



# Self-Help Toolkit



Cramlington Town  
Council  
NDAS (Northumberland  
Domestic Abuse Service)  
NE Youth

# Introductory page:

## About this toolkit:

Cramlington Town Council, NDAS and NE Youth have partnered to bring you this self-help toolkit. Most pages have interactive activities as well as useful information, tips and tricks you may need to keep yourself safe, happy and healthy. We are delighted to form this partnership and bring you this interactive resource pack.

## Who we are:

**Dan Straughan** – My job role is a Youth Network Coordinator based in Cramlington in Northumberland. My employers are NE Youth and Cramlington Town Council. These organisations have developed a partnership with the vision of my post acting as a support network for the organisations in Cramlington working with children and young people. In essence, my role is to work with the youth sector organisations in the Cramlington area, whilst offering help and support to access what organisations may need to support their provision and (where possible) look at ways to potentially expand and take their provision to the next level to benefit the opportunities young people living in Cramlington and the surrounding area have. We share lots of positive messages and posts on our Facebook page:

Cramlington Youth Network - <https://www.facebook.com/CramlingtonYouthNetwork/>

You can also visit NE Youth and Cramlington Town Council's websites and Facebook pages for information, updates, and resources.

**Ambre McMinn** - I work for Northumberland Domestic Abuse service. My job role children and young people's prevention practitioner and counsellor. I support children and young people in group work sessions helping them explore the differences between healthy and unhealthy relationships, to overcome the negative impact of living with Domestic Abuse and hopefully make healthier choices going into new relationships. The 1:1 counselling role is an integrated approach but with younger children play therapy. I support CYP with their emotional health and wellbeing who have experienced Domestic Abuse, and who are displaying signs of trauma from the impact of the abuse. This also includes supporting their families with a systemic approach.

We hope this self-help booklet gives you some support, positivity, and light through these difficult times. If you or someone you know is going through a difficult relationship and struggling, please don't hesitate to contact NDAS and we will do all we can to support you.

Email: [AMcMinn@nda.services](mailto:AMcMinn@nda.services)

Office no: 01434608030

Website: <http://www.nda.services>

To donate: [www.localgiving.org/northumberlanddomesticabuseservices](http://www.localgiving.org/northumberlanddomesticabuseservices)

Easyfundraiser: <https://www.easyfundraising.org.uk/causes/northumberlanddomesticabuseservices>



# Index Page

Use this page to help you find what you are looking for quickly. All the pages are coloured and focus on a different topic:

Green – These page(s) focus on wellbeing and self-care.

Yellow – These page(s) focus on fitness and diet.

Purple – These page(s) focus on Healthy and/or Unhealthy relationships.

Orange – These page(s) focus on keeping safe and your support networks.

Blue – These page(s) focus on mindfulness.

Pink – This is the answer page for the quizzes throughout.

Throughout this booklet, there will also be random letters scattered and hidden on different pages. The letters are in order and will spell a word once all are collected which you can write on the back page. Can you find all the letters? Here is your first:

H

# Wellbeing and Self-Care

With so much negativity in the world right now it's important for you to show a bit of positivity, no matter how small, because little things can be just as important. Try by jotting down some words or make a visual board drawing of what makes you happy, smile or feel grateful. Use the space below to create your list.

# Dealing with Stressful/Distressing Situations

A

## Self help Guide:

You may want to make a stand and voice your opinion; it takes courage to speak out about what really matters to you. You may feel you have been treated unfairly or your voice is not being heard. This situation can make us feel angry, upset and maybe not understood.

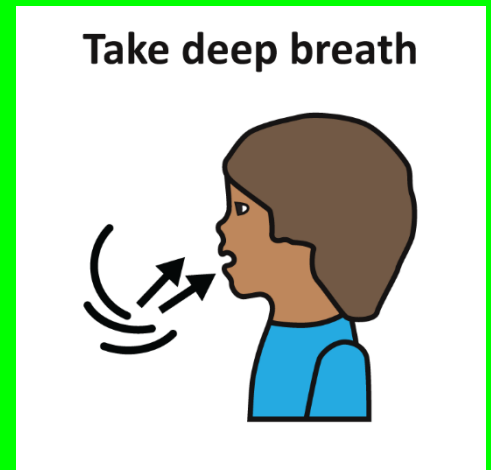
Learning to **STOP** can take practise -

Take a deep breath before considering what action to take

Just simply pausing and taking a breath when feeling stressed can help you see the situation more clearly, and help you decide what action to take.

Before you react, ask yourself these questions?

- What am I reacting to?
- What does this situation mean to me?
- What would this look like to others involved?
- Take a breath- What's the bigger picture?
- How would this seem to someone outside the situation- not emotionally involved?
- What would be the best thing to do for me, for others, for the situation?



Talk yourself around in difficult situations - feelings will pass, remember they are only temporary. It can be mind over matter, what can help is changing your thinking patterns and behaviours. Start thinking of a time you went through this situation before and how you dealt with it. Ask yourself did it work, or could you do it better? You may now be able to identify how you feel inside or be showing or reacting on the outside. If you only think or feel you can deal with it in a certain way, then you are limiting yourself to change and allowing negativity to take control.

Here are some suggestions to guide you:

Write down your thoughts and feelings to express yourself then talk to someone who you feel will listen.

Take comfort in the people who care and want to support you!!



Focus your attention fully on another activity. For example:

- By helping someone
- Read a book
- Listen to music
- Exercise.

Don't waste your words on negativity. Try and focus on something pleasant or things that make you happy.

Learning to combat your response to stress can make you feel so much better in your body and mind. Start with something simple. Try some deep slow breathing exercises. Breathing and relaxation helps combat the body's adrenaline the (fight or flight) response that occurs in anxiety and anger. You can also try mindfulness techniques.

Look to avoid the triggers that may make you feel angry or upset.

Trying to change your mood by building some fun and laughter into your day. Watch a funny program or comedian, read a funny book, read or send jokes to your friends. Try and see the lighter side to life.

Organise chaos in your mind by writing a list of positive things you can do or create some space in your bedroom to give you a sense of change. Tidying up and/or clearing up after yourself can give you a sense of control and achievement.

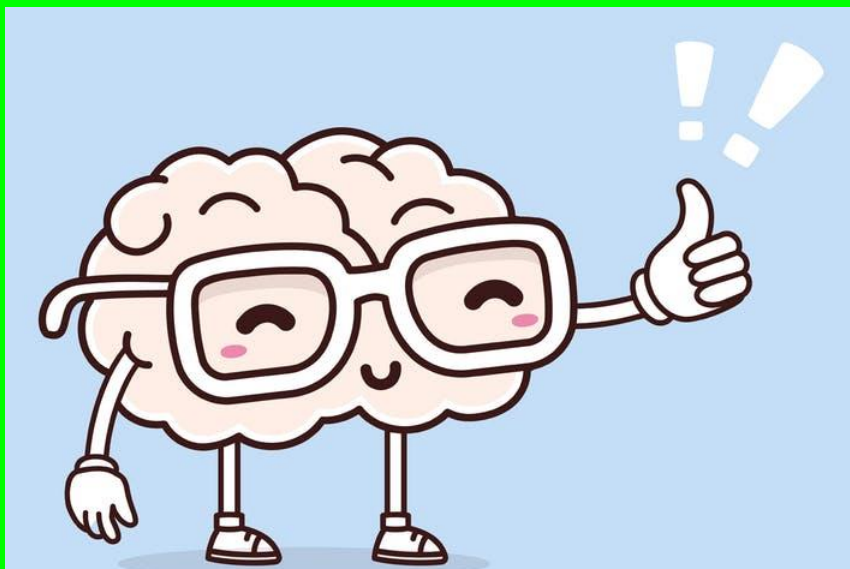
Try and surround yourself with positive people who motivate and encourage you and that want to help you feel good about yourself. In the space below make a list of things you are grateful for, identify who makes you happy and most importantly what makes you happy. Focusing on these positive aspects can change your mood and how you think.

# MOOD LIFTER

The list below can all help benefit your health and give you a sense of contentment.

Set yourself a goal to achieve at least one of these a day. Our brain loves distractions!

- Make a list of things that can make you laugh and pick one to do every day.
- Make a playlist of music to inspire and lift your mood.
- Get outdoors and do some exercise... The fresh air is always good and take advantage of the sunshine.
- Surround yourself with people who motivate and encourage you.
- If you have a tendency to make a mess.... make an effort to be neater, put things away and clean up after yourself.
- Spend time with pets/animals as they can have a calming, warm effect on you, remember they have no questions and pass no judgement.
- Remind those you care about that you love them; I am sure these words will be welcomed.
- Call a friend and talk... have a laugh, cry or rant about something that is bothering you.
- Do something with your hands... get creative draw, paint, bake, build things, mend broken stuff, help out in the garden.
- Be kind do something supportive for someone.... Hold the door for someone, lend a hand to someone who looks like they're struggling, give an honest compliment, be a good listener, or volunteer.



# Sport and Exercise

Taking part in sport and physical activity is a great way to keep your body and mind healthy. Did you know that when you exercise your body releases chemicals called endorphins? Endorphins are linked to happiness and reduced stress. There are lots of free online sporting resources you can access including:

- Active Northumberland's free fitness videos
- Northumberland sport - more active for life
- P.E with Joe (the body coach)
- Zumba/yoga online
- NE Youth Online – check out the Facebook page!

**EXERCISE EQUALS  
ENDORPHINS**

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**ENDORPHINS MAKES YOU HAPPY**

You can also create your own home workout known as a circuit. Circuit training is a type of sport training that involves an individual completing different sets of different exercises that are done in order one after another. Some types of exercises that can be used in circuit training are:

- Press ups
- Sit ups
- Tricep dips
- Lunges
- Squats
- Burpees
- Crunches
- Mountain Climbers
- High Knees
- Side squats
- Plank
- Star jumps



15x Press ups

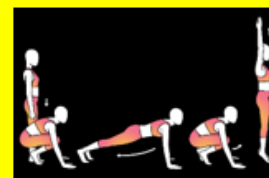
To make this activity easier copy the image above but with your knees touching the floor.

To make this activity harder complete the press up at a slower rate.



15x Sit ups

Lie flat on the floor on your back, sit up with your hands behind your head until you are upright, then lie back down again keeping your feet flat and knees



30 seconds of Burpees

Start by bending your knees so they are tucked into your chest, then getting into a press up position. Bring your knees back in to your chest then jump with your arms stretched. Repeat as many times as possible in 30 seconds.



30 second plank

Get yourself in to the position the image above shows. Make sure your body is straight and you are on your toes. Hold this position for 30 seconds.



15x Triceps dips

Using your stairs or bed, put your legs out in front of you and hold yourself up with your arms. Bend your arms until you are as low as you can go then push back up.



15x Lunges each leg

Step forward with one leg and bend your knee's keeping your back straight. Push up with your front leg and repeat.

## Home Workout Challenge:

*Beginners- complete the circuit once.*

*Intermediate- complete the circuit twice.*

*Advanced- complete the circuit three times.*

This is a simple circuit you can do from your home! Each activity has instructions on how to perform the activity and an amount/time limit. Try this circuit out and see if you can reach the advanced stage!!!

Use the following link to see Dan S take on the Home Workout Challenge -  
<https://www.facebook.com/CommunityatNE66/videos/718918268644581/>



Now it's your turn! Create your own circuit in the box given below and write out each activity in detail. Think about the amount/ time of each activity, which muscles are working during each activity and the equipment needed.



A large, empty rectangular box with a black border, intended for students to write their own circuit activities.

You can even try different sporting challenges. See how well you can do or compete against your family and friends in the following:

- The keep-up challenge – using a football see how many times you can keep the ball up without it hitting the floor.
- The trick shot challenge – see how many different trick shots you can land! You can use tennis balls, ping pong balls, toilet roll tubes, footballs - the choice is yours! Hit your best trick shots and challenge others to see who can land the best! Use the following link to see Dan attempt the trick shot challenge - <https://www.facebook.com/CommunityatNE66/videos/1093605597639014/>
- Hot potato challenge – using a tennis ball and the palm of your hand, see how many times you can hit the ball off the wall without it touching the floor.
- Skipping challenge – if you have a skipping rope or another item you can jump over see how long you can skip for without stopping!
- The Virtual climb challenge – this challenge requires you to walk up and down your stairs as many times as you can. This can be done in 1 day or over a period of time and if you record how many times you have walked up your stairs you can look online and see which mountains or buildings around the world you would have walked up! See if you can climb England's highest mountain (Scafell Peak) or your favourite building/place on your stairs!

### **Sports Quiz:**

See if you can answer the following sporting questions:

1. For many minutes should you exercise for each day to keep a healthy lifestyle?

A. 15                      B. 30                      C. 45                      D. 60

2. Name 3 sports you can do in water.

3. What colour is a cricket ball?

4. What colour is a tennis ball?

5. What is the piece of equipment called that you use to hit a tennis ball?

6. What is the position of the person who plays in net in football called?

7. Can you give the other name for the sport table tennis?

8. What are the 2 coloured cards they use in football?

9. What sport uses a ball, a T, and a club?

10. What sport do you score a try in?

11. Name a sport you can do with an animal?

12. What is Zumba?

13. In a game of darts, what is the highest possible score using 3 darts?

14. List as many different circuit training activities you can do from your home.

# Healthy Eating

As well as sport improving your health and wellbeing, healthy eating can also have a positive impact on your body and mind. Eating a healthy and balanced diet has many perks including:

- Boosting your energy
- Reduce your weight
- Improved health
- Help prevent illness
- Better rest/sleep
- Improved memory and concentration

Healthy eating is **NOT** eating fruit and vegetables and nothing else. Healthy eating consists of having a balanced diet and consuming a variety of the following:

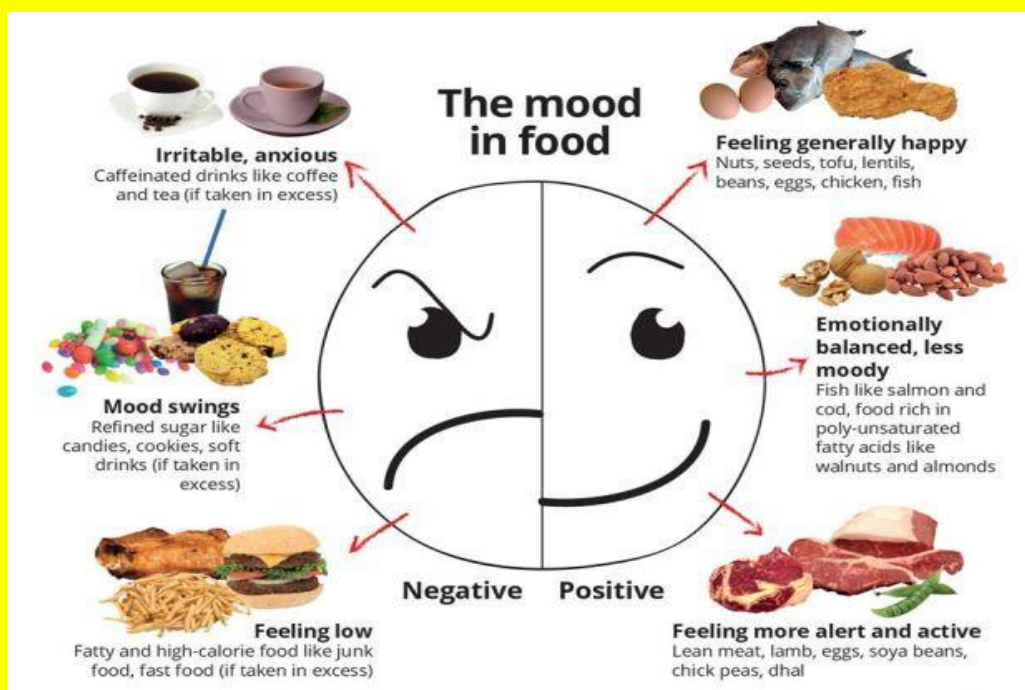
## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



There are 5 categories to the eatwell plate:

1. Carbohydrates – these are bread, rice, cereal, potatoes and other foods that contain starch. Carbohydrates give your body its main source of energy as well as fibre.
2. Dairy – these are milk, cheese, soya and other dairy based products. Dairy contains calcium which helps keep your teeth and bones strong and healthy.
3. Fat – Foods high in fat should only be eaten in small amounts. However, fat is essential for the human body as it provides energy. Eating less fat is more likely to help with weight loss.
4. Protein – these are foods such as red meat, white meat, beans, fish and pulses. Protein helps in the growth and development of muscles.
5. Fruit and vegetables – You should aim to eat 5 different pieces of fruit and veg per day. Fruit and veg provide you with nutrients and vitamins that help your body in a variety of different ways!



As well as eating healthy, you should also try to drink healthy! 1 glass of fruit juice usually counts as 1 of your 5 a day. You should also aim to drink between 6 and 8 glasses of water per day. Water is essential to help your body function, keep your body and mind healthy and helps flush out toxins. Try to replace sugary drinks which cause your mood to drop and make you feel tired for a glass of water.

## WHY DRINK WATER?



1. Helps to lose weight
2. Healthy Skin
3. Fights Infection
4. Get rid of Body Toxins
5. Healthy Heart
6. Prevent Joint Pains & Arthritis
7. Boost Energy
8. Prevent Constipation
9. Reduce risk of Cancer
10. Improves Productivity

## Healthy Eating challenges:

Time to see how many of these healthy eating challenges you can complete!

- New vegie challenge – Try at least 1 new vegetable every week.
- New fruit challenge – Try at least 1 new fruit every week.
- The eat well plate challenge – See if you can make a dish that uses all the ingredients in the eat well plate but is tasty and enjoyable.
- The sugar switch challenge – See if you can switch sugary drinks for water for 1 week.
- The no junk food challenge – see if you can switch out junk food for a healthy alternative for 21 days.
- The smoothie challenge – try blending up your favourite fruit with some milk to create a smoothie. Try different flavours and see what you think! Challenge your friends and family to see who can create the best.



## Quiz:

See if you can answer the following health eating questions:

1. Can you name 3 green vegetables?
2. Roughly how much of the human body is made up of water (in %)?
3. What are the 5 categories that make up the eat well plate?
4. How many portions of fruit/vegetables should you aim to eat each day?
5. How much water should you aim to drink each day?
6. What food types help you grow and develop muscles? Can you give the food group and an example?
7. What food types give you energy? Can you give the food group and an example?
8. What food types are best for teeth and bone development? Can you give the food group and an example?
9. If a person has beans on toast, what food groups would they be consuming?
10. What is the ideal healthy calorie intake for an adult male and a female?

# Healthy/Unhealthy Relationships

Using the grid given below, find the following words:

- ACCEPTS ME AS I AM
- BULLIES ME
- HITS ME
- IS POSSESSIVE
- LISTENS TO ME
- MAKES ME AFRAID
- MAKES ME CRY
- MAKES ME FEEL SAFE
- RESPECTS ME
- TAKES MONEY OFF ME
- TEASES ME
- TELLS ME WHAT TO DO
- TREATS ME EQUAL
- TRUST ME
- UNDERSTANDS ME

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

Once you have found all the words, can you highlight in:

**Green** the words that may suggest a HEALTHY relationship.

**Red** the words that may suggest an UNHEALTHY relationship.

# Healthy Relationships

The following words are positive signs to look out for that you could be in a healthy relationship.

Find the missing letters to complete the words that are linked to healthy relationships:

A	C		E	P	T	A		C	E
---	---	--	---	---	---	---	--	---	---

C		M	P	R		M	I	S	E
---	--	---	---	---	--	---	---	---	---

R	E		P	E		T
---	---	--	---	---	--	---

H		P		I		E		S
---	--	---	--	---	--	---	--	---

	R	U	S	T
--	---	---	---	---

U	N	D		R	S	T	A		D
---	---	---	--	---	---	---	---	--	---

S		A	R	I		G
---	--	---	---	---	--	---

C	O		N	E		T
---	---	--	---	---	--	---

C	O		M	I		M		N	T
---	---	--	---	---	--	---	--	---	---

# Types of Domestic Abuse

Using the words below, see if you can find all of the words in this word search:

BLAMING  
COERCING  
CONTROL  
DENYING  
DISHONEST  
DISRESPECTFUL  
EMOTIONAL  
FINANCIAL  
FORCING  
HARASSING  
INTIMIDATION  
ISOLATION  
MINIMIZING  
PHYSICAL  
POWER  
PSYCHOLOGICAL  
SEXUAL  
STALKING  
THREATS

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

Next, beside each word can you give each word a number between 1 and 5 to show how significant **YOU** think each issue is:

1 – Not an issue.

2 – a slight issue but nothing to worry about.

3 – An issue.

4 – A big issue.

5 – Unacceptable and a very unhealthy relationship.



# How to be a good friend

Answer the question(s) below:

How to be a good friend.

Think about how you became good friends.

What made you stay friends?

What makes a good friendship? (Circle or highlight below)



Helpful

Supportive

Listen to you

Considerate

Kind

Makes you laugh/smile

Respect your privacy

Trustworthy

Caring

Don't want to fall out

Try to cheer you up

Compliment you

Share

Cooperate

Included you

Be able to say sorry

Looks out for you

Comfort you

What do we gain from friendships?

What do we admire in a friend?

Do friendships always stay the same?

Friendships are important because.....



# Staying Safe Online



Online Safety is being aware of the nature of the possible threats that you could encounter whilst engaging in activity through the internet. The internet can be a positive and enriching side to digital life but it's also important to recognise its challenges and how to best protect yourself.

There are lots of fun and interesting things to do on internet and it's a great way to stay in touch with family and friends. But it's still very important to keep yourself safe online.

Some tips to keep yourself safe:



## **Think before you post -**

- Don't share or upload anything you wouldn't want your parents, carers, family, teachers or even future employers seeing. Remember once you have posted something, you can lose control of it, then it becomes anyone's to use.

## **Don't share personal details -**

- Keep things like your phone number, address, date of birth private, school private and check what people can see on privacy settings.

## **Watch out for phishing and scams -**

- Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try and trick you by telling you they can make you famous or they're from a model agency, for instance. Never click links from emails or text messages that ask you to log in or share details, even if you think they are being genuine. If you're asked to log into a website, go to the website or app directly and sign in there.

## **Keep your device and passwords secure -**

- Keep everything up to date with your settings and never share your login information or password with anyone. Always make sure you log out of websites when you're finished and make sure you pick strong but easy to remember passwords. Two step authentication is a great way to keep your accounts secure so only you can access them!

## **Think about who you are talking to -**

- There are lots of ways that people could try and trick you online, such as building up a trusting friendship. If you like and trust someone you've met online, don't ever share your personal information with them.

**Cover your webcam -**

- Some viruses will let someone access your webcam without you knowing, so make sure you’ve covered it whenever you’re not using it. A bit of tape can be easily removed when you do want to use it or you can buy cheap sliding covers.

**Online grooming -**

- People can hide who they really are. They can also pretend to be like you have the same interests or have problems like you. They can trick you by sending photos or videos stating it is them but it’s actually a fake identity. The groomer does this so you build up trust in them, so later they can manipulate you into doing what they want. Some platforms these kinds of people can groom you on are: Online gaming, live streaming, chat rooms, Instagram. Always be mindful of who you are speaking to online and don’t assume they are always telling you the truth.

**How to spot fake news?**

- Check the source if it genuine (where did the news come from?)
- Look for evidence (is it real/ what they have said/what evidence is there?)
- Take your time to decide if it’s genuine (does the evidence come from a reliable source and support the person’s story?)
- Ask someone if you’re unsure or worried about what you have seen or read (if you are in doubt, always ask somebody to check/read what you have seen)

**If you’re anxious or worried about any of the above speak to a trusted person, adult, family member, teacher, counsellor or youth worker. If you are unsure as to who a trusted person is, the next page may help you identify this person/people through your support network. Don’t feel like you have to deal with a problem alone because people will help and support you.**

**Make a copy of everything they have sent you and report it to the police.**

You can also use the following contacts to help with the above:

ChildLine: <https://www.childline.org.uk/> 0800 1111

Child Exploitation Online: <https://www.ceop.police.uk/safety-centre/>

Internet watch foundation: <https://www.iwf.org.uk/>

Northumbria Police: <https://www.northumbria.police.uk/>

O2 and NSPCC Helpline: <https://www.o2.co.uk/help/nspcc/>

Adviceline: 0808 800 5002 for free, Mon – Fri 9am – 4pm Professionals

Only Helpline: [helpline@saferinternet.org.uk](mailto:helpline@saferinternet.org.uk)

Report harmful Content: [www.reportharmfulcontent.com](http://www.reportharmfulcontent.com)

Report it: [http://report-it.org.uk/your\\_police\\_force](http://report-it.org.uk/your_police_force)

Safer Internet: <https://www.saferinternet.org.uk/>

The Mix: <https://childnetcreatesend1.com/t/j-l-qpkut-l-o/>



# Support and Networks

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**Who's your support network?**

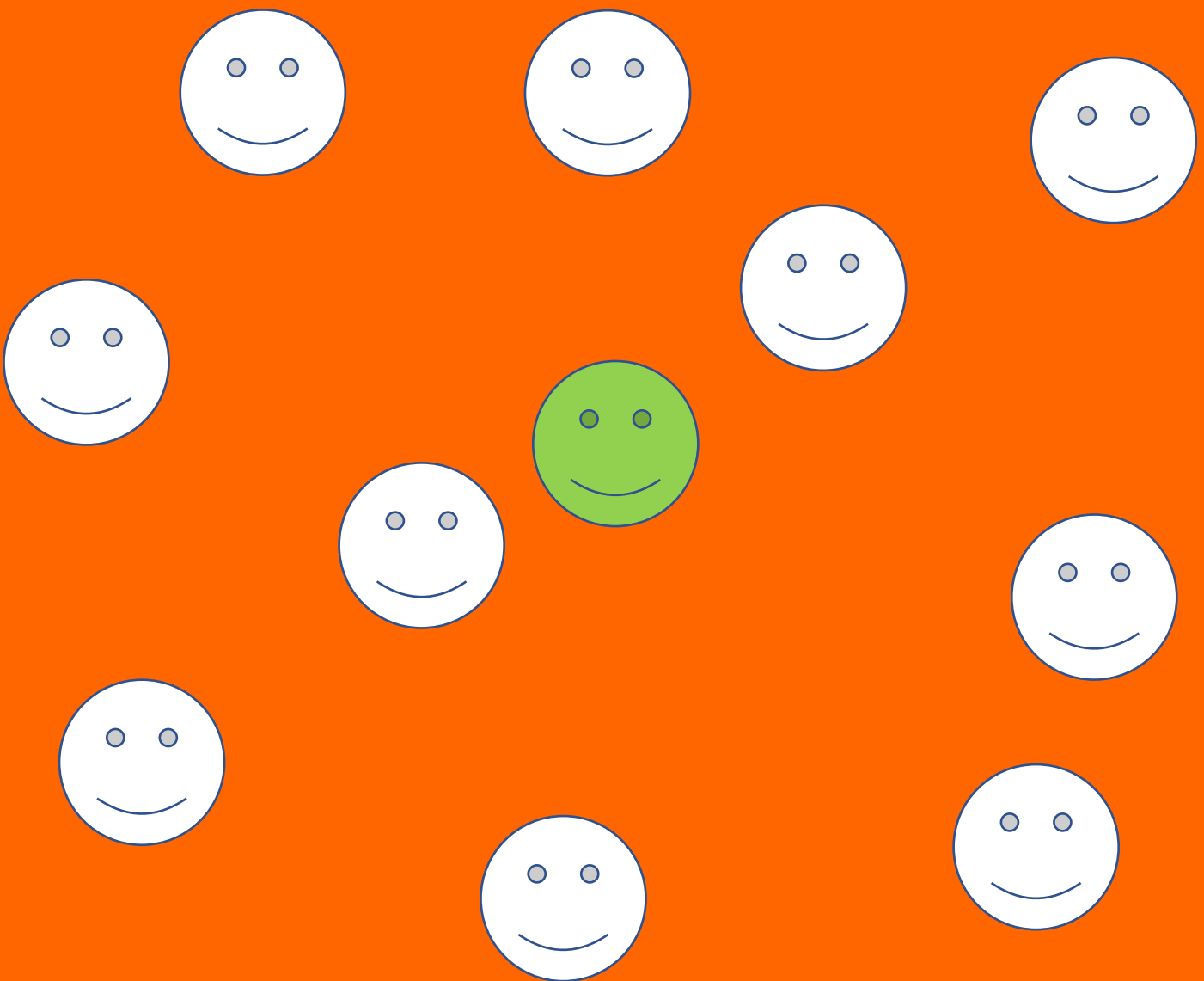
**Do you have important people in your life you can talk to?**

**Who could you trust?**

Imagine the faces below are the people in your life. Try and have a think about who you are closest to.

You are the green face in the middle, try and put the other faces in order of trust or importance. You can either number them or start from the middle and work out, giving those faces a name/identity.

Some ideas on who you could use as support: family, friends, school, youth worker, doctor, social worker, police, neighbour etc.....



# BE MINDFUL

The idea of mindfulness is to learn how to cope with your emotions without feeling overwhelmed by them. Focusing on the here and now is an effective means of achieving a good state of calm. Mindfulness, if practiced, can help deal with unhappiness, anxiety and stress.

Here are some little tips to start introducing you to mindfulness and meditation.

## **Stargazing:**

On a clear night make yourself comfortable on the floor or in a chair where you can see the night's sky.

Using individual stars as a focus points, notice their shape, the brightness and distance between the nearest neighbouring stars. Watch the stars and the limitless space above and try and let your feelings of anxiety or stress drift away.

You can even learn about star constellations and see if you can spot them in the sky!



## **Drinking a hot drink:**

Pour water into the kettle and sit quietly and listen to the sound of the water heating/boiling, then observe the heat rising from the kettle. Then pour some hot water into a cup with whatever you're drinking: hot chocolate, tea, coffee, herbal drink. Then wait for a minute, stir several times with a spoon, then add milk and/or sugar, observing at all times just on what you're doing right now, nothing else. Take your hot drink and mindfully take your first sip. Taste it, smell it, take your time and relax. Keep sipping away, just respect the silence in your mind while doing this. Once you're finished, maintain the silence until after you have washed up.



## Focusing on natural objects:

Find a stone, pebble, stick, shell, flower.

Prepare your session time for 10 minutes

Place what you have chosen on a table and make sure your eyes can see it fully, you are not too close nor too far away. Ideally the background should not be a distraction with too many colours or patterns.

Now focus on the object and think about connecting with this natural object. Sit with a good posture on a chair and your body upright. Your feet to be straight, flat on the floor and your body balanced.

Your hands resting on your lap or knees. Your chin slightly tucked in and the tip of your tongue is touching the roof of your mouth, just behind your teeth. Your eyes will be open and looking at the object in front of you.

To begin the session, think of something positive like a person or setting. This is an intention of feeling good. These kinds of focus can help you find a calmness or genuine happiness inside.

Then spend a few moments feeling the ground under your feet. Notice the sensations including the feel, temperature and how your body reacts. Next move your focus to where your body is in contact with the chair and shift your focus to your shoulders.

The main part of the meditation is spent focused on the object in front of you.

Now move your focus to the object only, gaze at it, you can blink whenever needed and if your mind wanders bring the attention back to where your eyes are looking.

If your eyes feel sore, close them for a few seconds. The aim of the focus is not thinking about the object but simply being aware of it without distraction. If you do get distracted gently bring your attention back. If you get a visual distortion, where the object might be changing shape or moving, don't worry this is an optical illusion just by the tension of staring. Again, just close your eyes for a short while, try and continue to stay relaxed and maintain the focus with your eyes again once open and looking at the object.

To finish the session, just look away from the object and focus on your body for a few moments. The last stage is just reminding yourself of the intention you set out. Think about how it has made you feel and how you want to continue your day. You can meditate at any time using almost any object.

## Clouds in the sky:

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This exercise is best practiced outdoors or by a window.

Sit comfortably with a balanced posture and where you can see the sky, if the weather nice you could lie on your back in the garden.



Begin the session reminding yourself why you are wanting to meditate, maybe to feel free, relaxed, calm, happy.

Look into the sky and notice its qualities, maybe it's a clear blue sky, or are there clouds or even a rainbow?

Try to get a sense that your mind is just like the sky: vast, open and limitless. As you look into the sky, allow your mind to mix with the sky letting it come together as one.

Imagine all your thoughts emotions and distractions are simply part of the sky just like the clouds.

The meditation part is to focus whilst looking into the sky, remembering to blink whenever you need to and to not look directly at the sun. Whenever your mind wanders or gets caught up in thinking, simply return your attention back to where your eyes are looking.

There is no need to feel bothered by anything; you can simply let go of the thoughts, emotions and distractions and let them all pass by with the clouds. Imagine the clouds taking away all that baggage and negativity. Don't allow it to involve you but just simply take it away as the clouds pass you by.

At the end of the session focus on your body for a few moments, becoming aware of your surroundings and then remind yourself what you were looking for at the start of the session - to feel free, relaxed, calm or happy. How do you feel now?

# Answer Page

On this page you will find the answers to the quizzes in the booklet. If you are uncertain on any answers, or do not know what any answers mean, feel free to google search the word/phrase/question!

## **Sports quiz:**

1. 60 minutes
2. Water polo, fishing, swimming, diving, canoeing, kayaking etc.
3. Red (with white)
4. Green
5. Tennis Racket
6. Goalkeeper
7. Ping pong
8. Yellow and Red
9. Golf
10. Rugby
11. Equestrian, Fishing, Crufts, Horse Racing, Grey Hound racing etc.
12. Zumba is exercise through the form of expressive dancing
13. 180
14. Press ups, Sit ups, Burpees, Lunges, Squats, Tricep Dips, Mountain Climbers, Crunches, Sprints etc.

## **Healthy Eating Quiz:**

1. Broccoli, Asparagus, Green Beans, Spinach, Kale, Artichoke, Cucumber, Brussel Sprout etc.
2. Roughly 70-75%
3. Protein, Dairy, Carbohydrates, Fat, Fruit and Veg
4. 5
5. 8 glasses or roughly 2 litres
6. Protein – Red meat, nuts, cheese, eggs, beans, seeds etc.
7. Carbohydrates – bread, potato, rice, cake etc.
8. Dairy – Milk, cheese, dark leafy greens, yoghurt, seeds etc.
9. Carbohydrates and protein mainly.
10. Male = 2,500. Female = 2,000.

## **Missing Letters:**

The underlined letters are the letters that were missing to create the following words:

Acceptance

Compromise

Respect

Happiness

Trust

Understand

Sharing

Connect

Commitment

## **Hidden letters:**

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