pretend to be an animal! There are so many wild and interesting creatures out there that all have different ways of moving. Think of all the animals you've seen in books and on TV and put your all into becoming them. You could hop like a frog, sprint like a cheetah, stomp like an elephant, or roar like a lion. Inspiration for this game can be found anywhere. Look outside your window for any dogs, birds or bugs which you can pretend to be.

2.

RAINBOW SCAVENGER HUNT

Rainbows are such a fun and happy natural occurrence, but it's a shame they can't be around all the time. Why not try to bring a rainbow indoors? In your home, look for items with the colours of a rainbow: red, orange, yellow, green, blue, indigo and violet. You can do it with friends and family too to see who can collect all seven items the fastest and who can find the most interesting objects.

3.

DANCE TO YOUR FAVOURITE MUSIC

Dancing is an incredibly fun and effective way to be more active. You could make a playlist of your favourite songs to dance to and then play it whenever you want a pick me up. The best thing about dancing to music is how infectious it is, so get those around you involved and have a dance together.



JOURNEY STICKS

COURTESY OF **teapot**
TRUST
Bringing colour to young lives

This activity shows you how to make a journey stick. Native Americans used to decorate a stick as a reminder of the places they had passed through on a journey so they could tell others their story. You can take your journey stick wherever you want, on a walk, in a garden, or in your home. You can collect objects or drawings to add to your stick as you go, and in the end, you will have a visual reminder of your journey, where you were, and your relationship to others and the world around you.

Materials

Find a stick. If you cannot find one, you could use a coat hanger or even make a drawing of a stick to attach your objects to. Collect any other materials you might need, including small pieces of paper, pencils, string, wool, or Sellotape to attach things to your stick. It might help to have a bag to carry your materials with you.

Guide

1. Begin your journey by deciding where you want to start and thinking about why you wanted to start there.
2. As you travel, keep a look out for objects, people, views, and feelings that you find interesting or enjoyable. Remember to ask permission before taking things and don't hurt any plants. Only take leaves and flowers that have already fallen off the plant.
3. You could pick up a small object, like a leaf or a scrap of material. You could do a drawing of an animal that you see or a view out of a window, make a rubbing of a texture you like, or you could ask a person to do a drawing for you or make a fingerprint. Don't forget your other senses either - if you hear something, you could find a way to add a reminder of it to your stick.
4. If something seems interesting to you, add it to your stick. Objects can dangle from the stick or be glued onto it.
5. Try to think about how each thing you add to your stick makes you feel and what memory you can picture when you look at it later.
6. You can end your journey whenever it feels right for you. It can take minutes or days and can be as short or as long as you want.
7. Once finished, look at your stick - it holds the memory of your journey that you can now share with others if you want.



Thank you to our friends at Teapot Trust for sharing this idea with us. You can find out more ideas from the Teapot Trust at <https://www.teapot-trust.org/downloadable-worksheets>



TUESDAY

#BEBRAVE

Bravery doesn't mean fearlessness. It means having the courage to try something new or challenging and then celebrating your success. It's about stretching to do things that are outside of your comfort zone and trying to succeed. Children and young people tell us that one of the most important things which improves their mental health and wellbeing is having a hobby/interest which they're good at. Stretching yourself also increases self-esteem and gives a sense of personal achievement.

THREE TRY IT TUESDAY IDEAS...

1. TRY SOMETHING NEW

Is there something you want to try but you feel too afraid? Maybe you want to go outside and jump in big puddles or try broccoli for the first time. If you have a health condition, then maybe you feel too scared to do these things. However, the thing about fear is, that when you face it, it can go away or become less. Today, push yourself to do something new, no matter how big or small, and then be proud that you were brave enough to do it! Remember, you do not have to do it alone. You can get a parent, carer, friend, or anyone you need to help you. It takes a lot of bravery to ask for help.

2. DO SOMETHING GOOD ENOUGH... AND ENJOY IT

It can be easy to feel like you need to be perfect and be the best at everything. But often, it can be brave to do something you know you are not very good at, but still have fun or learn something along the way. Today, be brave and try to do something you know you have trouble with. It could be drawing a picture and laughing if the result is not what you had hoped for, or baking some biscuits and still enjoying the taste (even if they do turn out a little too crispy!). You don't always have to be perfect.



3. LET'S START TALKING

Perhaps one of the bravest things you can do, if you are struggling with a health condition, is to talk about how you feel. Speaking with family and friends about what is going on in your life and what you have to support you, can help you feel better and can build trust with others. Thanks to SeeMe, we have provided an activity on the next page that you can try, to be more open with your feelings. We understand that it takes a lot of bravery to talk to others about your feelings and to reach out for help, but at CHS, we have the support and resources for you.



LET'S START TALKING

COURTESY OF



A small conversation about mental health has the power to make a big difference. You can use this activity card to help start conversations and get your friends and peers thinking about mental health. We all have mental health just as we all have physical health, which is why talking about it is so important. By getting involved this Scottish Children's Health Week you can help make people be more open to mental health. Together we will end mental health stigma.

Have a conversation about mental health.	List three things that people can do to be kind to others.	Have a conversation in person about mental health.	Cuddle and spend time with a pet.	Finish the sentence: 'It's good to talk because...'
Do something relaxing or recharging with others.	Play your favourite sport and chat about how sport can affect mental health.	Do something relaxing for recharging for yourself.	Ask someone 'how are you?' twice and listen to their answer.	Share your mental health story with someone in person.
Share a social media post.	Run a mental health myths quiz.	Celebrate your successes.	Read a blog post.	Make a play list of your favourite music.
Think of two people you can talk to when you're having a hard time	Find the It's Okay video on the SeeMe Youtube channel	Create a picture, comic, or cartoon about mental health for yourself.	Share the picture, comic, or cartoon you've made with someone else.	Tell a member of your family that it's Scottish Children's Health Week.
Discuss with a friend - can this generation be more open to mental health than any before?	Read back an article/poem/ chapter you find useful for your mental health.	Find the 'help and support' you need for your mental health and wellbeing.	With a friend name three songs that reflect these emotions: afraid, happy, relaxed	Set yourself a kind mental health resolution for Scottish Children's Health Week.

Thank you to our friends at See Me for sharing these ideas with us.
You can find out more ideas from See Me at <https://www.seemescotland.org/>

WEDNESDAY

#BECALM



Children and young people can sometimes struggle to regulate emotions. Tantrums, outbursts, whining, defiance, fighting are all behaviours that can be seen when children are experiencing powerful feelings that cannot quite be controlled. Regulating emotions might also be particularly challenging when out of routine or at home for long periods of time. This Wellbeing Wednesday take some time to be calm and focused which is also great for your emotional wellbeing.

THREE WELLBEING WEDNESDAY IDEAS...

1. MINDFULNESS COLOURING

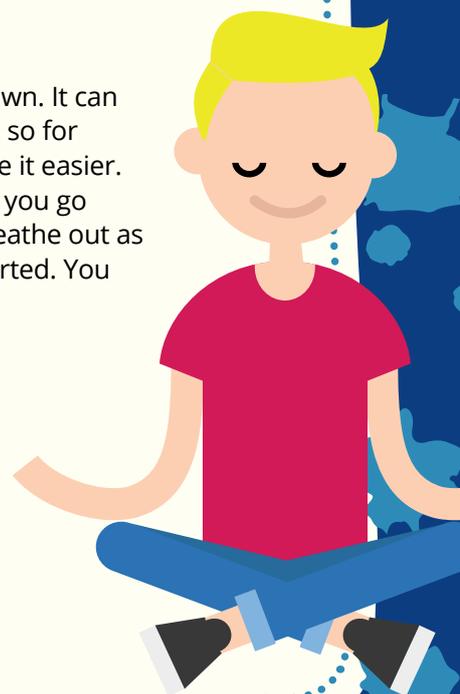
Mindful colouring is a great way to de-stress and be creative. You can use whichever colours and materials you like, but the important part is that you do it mindfully. Make slow strokes with your pen or move the pencil with the rhythm of your breathing. Use colours that represent how you feel right now in this moment. Pay attention to how the pen feels in your hand and how the colour looks on the page.

2. STAR BREATHING

Star breathing is a mindfulness technique to help you to focus and calm down. It can be tricky to focus on your breathing without getting distracted – even more so for young people – but the visual reference of the five points of a star can make it easier. You can trace the outline of the star with your eyes or using their finger. As you go along, breathe in on one line, keep still as you reach the point, and then breathe out as you go down the next line. Continue until you reach back to where they started. You can also replace the star with your handprint.

3. SELF-CARE

Self-care is an important but easily forgotten activity. It means taking care of and respecting yourself. Self-care can be found in any activity that you enjoy and that makes you feel relaxed. To work out what you can do for self-care, make a list of nice and easy activities that you like to do. It can be anything, and your list might not be the same as someone else's. Write down anything that makes you feel better, and then the next time you feel bad or stressed, try one or two things from this list.



CREATING A CALM CORNER



We are more able to concentrate, listen, be cooperative and creative when our brains are relaxed. A helpful way to support those tough moments is to create a calm box or calm corner in your home. This is a place where you can go for some 1:1 time, or a place where you feel comfortable to go on your own. Some ideas for your calm corner could include:

COURTESY OF

Relax Kids

MUSIC

Create a happy or quiet playlist or download meditations that connect with you and how you are feeling. Visit <https://relaxkids.com/store/> for some ideas.

BREATHING

Learn some breathing techniques such as STAR breathing. Or trace a picture of your hand on an A5 sheet of paper and use the STAR technique for breathing. Feathers, bubbles and breathing balls can also help focus on taking calm belly breaths (in through the nose, and more slowly out through the mouth). For more ideas grab a free BIG Wellbeing Pack from Relax Kids. <https://relaxkids.com/wellbeing/>

POSITIVE AFFIRMATIONS

Include cards or colouring pages that help you focus on positive thoughts and words. There are many of these available in shops and online, often for free. There is so much enjoyment to be gained by decorating your Calm Corner with personal artwork, or inspirational quotes. Why not print out and display the Relax Kids free monthly affirmation calendar? <https://relaxkids.com/calendar/>

SENSORY TOYS AND FURNISHINGS

Try choosing a couple of items that are loved to include in your Calm Corner such as soft toys, stress ball, fidget toy, a special pillow, a soft blanket, or natural items that you enjoy holding such as shells or pebbles. Most of us enjoy fairy lights or lamps that change colour and if you are confident using essential oils, lavender and mandarin are safe for use with children.



Thank you to our friends at Relax Kids for sharing these ideas with us. You can find out more ideas from the Relax Kids at <https://relaxkids.com/>

THURSDAY

#BEHAPPY



Happiness really is a skill that we can all learn that will last for a lifetime. Being happy is not just about feeling good. Happiness is also about emotional health and wellbeing and being able to make the most of the good times and cope with the bad ones, to experience the best possible life. Oh, and research shows that being happy also makes us healthier.

THREE HAPPINESS IDEAS TO TRY THIS THURSDAY...

1.

SPEND TIME IN NATURE

Going outside is a great way to be happy. The simple act of going outside and breathing in fresh air is a good way to boost positivity. There are lots of fun things to do outside, like learning the names of plants and bugs, feeding birds and collecting interesting rocks and leaves. If it's sunny you could go to a local park and play on the swings, and if it's raining then you can put on wellies and splash in puddles. If you have a dog, then take them on the walk with you too! If you're not able to go out, bring nature indoors and look after a house plant or draw what's outside your window.

2.

LISTEN TO MUSIC

It has been scientifically shown that listening to music can help to boost our moods and make us feel happy. Perhaps it's the combination of beautiful instruments and beats that make us want to dance, but music can have a powerful effect on people. Today, explore some new music that you haven't listened to before by looking for random music and by asking those around you. Who knows, you could find your next favourite song!

3.

SOCIALISE

Being with family and friends is incredibly important for our happiness. Spending time with people we care about makes us feel happier and meeting new people helps us to understand others better. Today, spend time with a loved one doing an activity that you really enjoy doing together. Or is there anyone you can think of that you haven't been able to see for a while that you would like to spend time with today? Alternatively, you could spend time with someone new. Is there a person at your school that you would like to get to know, or an elderly neighbour that you could say hello to? Whoever you decide to spend time with today, we hope it makes you both feel happy!



UPCYCLING FOR NATURE



Don't throw that milk carton away! Why not recycle it? There are lots of things you can do with your rubbish! Recycling is really important, but that doesn't mean it can't be fun, too! Why not convert your waste into works of art and make rubbish a riot?

It's amazing how colourful packaging is. You can let your imagination go wild when creating animals and habitats from household waste. Upcycling for nature is an easy activity and all you really need is lots of different types of packaging.

Real bugs around your bin aren't ideal, but these colourful buzzers will liven up the rubbish pile. Let's make a bottle bug, dragonfly pegs and sweetie insects!

COURTESY OF



YOU WILL NEED:

- A drinks bottle for the bottle bug
- Clothes pegs for the dragonflies
- Coloured foil or sweet wrappers
- Glue or tape
- Googly eyes!

BOTTLE BUG

1. Decorate your drinks bottle using paints or by wrapping it in other colourful recycling material and sticking it down.
2. Cut some wings out of card and stick them to your bottle.
3. You can add legs and antennae using pipe cleaners.
4. Don't forget to give your bug a face and a name!
5. Add googly eyes.



SWEETIE INSECTS

1. Twist a sweet wrapper or piece of foil.
2. Bend and secure a pipe cleaner around the wrapper to create a simple wing-body insect.
3. Attach as many sweetie insects as you like to ribbons to create an attractive swarm.



Thank you to our friends at RSPB for sharing these ideas with us. For more ideas from RSPB and to join in the Wild Challenge, visit <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/>

FRIDAY

#BEFRIENDLY



Friends make our lives better. They help us laugh, stand by us when we are down and make our lives healthier. Yes, that's right. Surrounding yourself with good friends is an important way to stay healthy throughout your life and hanging out with them - even for 10 minutes - improves your brain function and ability to solve problems.

THREE FABULOUS FRIDAY IDEAS FOR YOU TO TRY..

1. DRAWING AND PAINTING

Looking and creating things, especially with friends, can help us understand our place in the world and explore life in a unique way. Philosophers and writers do this with words, artists do it with images and objects, adding imagination and self-expression. Getting colourful and creative with paints and drawing tools with your friends allows you to experience the world in a sensory way and is also an invitation to learn about colours, mixing, and good-old tidying up!

2. LAUGH TOGETHER

We all need laughter in our lives and sharing a laugh can help bring us and our friends closer together. A sense of humour can brighten life and those with a well-developed sense of humour are happier, more optimistic, have higher self-esteem, and can handle change well. It is worth remembering that a sense of humour is a learned quality that should be developed throughout life, it is not something you are born with. Why not try some activities that will make you and your friends laugh today? You can blow raspberries, put on a silly hat and chase each other around, read jokes from a book to one another or draw "funny" pictures. Go on - have a laugh!



3. READ WITH FRIENDS

Reading together is a great way to share ideas with your friends. You can pick a book to read together and then share your discoveries by discussing the illustrations and pictures, the characters, why you are interested in the book, etc. Reading is a time for closeness, laughing and talking together - and it can also help you become lifelong readers. Remember there is no right or wrong way to enjoy a story and it is great to swap books with friends to get the chance to read new stories, and then get talking about what you are reading.

GIVE ME A SOUND



THE BASIC IDEA

Ask your child for a sound, then copy their noise and turn it into a funny voice. The voice can be used for a character during imaginative play, or to bring a new dimension to well-loved stories – maybe Rapunzel can be narrated by a cat!

COURTESY OF



@StarcatchersCS
@StarcatchersUK

www.starcatchers.org.uk

OVER TO YOU

Mirroring sounds and facial expressions is a powerful way to bond AND gives the chance to shape this creative game! Change your voice every time someone starts to chat or make a noise – everyone will soon realise they're in the driving seat and really start to have fun.

CHEEKY BONUSES

- Develops bonding and empathy.
- Builds agency and communication skills.
- Gives favourite stories a new twist.
- Pre-literacy skills, vocabulary.

VARIATIONS

- Let children choose small toys to represent different voices/characters.
- Different "characters" that you've developed together can help take the stress out of everyday tasks, like brushing teeth or getting buckled into the car seat or pram.

AND REMEMBER...

Taking the time to slow down, tune in and be a bit silly opens you up to those "wow" moments with laughter.

Thank you to our friends at Starcatchers for sharing this activity with us. For more ideas from Starcatchers, visit <https://starcatchers.org.uk/work/wee-inspirations/>.

SATURDAY

#BEKIND



Kindness is about choosing to do something that helps others or yourself, motivated by genuine warm feelings. This has real benefits for our wellbeing and happiness, but did you know that being kind to yourself actually has a similar effect? One way to be kind to yourself is through self-care. Self-care is about what you can do to keep yourself feeling good and helps to look after your mental health. See if you can complete the Self-Care activity on the next page! Remember, the smallest act of kindness can make a huge difference, whether it's a kind word, a thank you or even just a super smile!

THREE SUPER SATURDAY IDEAS FOR YOU TO TRY..

1. TWO WAYS TO BE KIND

Kindness is all about being friendly and caring towards other people and yourself. Can you think of different ways that you could show your kindness today? It could be telling someone that you love them, asking someone how they are, making someone a card, or telling them something you like about them. You could try this with someone in your family, a friend or even a neighbour! How did it feel when you were kind? Being kind to others shows them that you care and makes them feel good – but being kind can also make you feel really good too!

2. BE GENEROUS

Sharing with someone or giving to others are very kind things to do. Today, you could look for some old toys you don't play with or some clothes that don't fit you anymore, put them in a bag, and donate them to a local charity shop for someone else to cherish. You could do some baking and share it with your friends, family, classmates or other people you know. Or you could let a friend borrow a book or game!

3. KINDNESS JAR

Today is all about being kind, so I'm sure you will have lots of kind activities planned. One way to show off how kind you and those around you are being is to create a kindness jar. Take a clean jar, and then every time you do something kind for someone (or they do something kind for you), write it down on a small piece of paper, fold it up, and keep it safe in the jar. Soon the jar will start to pile up with all of the kind deeds you have done and had done to you! When its full, you can look over them to remember the kindness you have received and feel really proud of the kind things you did for others.



SELF-CARE CHECKLIST



#feelinghopeful

COURTESY OF



This is a simple but really useful activity to help you think about ways to be kind to yourself and keep yourself feeling good. The checklist gives you some suggestions for self-care activities, and space for you to add your own. You can try these out and tick them off as you go, and you could even add notes about how they made you feel.

Remember, self-care is all about finding what works for you as an individual, so don't worry if your ideas look different to the suggestions or to what your friends do - finding your own self-care activities is key!

WHAT HELPS ME RELAX?

- Drawing
- Going for a walk
- Hot bath
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-
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DID IT WORK?

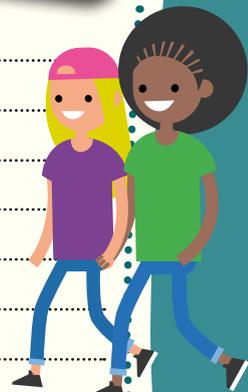
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WHAT LIFTS MY MOOD?

- Hanging out with friends
- Listening to music
- Exercising
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-
-
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DID IT WORK?

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WHAT MAKES ME FEEL LIKE I HAVE ACHIEVED SOMETHING?

- Baking
- Playing an instrument
- Helping out a family member or friend
-
-
-
-

DID IT WORK?

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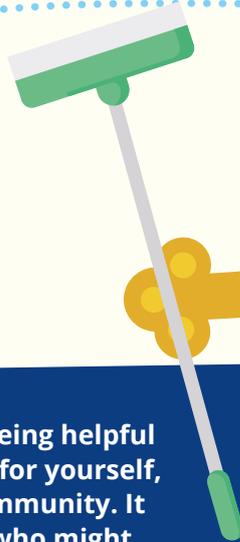
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Thank you to our friends at the Mental Health Foundation Scotland for sharing this activity with us. You can find out more information about mental health and wellbeing and their work at: <https://www.mentalhealth.org.uk/scotland>

SUNDAY

#BEHELPFUL



Helpful people help others. Being helpful means doing things to care for yourself, your family, friends and community. It can start with looking for people who might need your help and doing something to help them out of love. What could you do today to help someone else and make them feel special?

THREE SPECIAL SUNDAY IDEAS FOR YOU TO TRY..

1.

HELPING HAND

Who can you lend a helping hand to today? Could you help a parent or carer with something that they normally do for you? Like making breakfast or tidying up? You will feel great for achieving something and it will be a nice way of giving back to someone who gives so much to you. Or can you think of someone else who could use your help? Maybe a sibling or neighbour? Or a classmate who could use some help at school?

2.

GIVE A MEDAL

Is there someone you would like to thank for helping you? If you have some card from a used cereal box or any other kind of paper, you can cut out and decorate a 'Medal' to show them you really appreciate their help. You can make it special with colours and decorations, punch a hole in it (ask an older person for help if you need it), and then use string or ribbon to make it into a medal!

3.

BE A GOOD FRIEND

What does it mean to be a good friend? Of course, it means spending time and having fun with another person whose company you enjoy. However, it can be important to show this person what you like about being their friend and why you spend time with them. Today, find your best friend and give them a compliment and a reason why you like them so much. Are they fun to be around and like the same games or books as you? Do they tell the best jokes? Let them know why they are important to you.



HUGS FOR HAPPINESS



#feelinghopeful

COURTESY OF



It is really important to think about what helps us feel good! What helps you to feel happy and healthy? Below is the outline of an acrostic poem (a special kind of poem where the first letter of each line makes up a word) for you to write! For each line, think about what helps you to feel happy and healthy that begins with that letter. You can use sentences, words or draw pictures - whatever you feel like - and you can do it by yourself or with someone at home. We have filled in the "H" as an example but have left the rest for you to fill in!



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"Hugs help me feel really happy", "hug".

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Finding it tricky to think about what to put? You could start by thinking about what makes you feel good - this might be a favourite food, or your favourite game, or your favourite people to see. You could ask a friend or someone at home to do it with you!

THE LUNA PROJECT

The LUNA (Learning to Understand Needs and Abilities) Project is made up of a group of young people with lived experience of long-term health conditions working to empower other young people with long-term health conditions and their friends! They do this in lots of different ways - blog posts, workshops, events, and creating resources amongst other things!

Thank you to our friends at the LUNA Project for sharing this activity with us. To find out more about the LUNA Project and what they do visit <https://www.thelunaproject.org.uk/>.

Expertise and Information

It can be a worrying time when a child or young person is unwell, and it is not always easy to find the information you need. We help by:

- Listening to you; providing support and information when you need it the most.
- Finding the right services for you.
- Providing information about your healthcare rights and responsibilities.
- Helping children and young people to learn about their healthcare rights to help with decisions about treatment and care.
- Helping children and young people to cope with illness or a long-term condition.



Resources

We have a range of **FREE** resources for parents and carers which can help prepare children for health treatments. These include:

- Parent/carer packs.
- Fact sheets on how to help children cope with pain, needles, dental treatment, staying in hospital.
- Loan of health-related play materials.



Funding

Our Children's Health and Wellbeing Services are delivered **FREE** to children, young people and families thanks to funding from the Scottish Government Children, Young People and Families Early Intervention Fund, the Scottish Government Wellbeing Fund and other Trusts and Foundations. We are extremely grateful for this funding.

We offer a range of children's health and wellbeing services focused on five key areas:



1. Expertise and Information

We offer support and guidance over the telephone and have a range of information packs, educational resources and activities on the health and wellbeing rights of children and young people.



2. Voice

We are the national voice for children and young people, promoting the universal recognition of the healthcare needs and rights of all children and young people and their families.



3. Improving Life Experiences

We offer 1:1 sessions in primary and secondary school settings, or online, focusing on health and wellbeing issues and promoting skills and coping strategies.



4. Training and Resources

We offer training to support those working with children and young people. We also offer group programmes to build confidence and connections with other children and young people.



5. Health-Related Play

We offer health-related play sessions and workshops. More than just a chance to have fun, play is serious business when it comes to children's health and health-related play can help children physically, mentally and emotionally.

Children's Health Scotland has play boxes with realistic dressing up clothes, that cover a wide range of medical professions, and toys which enable play around medical themes. Play is serious business when it comes to children's health, and health-related play can help children physically, mentally and emotionally. This meets with: UNCRC Articles 4 ***Time for play, recreation, and education***; 5 ***Family guidance as children develop***; and 31 ***Rest, play, culture, arts***; and EACH Article 7 ***Children shall have full opportunity for play, recreation and education suited to their age and condition and shall be in an environment designed, furnished, staffed and equipped to meet their needs.***





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