



Cover illustrated by Margarita Rebolledo

# My Journal through a Changing World

This space belongs to: \_\_\_\_\_

**solace**

**[solacewomensaid.org](http://solacewomensaid.org)**

Solace Women's Aid is a charity registered in England and Wales  
Charity Number : 1082450. © All Rights Reserved.

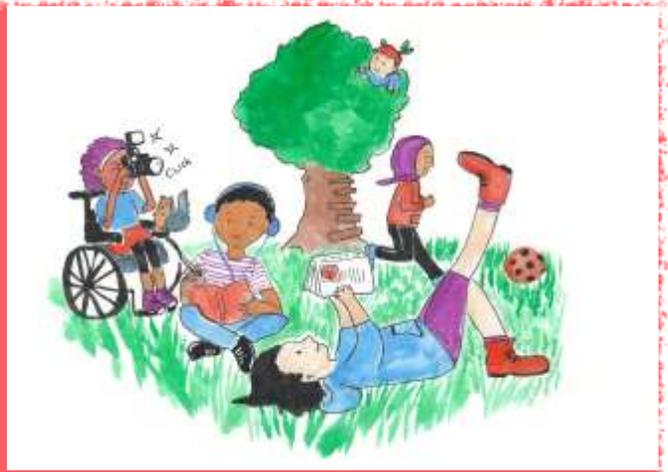
# Contacts



If you need help, speak to a trusted adult or contact:

Agency	Phone number	Website	Additional Details
Police	999	<a href="http://www.police.uk">www.police.uk</a>	Only call in case of emergency
Solace	0808 802 5565	<a href="http://solacewomensaid.org">solacewomensaid.org</a>	
National Domestic Violence Helpline	0808 2000 247	<a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a>	
Women and Girls Network	0808 801 0660	<a href="http://www.wgn.org.uk">www.wgn.org.uk</a>	WGN is a free, women-only service providing a holistic response to women and girls who have experienced, or are at risk of, gendered violence.
Childline	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	Get help and advice about a wide range of issues online or via phone.
Samaritans	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>	Free service to talk to someone via phone or email.
National Child Protection Helpline (NSPCC)	0800 800 5000	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	Free, confidential service offers counselling, information and advice.
Kooth		<a href="http://www.kooth.com">www.kooth.com</a>	Free, safe and anonymous online support for young people
Respect	0808 801 0327	<a href="http://www.respect.uk.net">www.respect.uk.net</a>	Male Victims of Domestic Abuse

# About this Space...



This is your Journal through a Changing World. It is your space to look after your wellbeing, learn new things, and have fun! Some of the activities you can do on your own, for some, ask a grown-up for help!

## Contents:

Check-in	4
Play it...Safe	10
Wellbeing	15
Feel You	21
Healthy Relationships	28
Self-Care	33
Games Room	45
Resources & References	48
#Solaceselfcare Challenge	49



# The Poetry Corner

*Shadows on the wall  
Noises down the hall  
Life doesn't frighten me at all*

*Bad dogs barking loud  
Big ghosts in a cloud  
Life doesn't frighten me at all  
[...]*

*Dragons breathing flame  
On my counterpane  
That doesn't frighten me at all.*

*I go boo  
Make them shoo  
I make fun  
Way they run  
I won't cry  
So they fly  
I just smile  
They go wild*

*Life doesn't frighten me at all.  
[...]*

*Panthers in the park  
Strangers in the dark  
No, they don't frighten me at all.  
[...]*

*Don't show me frogs and snakes  
And listen for my scream,  
If I'm afraid at all  
It's only in my dreams.*

*I've got a magic charm  
That I keep up my sleeve  
I can walk the ocean floor  
And never have to breathe.*

*Life doesn't frighten me at all  
Not at all  
Not at all.*

*Life doesn't frighten me at all.*

**-Maya Angelou**

# Let's make a pact between you and you...

So many things in life have rules. When it comes to how you treat yourself and others, you get to make the rules! Following the example, make a pact with yourself and write some rules about how you want to treat yourself and others.



*I promise myself that I will try to....*

- 1-Be kind to myself and others*
- 2-Take care of my body and mind*
- 3-Keep myself safe as much as I can*
- 4-Spend time doing what makes me happy*
- 5-Focus on my growth and learning*
- 6-*
- 7-*
- 8-*
- 9-*
- 10-*
- 11-*
- 12-*

Signed:

# Rose, Thorn and Bud...

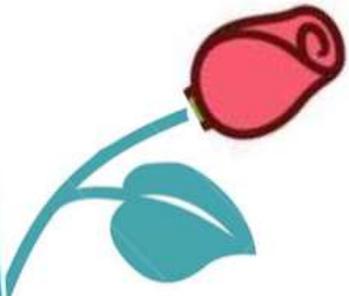
Every day you can come back to this page and write/draw a word for each section: Rose (something that you are happy about today), Thorn (something that you are unhappy about or that is challenging you today), and Bud (something you are hoping for or looking forward to later today).

Rose



Thorn

Bud





# How are you today?

Each day, use the Traffic Light of Wellbeing to indicate how you feel today and write a few words to explain. Colour in **Green**, if you are feeling good, positive, with high energy; **Amber**, if you are feeling ok, with ups and downs; or **Red** if you are feeling bad, tired, or anxious (you can pick more than one colour!).

Day 1


Day 2


Day 3


Day 4


Day 5


Day 6


Day 7


Day 8


Day 9




# What animal are you today?

What is your energy level today?

- Through the roof!!!
- Quite high
- Medium
- Quite low
- I could fall asleep any second

How do you feel most today?

- I feel energised and restless
- I feel strong and confident
- I feel calm and reflective
- I feel relaxed and dreamy
- I feel lazy and bored

Where would you rather be today?

- Jungle
- Savanna
- Lake
- Mountains
- Woods

At a party today you would be...

- Pulling pranks on everyone
- Dancing in the middle of the room
- Chatting with your friends
- Playing games
- Chilling on the sofa with your BFF

If your mood was a colour today it would be...

- Yellow like the sun
- Orange like a fire
- Black like the night
- Green like the trees
- Blue like the sea

Today you want to...

- Phone my friends and do loads of physical activities
- Be creative and socialise
- Read and learn new things
- Play games and relax
- Watch movies with a blanket and snacks

What type of music are you most like today?

- Pop / energetic.
- Rock / strong.
- Classical / solemn.
- Indie / soothing.
- Reggae / mellow.

## Results

Count how many answers you have from each letter (sometimes you can be more than one animal!)



➤ Majority of answers A:

Today you are a MONKEY, full of energy and lively, you can feel very playful and social, and/or restless and anxious.



➤ Majority of answers B:

Today you are a LION, very secure and empowered, you can feel ready to take on the world, and/or frustrated like a caged lion.



➤ Majority of answers C:

Today you are an ELEPHANT, calm and wise, you can feel thoughtful and eager to learn, and/or overloaded with too many thoughts.



➤ Majority of answers D:

Today you are a PANDA, laid back and light-hearted, you can feel like you don't have a care in the world, and/or a bit powerless.

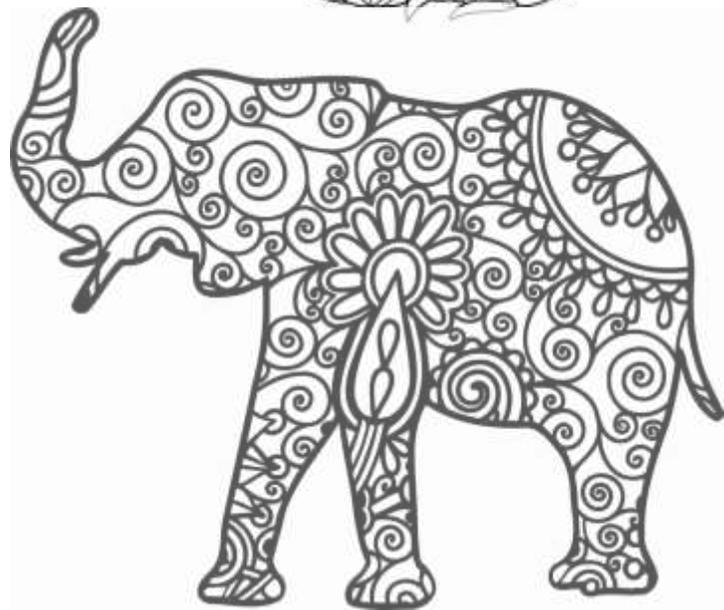
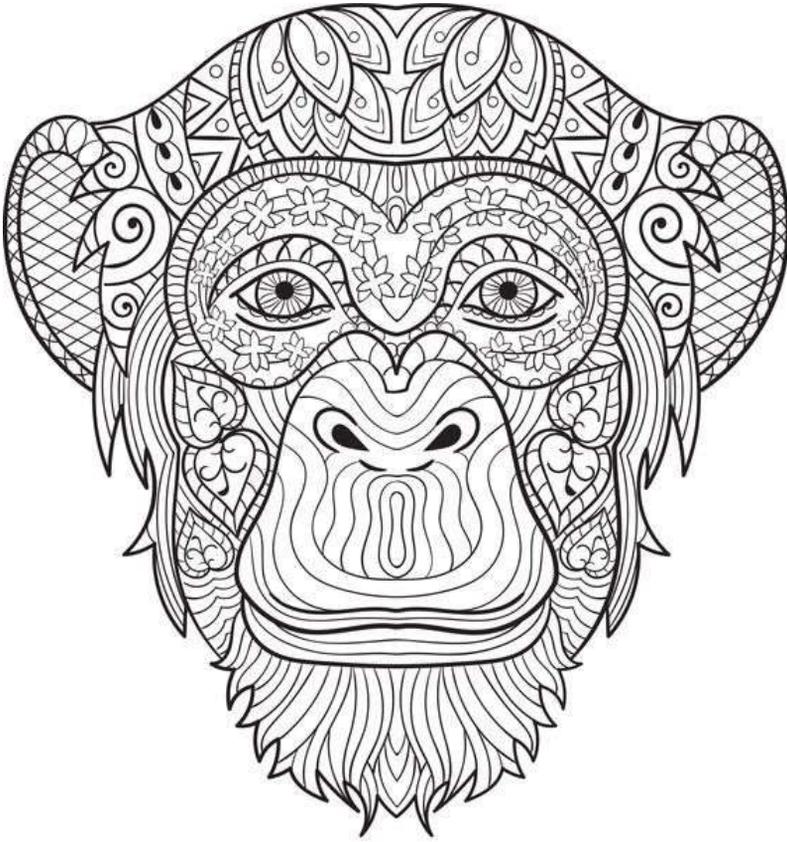


➤ Majority of answers E:

Today you are a SLOTH, completely relaxed and happily lazy, you can feel like the meaning of life is a great nap in a hammock, and/or tired and bored.

➤ None of the answers really suited me, today I feel more like a.....

# Relax with Colouring...



# Story Time: Inspiring Humans

Excerpts from: *Stories for Boys who Dare to be Different* and *Good Night Stories Rebel Girls*

ILLUSTRATION BY  
SARA BONDI



**"WHEN THE WHOLE WORLD  
IS SILENT, EVEN ONE VOICE  
BECOMES POWERFUL."  
—MALALA YOUSAFZAI**

## • MALALA YOUSAFZAI •

ACTIVIST

Once there was a girl who loved school. Her name was Malala.

Malala lived in a peaceful valley in Pakistan. One day, a group of armed men called the Taliban took control of the valley. They frightened people with their guns.

The Taliban forbade girls from going to school. Many people disagreed but they thought it would be safer to keep their girls at home.

Malala thought this was unfair, and wrote about it online. She loved school very much—so one day, she said on TV, "Education is power for women. The Taliban are closing girls' schools because they don't want women to be powerful."

A few days later, Malala got onto her school bus as usual. Suddenly, two Taliban men stopped the bus and shouted, "Which one of you is Malala?"

When her friends looked at her, the men fired their guns, hitting her in the head.

Malala was rushed to hospital, and she did not die. Thousands of children sent her get well cards, and she recovered faster than anyone could have imagined.

"They thought bullets would silence us, but they failed," she said. "Let us pick up our books and our pens. They are our most powerful weapons. One child, one teacher, one book, and one pen can change the world."

Malala is the youngest person ever to receive the Nobel Peace Prize.

BORN JULY 12, 1997

PAKISTAN

• 104 •

# How to play...it safe

## The Importance of Being Safe

It's important to try and keep healthy, happy and safe. This space is dedicated to keeping safe. This can be hard and you may feel isolated but **YOU ARE NOT ALONE.**

Here are some safety tips to help you during this time. Read through them and make your own safety plan on the next page.

## Self-Care

- Do the things that make you happy!
- Keep social distancing, wash your hands for 30 seconds several times a day.
- Think of ways to keep yourself safe and get help and support where necessary.
- Think of the safest places in the house and how to deal with a difficult situation.

## Support from Family, Friends and Neighbours

- Think of 5 grown-ups that you trust and make sure you know how to get in touch with them.
- Check-in with your family, friends, or trusted grown-ups to let them know how you are and talk about what to do in a difficult situation.

## Contacting agencies for support

If you do not feel able or comfortable to talk to family, friends or neighbours, on the first page are some agencies who you can speak to.

# My Safety Plan

Write/Draw your plan to keep safe.

To keep safe at home I will...

To keep safe out and about I will...

For my self-care I will...

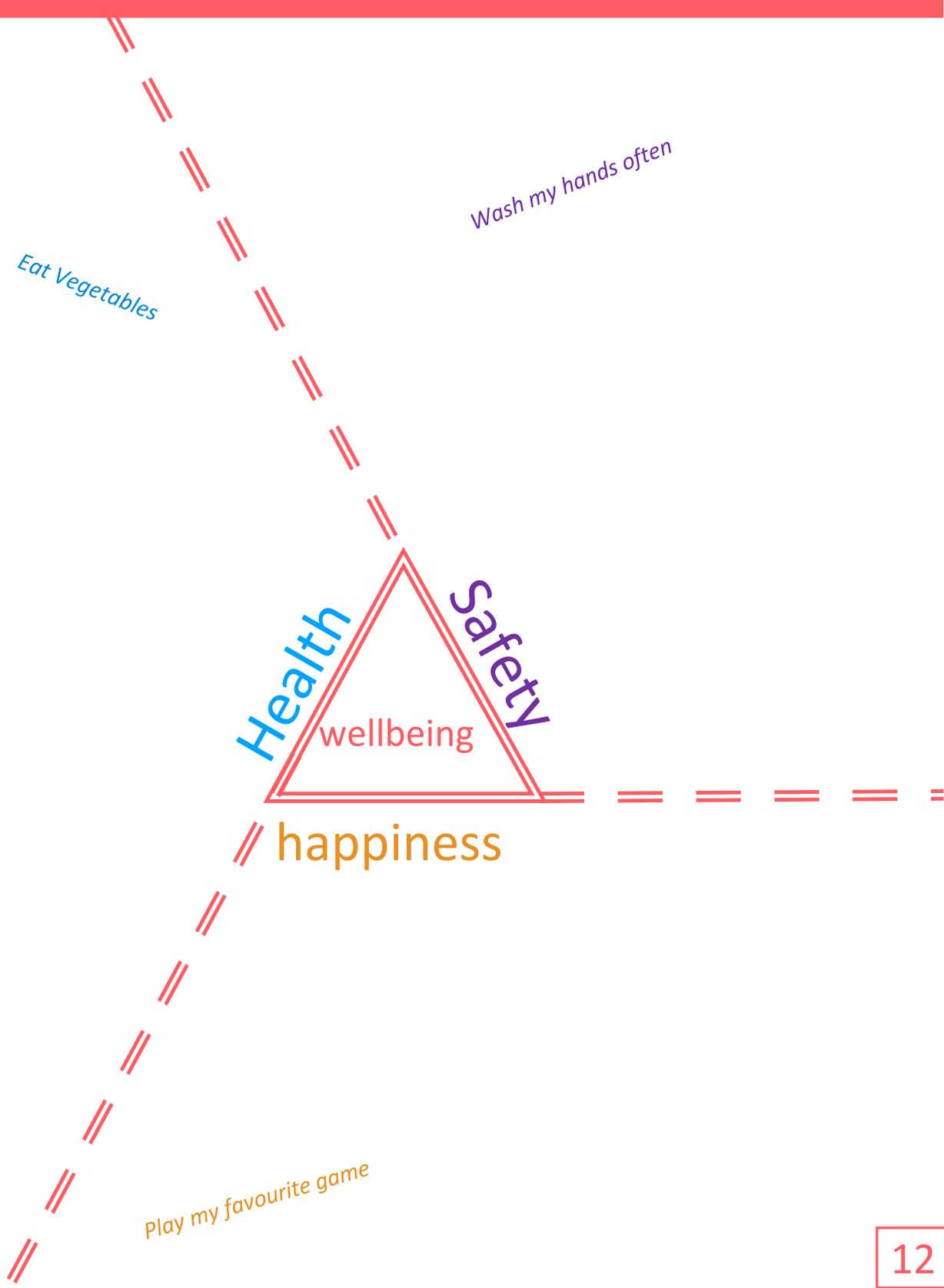
To keep myself healthy I will...

Five Grown-ups that I trust are...

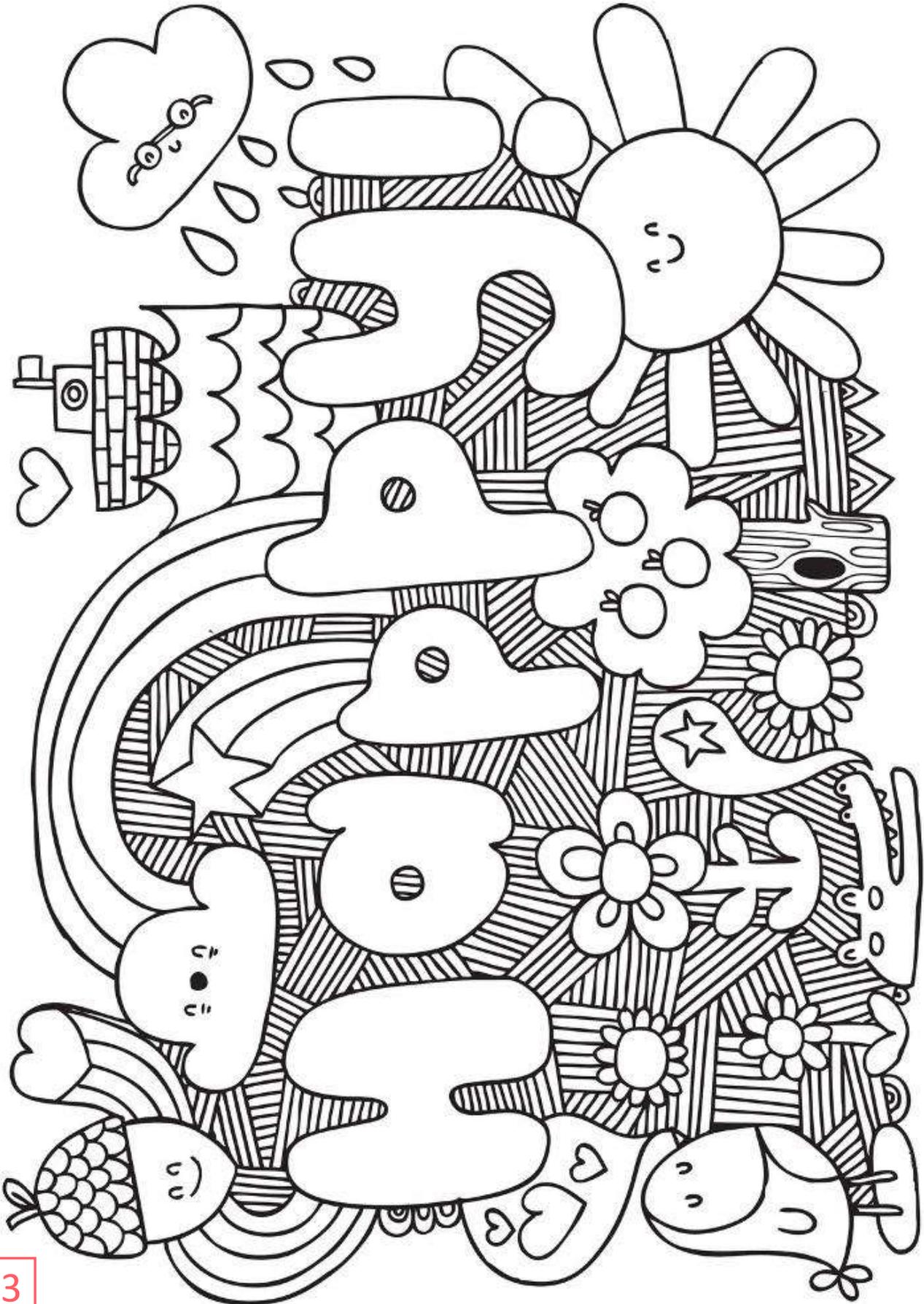
If something happens I will...

# The Triangle of Wellbeing

Wellbeing is a mix of 3 things: **Health, Safety, Happiness**. You can imagine this as a triangle of wellbeing. What makes you feel Safe? What makes you feel Happy? What makes you feel Healthy? Write or draw to create your own wellbeing triangle.



# Relax with Colouring...



# Story Time: Inspiring Humans

Excerpts from: *Stories for Boys who Dare to be Different* and *Good Night Stories Rebel Girls*



## FREDERICK DOUGLASS

(1818–1895)

Frederick Douglass was born into slavery in America in 1818, which meant he was treated as property instead of a person. Slaves like Frederick were beaten, barely fed, and forced to work until they collapsed.

They were also banned from learning to read or write. The people who owned them were afraid that if their slaves became educated, they would rise up and overthrow them.

The wife of the man who owned Frederick ignored this rule, teaching Frederick how to read and write, until her husband found out and put a stop to it. He couldn't stop Frederick, though, who carried on learning whatever he could from local white children and neighbors, even though it put him in danger.

Once he could read, Frederick read everything: leaflets, newspapers, novels, the Bible. From reading, he learned about slavery and started to form his own ideas and arguments against what was happening. He shared these ideas with other slaves and his knowledge spread.

Frederick tried to escape from slavery twice, but was recaptured. He was successful on the third attempt, when he was transported along part of what was known as the Underground Railroad: a secret network of routes used to smuggle slaves to freedom.

As a free man, he married, had children, and traveled across America, speaking and campaigning, not just for the end of slavery, but for women's rights, Irish independence, and other issues he was passionate about. He advised presidents and lectured students. He also published three books about his life, which went on to be bestsellers.

Thanks in part to the work of Frederick, all slaves were declared free in 1865. Black people in America have been fighting for equality ever since.



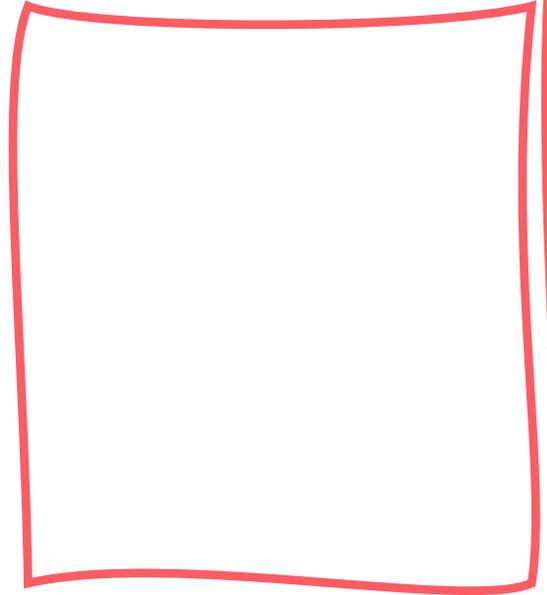
# Inspiring humans, write your own!

Think about someone you admire, someone from your family/school, your favourite actor/writer/sport person/etc, any inspiring human and leader. You can use this time to learn more about them and write their 'ID' card.

Name

Portrait

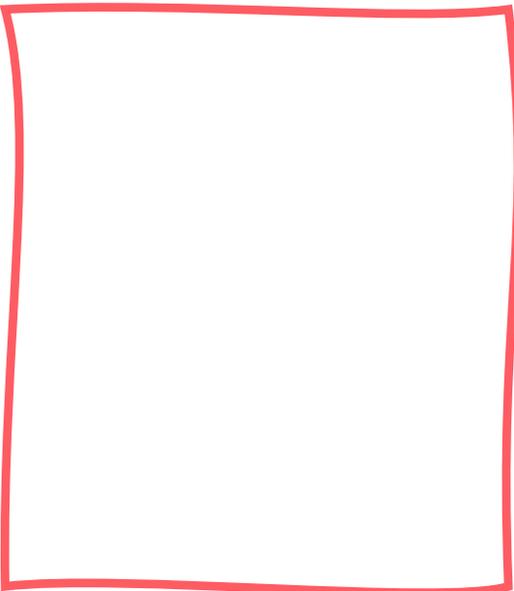
Story:



Portrait

Name:

Story:



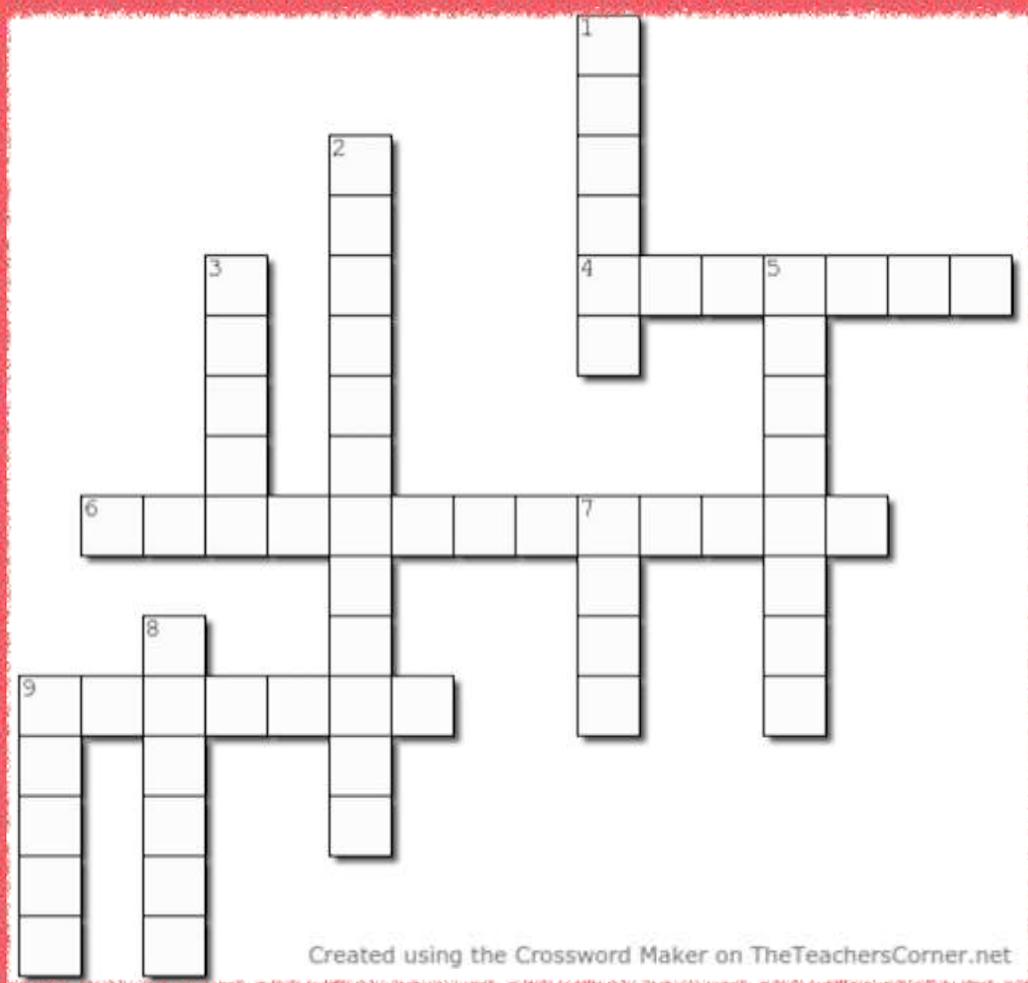
# 10 things I am grateful for...

Is everyone always telling you to say 'thank you' for things? Well, there's a reason for that! Taking time to think about all the things you have and feel grateful for them, can be very important in making you happy! Is it your home, your family, your friends? Is it your favourite toy, or the fact that you are very good at something?

- |           |           |
|-----------|-----------|
| 1. _____  | 14. _____ |
| 2. _____  | 15. _____ |
| 3. _____  | 16. _____ |
| 4. _____  | 17. _____ |
| 5. _____  | 18. _____ |
| 6. _____  | 19. _____ |
| 7. _____  | 20. _____ |
| 8. _____  | ...       |
| 9. _____  | ...       |
| 10. _____ | ...       |
| 11. _____ |           |
| 12. _____ |           |
| 13. _____ |           |

# Wellbeing Crossword Puzzle

Solutions on page 47



## Across

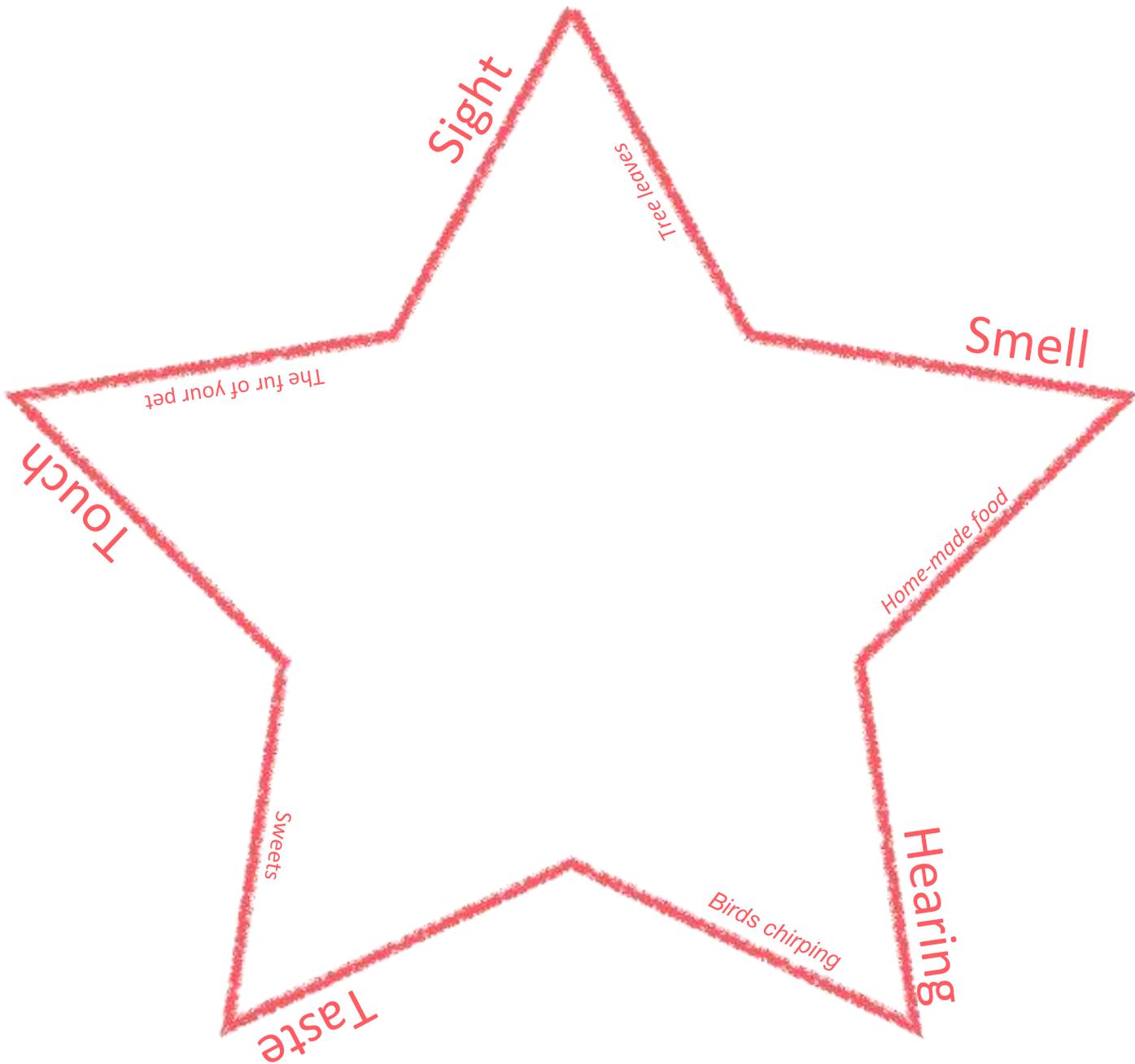
4. Permission or agreement for something to happen.
6. The physical area around each person that belongs to them and changes between individuals.
9. In good physical and mental condition.

## Down

1. A charitable organisation supporting survivors of DVA and VAWG.
2. The link between two people that can be healthy or unhealthy.
3. The ability to do something, can be 1-to achieve something, 2-over someone, 3-with others, 4-within yourself.
5. The practice of looking after one's own wellbeing in many different ways.
7. Being protected from danger.
8. A group of people connected by love and/or blood.
9. Feeling very good and content.

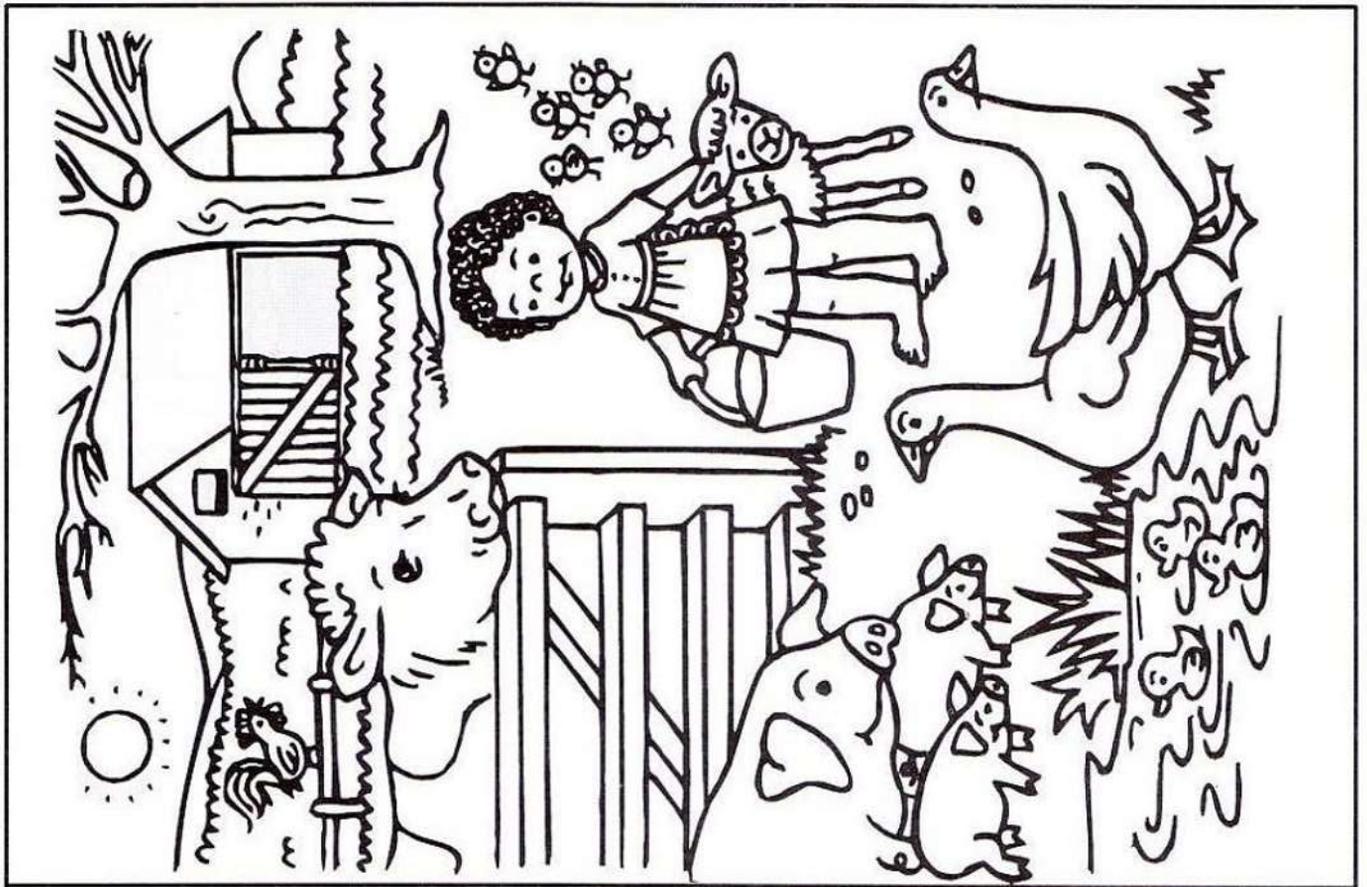
# Senses in a Star

Our senses are a big part of how we know, understand and appreciate the world around us. In this space, you can take time to focus on each of your senses and write or draw 5 things that you can see, smell, hear, taste, and touch right now that you enjoy. This is a simple tool that you can use to bring yourself back into your body and be mindful on your body inside its surroundings.



**TIP:** In moments of deep stress or anxiety you can do the 5 senses meditation exercise: Breathe and focus on your senses one at the time, counting back from 5: What are 5 things you can see from where you are? 4 things you can hear? 3 things you can smell? 2 things you can touch? 1 thing you can taste? Repeat and mix up to slow your breathing down and come back into your body.

# Relax with Colouring and Spot the Differences...



# Story Time: Inspiring Humans

Excerpts from: *Stories for Boys who Dare to be Different* and *Good Night Stories Rebel Girls*



## TOM DALEY

(BORN 1994)

When Tom first glimpsed the divers gracefully leaping off high boards and arcing down into his local swimming pool, he knew that was what he wanted to do. He stopped his swimming lessons, quit judo and focused entirely on diving.

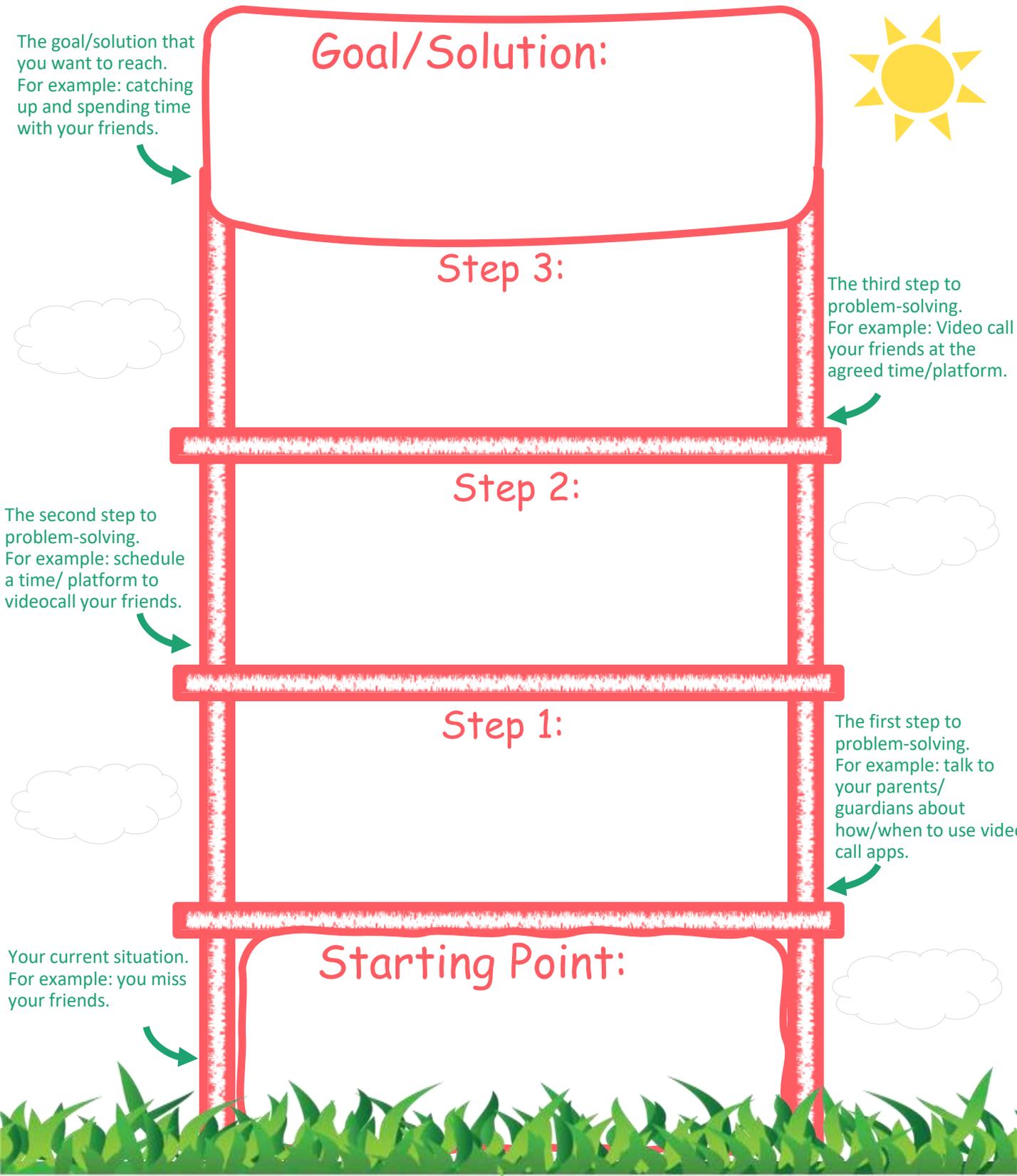
His first coach could see he had talent, but thought that Tom would never make it as a diver because he struggled to control his emotions. Sometimes, if Tom got angry or upset, they'd use a tactic he called 'Peter Pan', when Tom would have to go away and think happy thoughts until he could try again. It worked. He was soon crashing through the water at thirty-five miles per hour, performing daring flips, twists and tucks.

In 2008, at the age of only fourteen, Tom became Britain's second youngest ever Olympian at the Games, but, sadly, he and his diving partner, Blake Aldridge, finished last in the synchronized diving event. After that, Tom was bullied so badly that his father took him out of school. Despite the emotional upheaval he had been through, and his diving commitments, Tom got eight A\*s at GCSE. He also spent his free time working with the National Society for the Prevention of Cruelty to Children (NSPCC), advocating for their ChildLine service, which offers

a phone number any child can call whenever they want help or support for anything they are going through. Tom's training regime was gruelling and difficult to fit in around his studies. Eleven times a week, he trained for three hours at a time, with a session of ballet on top of that. His diet consisted mostly of egg whites, porridge, chicken and vegetables. But the hard work paid off. Tom won two gold medals at the 2010 Commonwealth Games and a bronze at the 2012 Olympics, even though he was only just eighteen. On 2 December 2013, Tom posted a video on YouTube in which he explained that he had fallen in love with a man called Dustin Lance Black and that they'd been together since the spring. The video was viewed over ten million times. In June 2018, the two of them welcomed their first child into the world, and Tom is already back in training for the 2020 Tokyo games, where he hopes to win his first Olympic gold.

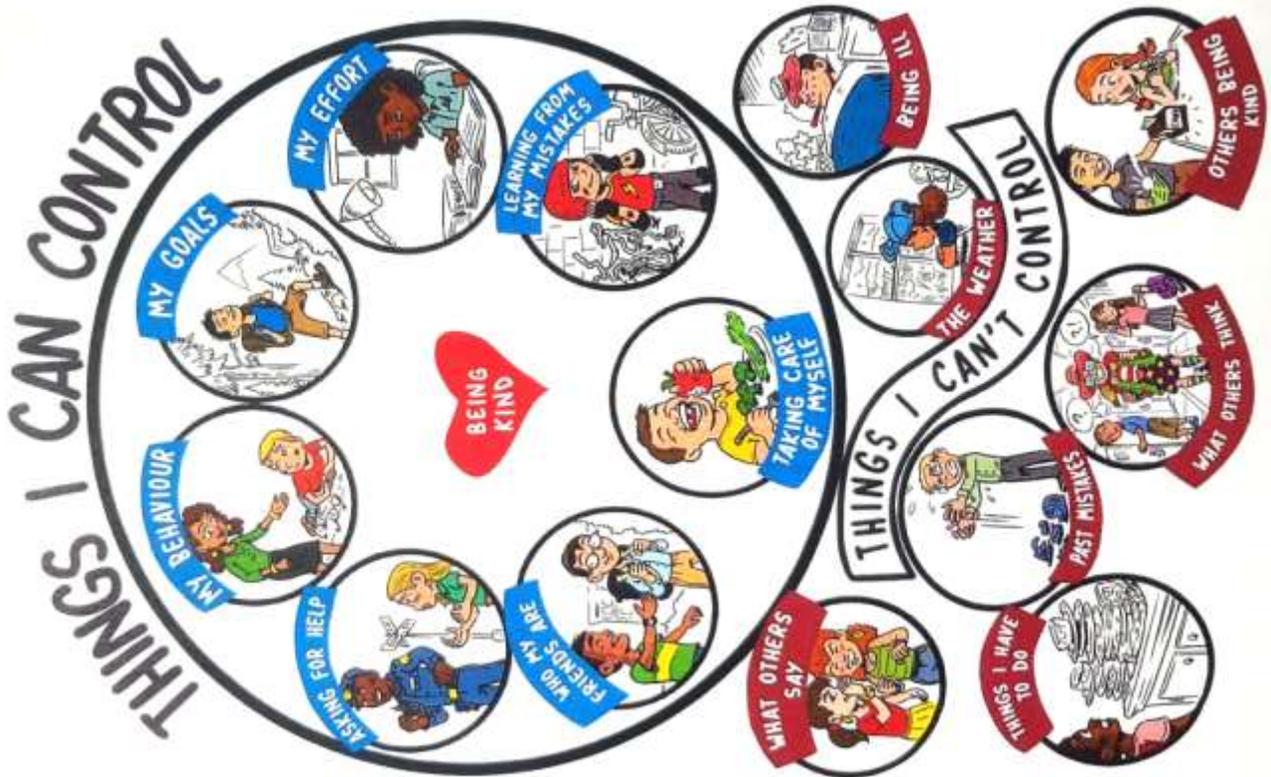
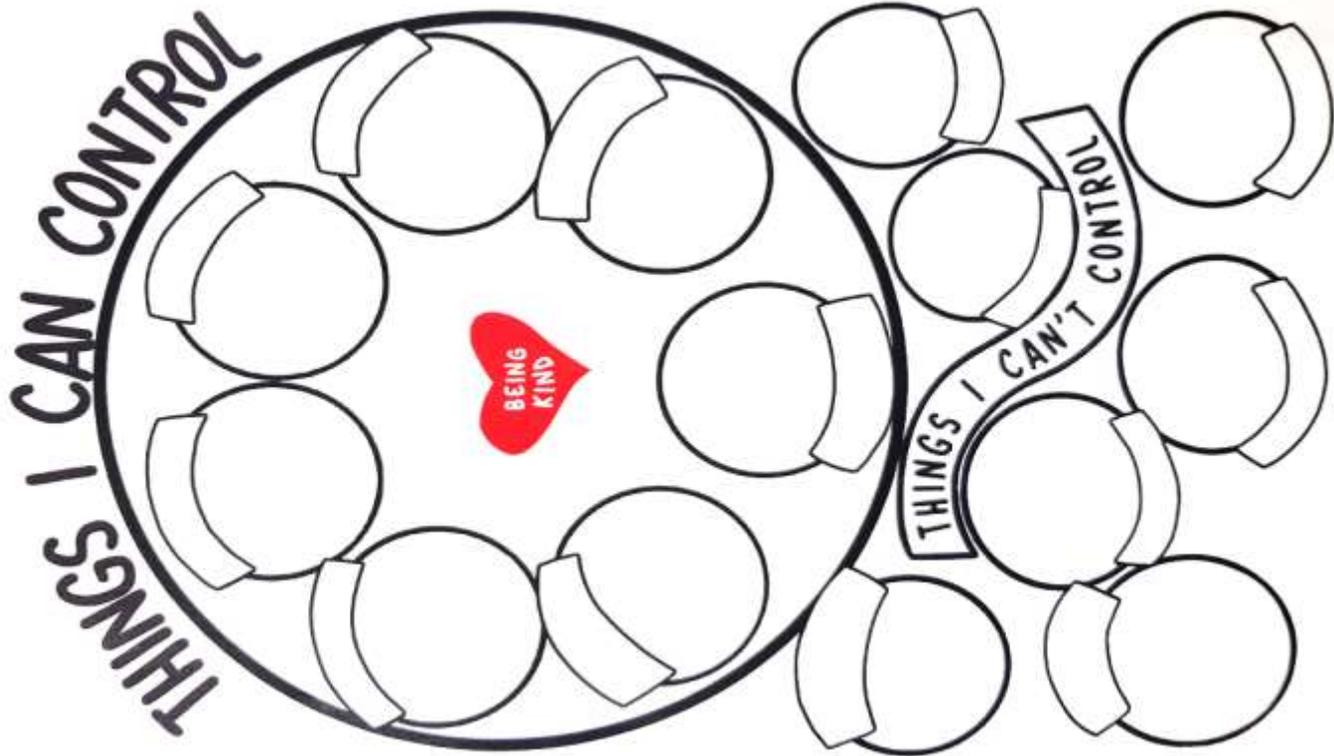
# Climb the Ladder

Reaching your goals or solving problems can seem difficult, so it's useful sometimes to imagine this process like climbing a ladder. The bottom of the ladder is your current situation, the top is your goal/solution, and each step is something you can do to reach your goal. Write or draw your own ladder to reach your goal/solve your problems.



# The Control Room

It's interesting to reflect on what we can and cannot control. If you think about it, anxiety, stress and fear can often be caused by the feeling of loss or lack of control over something. While calm and balance often come from accepting that there are so many things we cannot control. A good start is to create a clear picture of the things you can and cannot control. Here you can create your own Control Room, as in the example.



# The Feelings Box

Here are some of the many feelings that humans experience. Spend some time thinking about each one. What does it mean? What causes it? What does it look like? How do you express it? Add more feelings at the bottom.



Happy



Angry



Loved



Frustrated



Silly



Playful



Annoyed



Cuddly



Surprised



Ill



Neutral



Curious



Sad



Excited



Stressed



Scared



Disgusted



Creative



Anxious



Satisfied

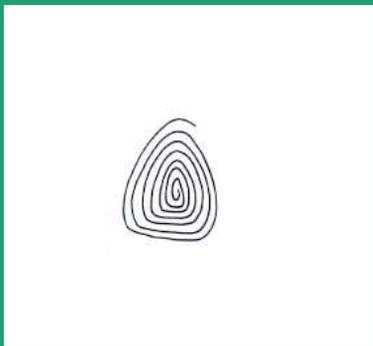




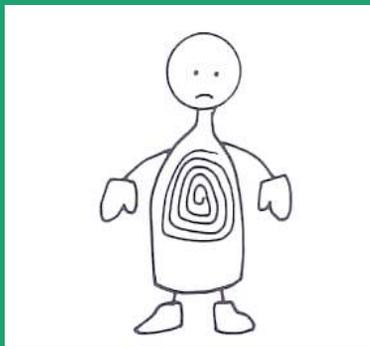
# The Feelings Room



In these strange times, being confined in one space all the time, it can feel like there is simply not enough room for you and your feelings. This can make our emotions difficult to manage. The important thing to remember is that all of your emotions are ok, and you can feel anything you feel, as long as you don't hurt anyone or yourself. Below are some ways to deal with your bulkier emotions. Circle the ones that you use the most. Which ones are healthy/unhealthy?



1. The swirl image in each illustration represents your feelings.



2. Bottling up: Holding the feelings inside.



3. Withdrawing: Hiding away.



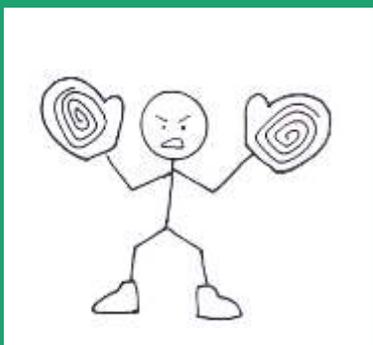
4. Reflecting: Accepting feelings and thinking about them to resolve them.



5. Suppressing: Locking your feelings away.



6. Dumping: Blaming others for the way you feel.



7. Acting out: Being taken over by the feelings and losing control.



8. Expressing: Acknowledging the feelings and letting them out safely.

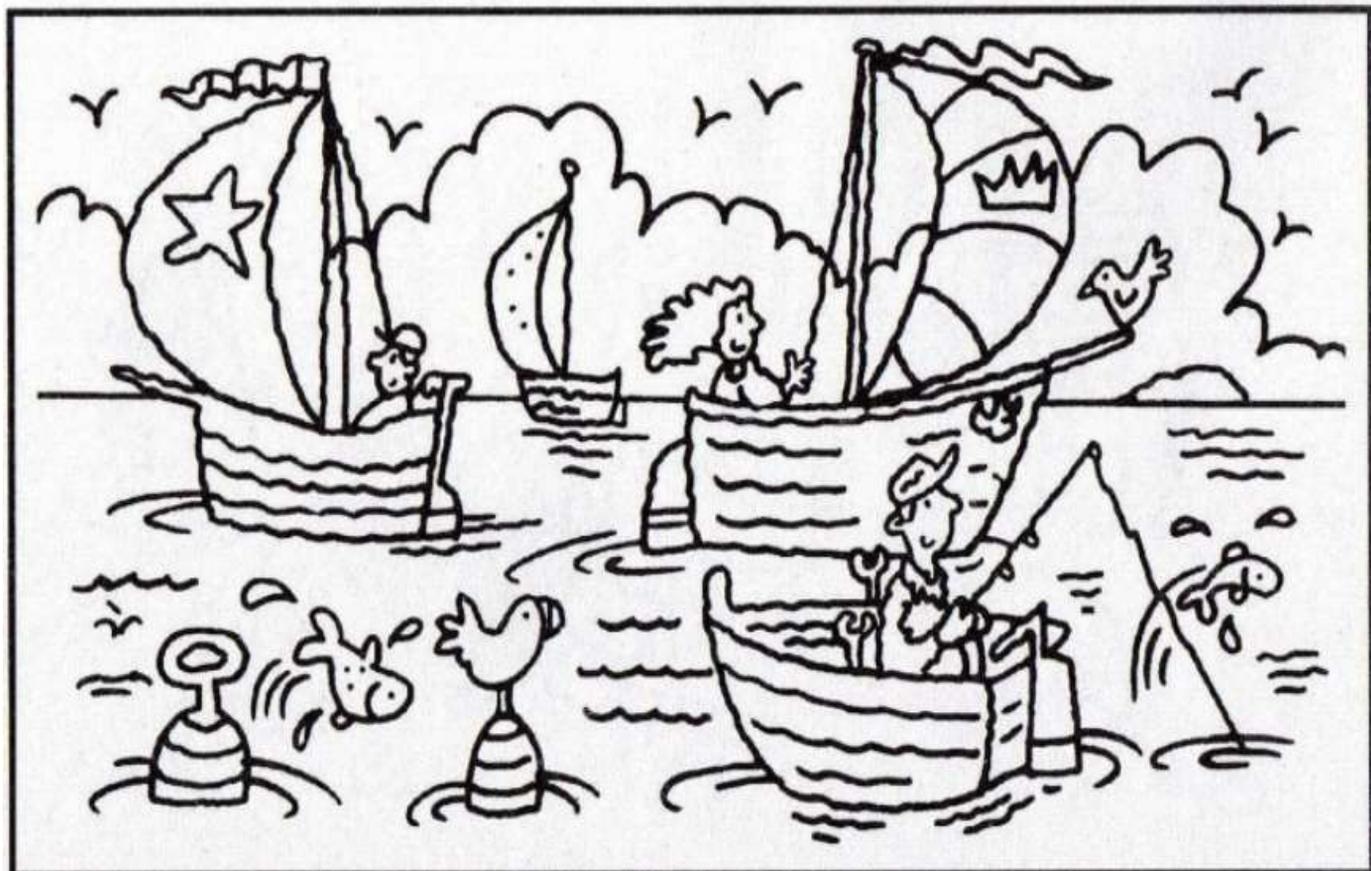
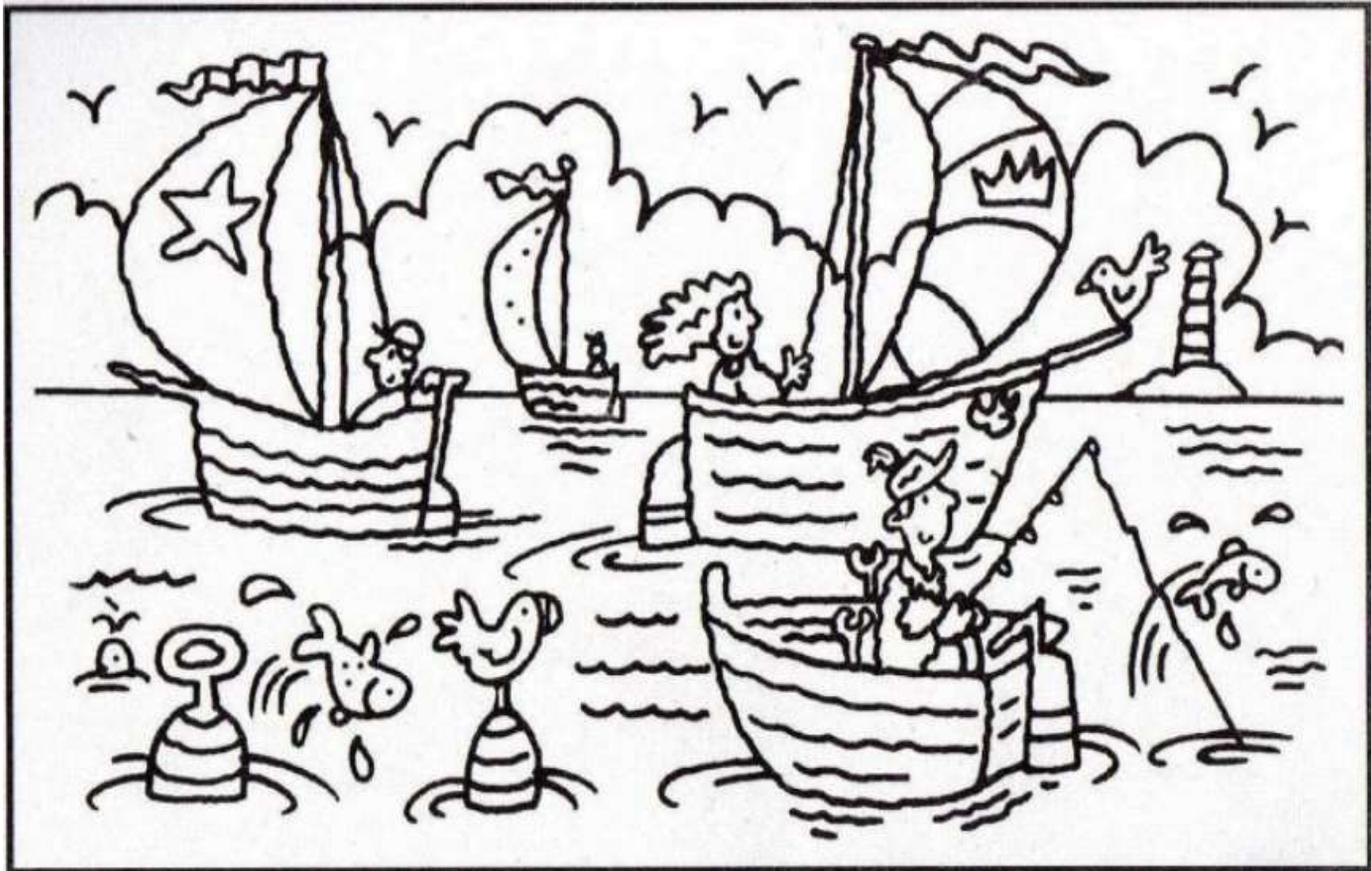


9. Letting go: When we have taken notice of the message our feelings bring, and release them.

# Draw your Feelings

As you saw in the previous page, a constructive way to deal with your feelings is to express them and let them go. One way to do that is to get creative and express them on the paper, this will help you feel them, understand them, and let them go. So draw your feelings out!

# Relax with Colouring and Spot the Differences...



## • SERENA WILLIAMS •

### TENNIS PLAYER

**M**any years ago, there was a taco stand in a city called Compton. The taco stand's owner was named Raul.

Every day, Raul would see a father and his two daughters go to the public tennis court right behind his stand. Sometimes, they would stop by and get tacos. The father's name was Richard and he taught himself how to play tennis. The daughters were called Venus and Serena. And every day, Richard and Serena's father would take a basket of tennis balls to the court and train his two daughters.

Serena was four years old and, when she was sitting on the bench, her feet couldn't even touch the ground. Still, her father registered her for a tennis tournament – and she won!

The city of Compton was very poor and filled with gangs who sometimes caused trouble. Still, even the members of the gangs would be fascinated by the passion and determination of Venus and Serena. They would go to the tennis court and watch them, inspired by their powerful play.

Venus and Serena would train every day, giving their all to tennis. By the age of 13, they won many competitions and their father told everyone that they were going to become the best players in the world.

And so they did! Serena Williams is the #1 Tennis Player in the world, while Venus is #12. Besides training hard and becoming the strongest athletes in the history of tennis, Serena and Venus also studied fashion design and launched their own lines of clothing.

They continue to make Raul, the taco stand owner in Compton, very proud.

---

SEPTEMBER 26, 1981 (AGE 34)  
MICHIGAN, UNITED STATES

ILLUSTRATION BY  
ERIN MARLOW

"I DON'T LOOK LIKE EVERY OTHER GIRL,  
IT TAKES A WHILE TO BE OKAY WITH THAT.  
TO BE DIFFERENT, BUT DIFFERENT IS GOOD."  
– S. WILLIAMS



# Story Time: Inspiring Humans

Excerpts from: Stories for Boys who Dare to be Different and Good Night Stories Rebel Girls

# The Thermometer of Healthy Relationships

Think of the relationships you have developed in your life—family, friends, teachers, etc. What are some qualities that are important to you in these relationships? Elements like trust, love, respect. What are some elements that make up a happy, healthy relationship?

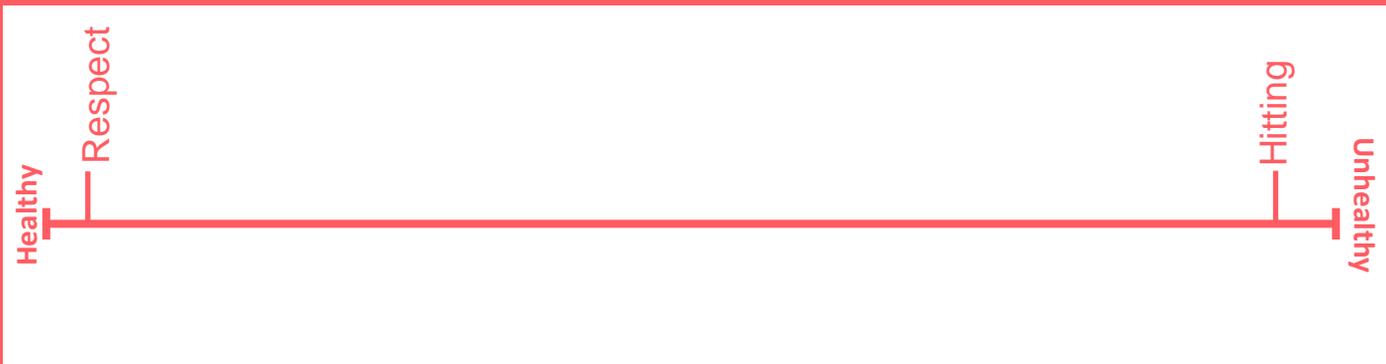
- **Step 1.** Write down some of the qualities that you would want in a relationship.

Listening Love Respect			

- **Step 2.** Now we have our positives sorted out, it's time to write down some of the qualities that we do not want in a relationship. Think about attitudes that are abusive and unkind.

Hitting Jealousy Disrespect			

- **Step 3.** You've now created two separate sets of qualities -ones you value and ones you want to avoid. Now, you are going to rate each of your chosen qualities on what is known as a Temperature Line. On this line, you will place each quality in a slot you think is most appropriate between Healthy and Unhealthy, as shown below:



Now look at your work and reflect on where you placed each word. In relationships and all friendships, it's very important for us to understand our self-worth. It is important to know how we should be treated by others, so they don't abuse that. One of the reasons we are introducing this exercise to you, is because we want you to feel equipped in knowing how to spot an unhealthy, abusive relationship from a healthy and respectful relationship.

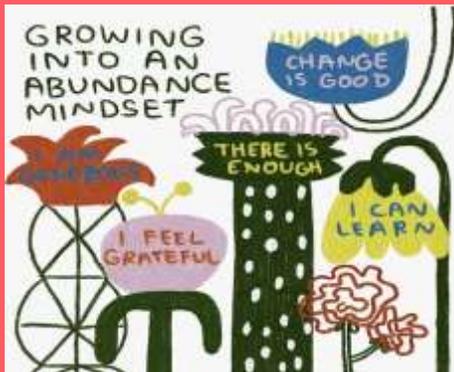
# The Art of Healthy Relationships



Create a poem/poster/or drawing about healthy relationships. What do they look like? Why are they important? What are the essential ingredients? Can you think of healthy relationship examples?

# Self-Care is Self-Love

1. What are some inspirational words/quotes/poems that make you feel good and empowered? Write them here!



2. Draw this picture into a journal, or on paper, ready to be put in a frame as a daily reminder! Or, better yet, have a go at designing your own creative artwork that symbolises positive feelings towards yourself, or words and phrases with beautiful outlines like these flowers next to them, that you feel would help you grow and affirm yourself. Use this space to jot down some compliments to yourself:

I feel....  
I am...  
I am talented at...

**3. Now that you've outlined the positive qualities in relationships and in yourself, think about** how you could show that you love and appreciate someone you love.

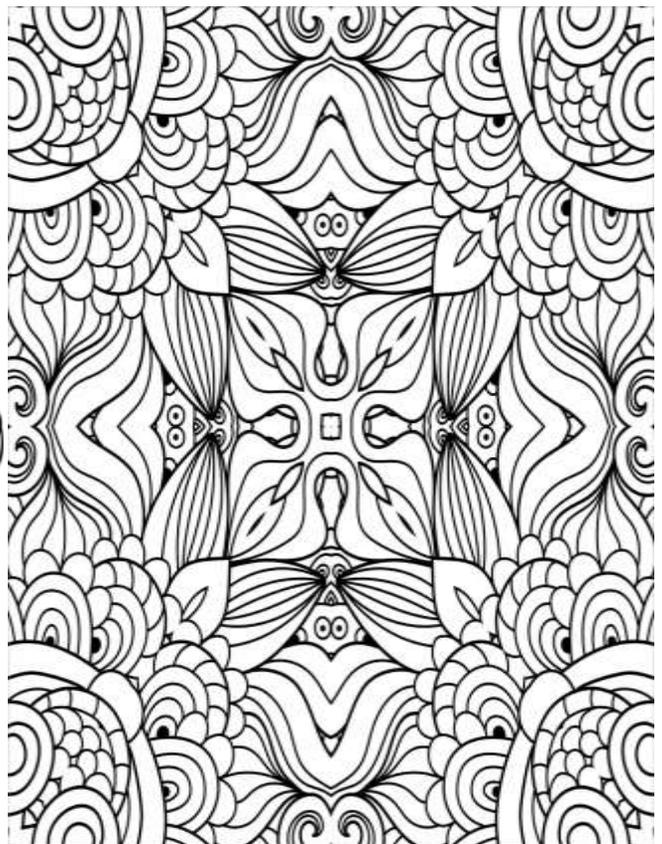
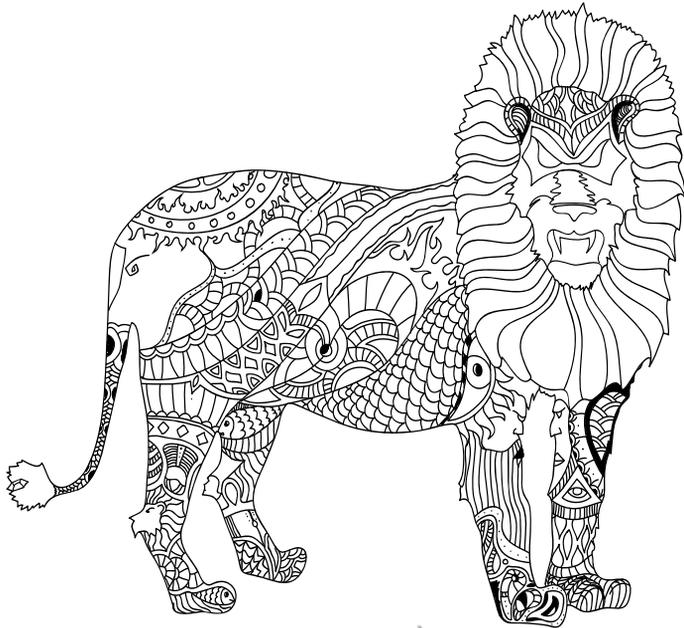
Get crafty and creative and find ways to show how you can embody every single positive and healthy quality you came up with before.

To show love, design a card with a poem or words written inside telling the other person how much they mean to you. Alternatively, create an art piece, a picture, poetry, or anything you can think of to demonstrate how you feel about your loved ones. Kindness spreads faster than anything else!



# Relax with Colouring

Simply colouring and working with your hands can be a very relaxing and mindful practice. If it sounds like your cup of tea: ready the colours, get set, go!



# Story Time: Inspiring Humans

Excerpts from: *Stories for Boys who Dare to be Different* and *Good Night Stories Rebel Girls*

## • FRIDA KAHLO •

SURREALIST ARTIST

**O**nce there was a Mexican girl whose name was Frida. When Frida was six, she became very ill. The disease she contracted was called Polio and she had to stay in bed for nine months.

After nine months, she recovered from her illness, but because of it, her right leg remained thinner than the left and she limped when she walked. Nevertheless, Frida's father encouraged her to play soccer, go swimming, and even wrestle! Frida recovered and became a joyful teenager.

When Frida was 18, she was riding a bus that collided with a trolley car. The accident left her with several fractures and, again, with a very long recovery in front of her. At the time, Frida was studying medicine.

Since she couldn't go to school, Frida began to paint. Her mother had a special easel made so that she could paint in bed and her father loaned her his brushes and oil color set.

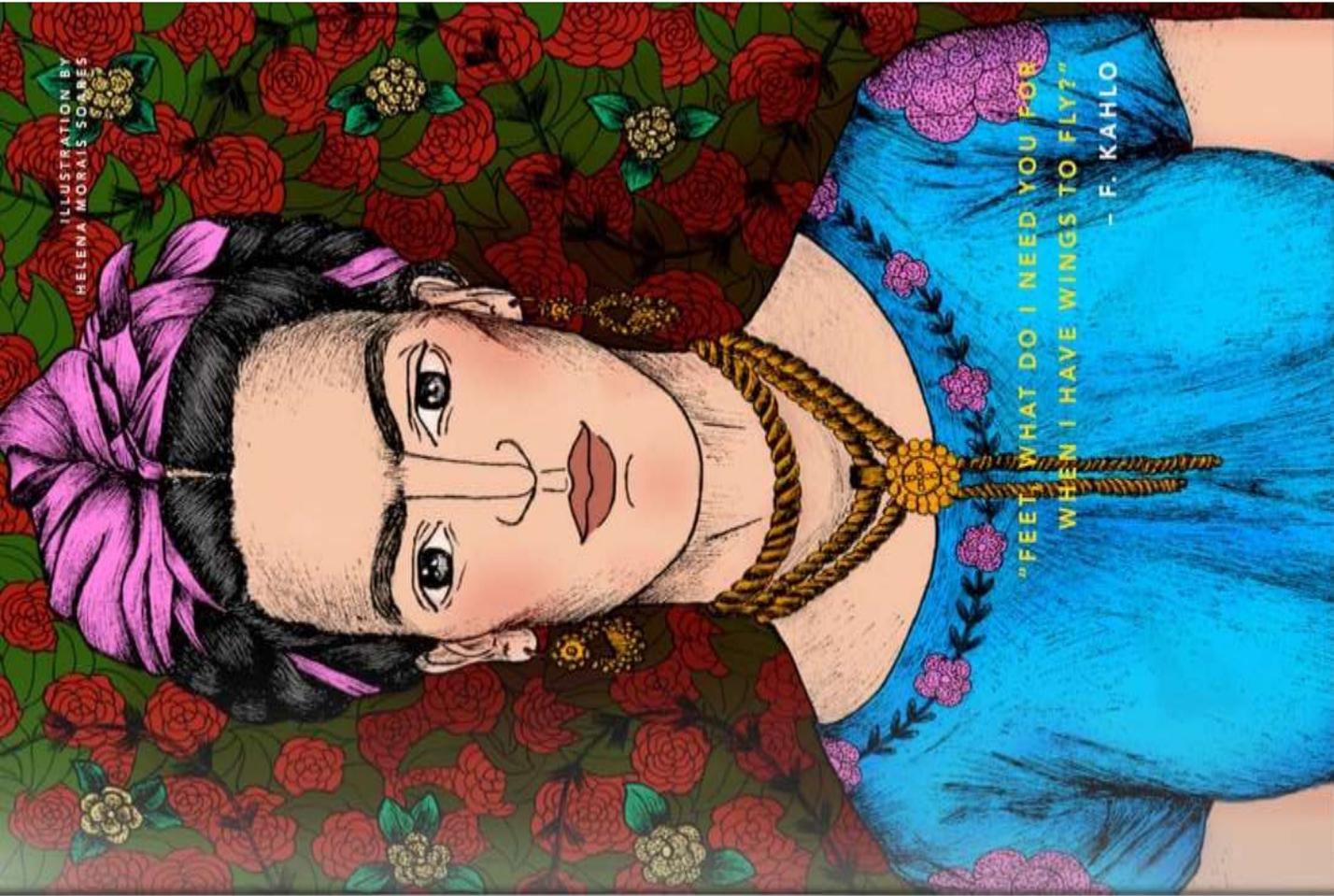
Frida became so good at painting that, when she recovered, she went to meet a very famous Mexican painter named "Diego Rivera" to show him her paintings and ask him if he thought she had talent. Diego Rivera was impressed by her work and encouraged her to keep painting.

Two years after their first encounter, Diego became Frida's husband and they traveled the world together, living in Paris, San Francisco and New York. Diego was very tall and had a big belly, while Frida was very short and thin. Because of this, people called the pair "the Elephant and the Dove".

Frida Kahlo created at least 140 paintings, 55 of which were self-portraits; and today, she is considered one of the most important painters of the 20th century.

JULY 6, 1907 – JULY 13, 1954

COYOACÁN, MEXICO



# Self-Care Word Search

Solutions on page 47



Art

Hygiene

Create

Smile

Sleep

Love

Selfcare

Meditation

Crafts

Comfort

Happy

Feelings

Music

Respect

Relax

Calm

Reading

Yoga

What do these words mean to you? What are some more words that you link to self-care?



# Self Esteem Journal



In this strange time, any accomplishment is a BIG accomplishment. Here you can record your daily accomplishments, big or small, it all counts! This small exercise can help you strengthen your self-esteem: as you write, pat yourself on the back: some days even brushing your teeth is a big accomplishment and you should be proud!

Monday	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
Tuesday	Today I accomplished...	
	Something I did for someone...	
	I had a positive experience with...	
Wednesday	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
Thursday	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
Friday	Something I did well today...	
	I had a positive experience with...	
	I was proud of someone when...	
Saturday	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
Sunday	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	

# The Self-Care Corner

Here are some tips to practice Self-Care, read through them and add your own at the bottom. You can use this to play Bingo as well! Reward yourself when you get 5 in a row and get your family involved!

B	I	N	G	O
READ 	BE KIND 	CREATE 	DANCE 	GO OUTSIDE 
HAVE FUN 	BUILD 	PLAY A GAME 	HUG SOMEONE 	MOVIE TIME 
NAP 	DO NOTHING <b>RELAX</b>		WRITE 	ASK FOR HELP 
ENJOY COOKIES 	EXERCISE 	COMPLETE A PUZZLE 	BRAIN BREAK 	SING 
LISTEN TO MUSIC 	EAT HEALTHY 	CUDDLE WITH A PET  <small>eduConsulting Firm</small>	HYDRATE 	FAMILY TIME 

# Dear Future Self...

Who said writing is a thing of the past?

This is the best time to journal your thoughts! Our memory is an incredible thing, but there is so much we forget, it's good to have a space to record your thoughts, feelings and experiences. This will both help you to better understand yourself, and will also create a sort of time capsule for your future self to open sometime from now. Write or draw to your future self, tell them about how you were on lockdown and how you felt.

The space below is to speak to your future self, you can journal, draw, write poetry, or even record video or audio journals.

Dear Future Self...

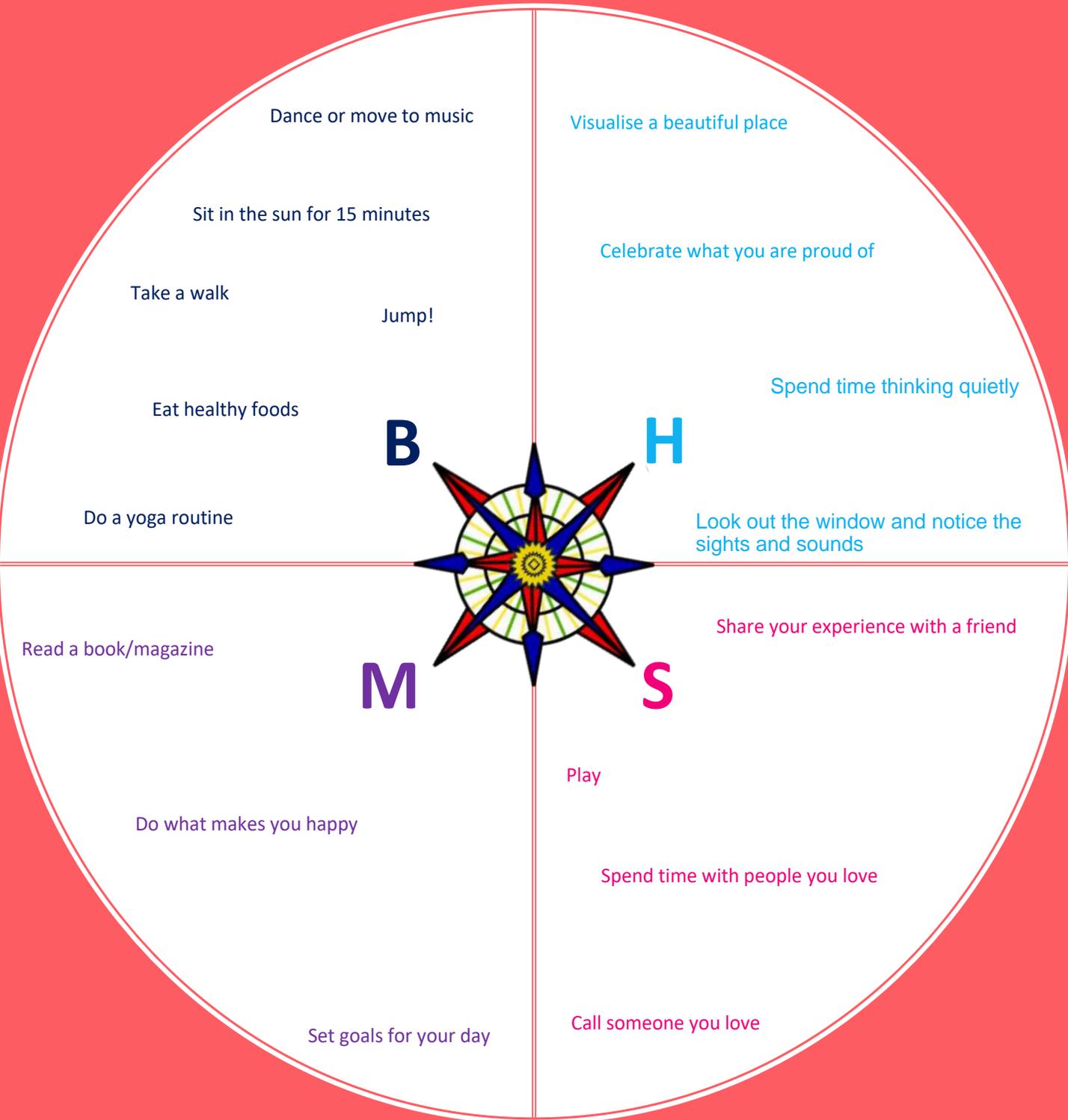
# Dear Future Self...



# The Compass of Self-Care



The Compass of Self-Care points to the wellbeing your **Body**, **Heart**, **Mind** and **Social life**. Check out our tips and create your own Compass of Self-Care on the next page!

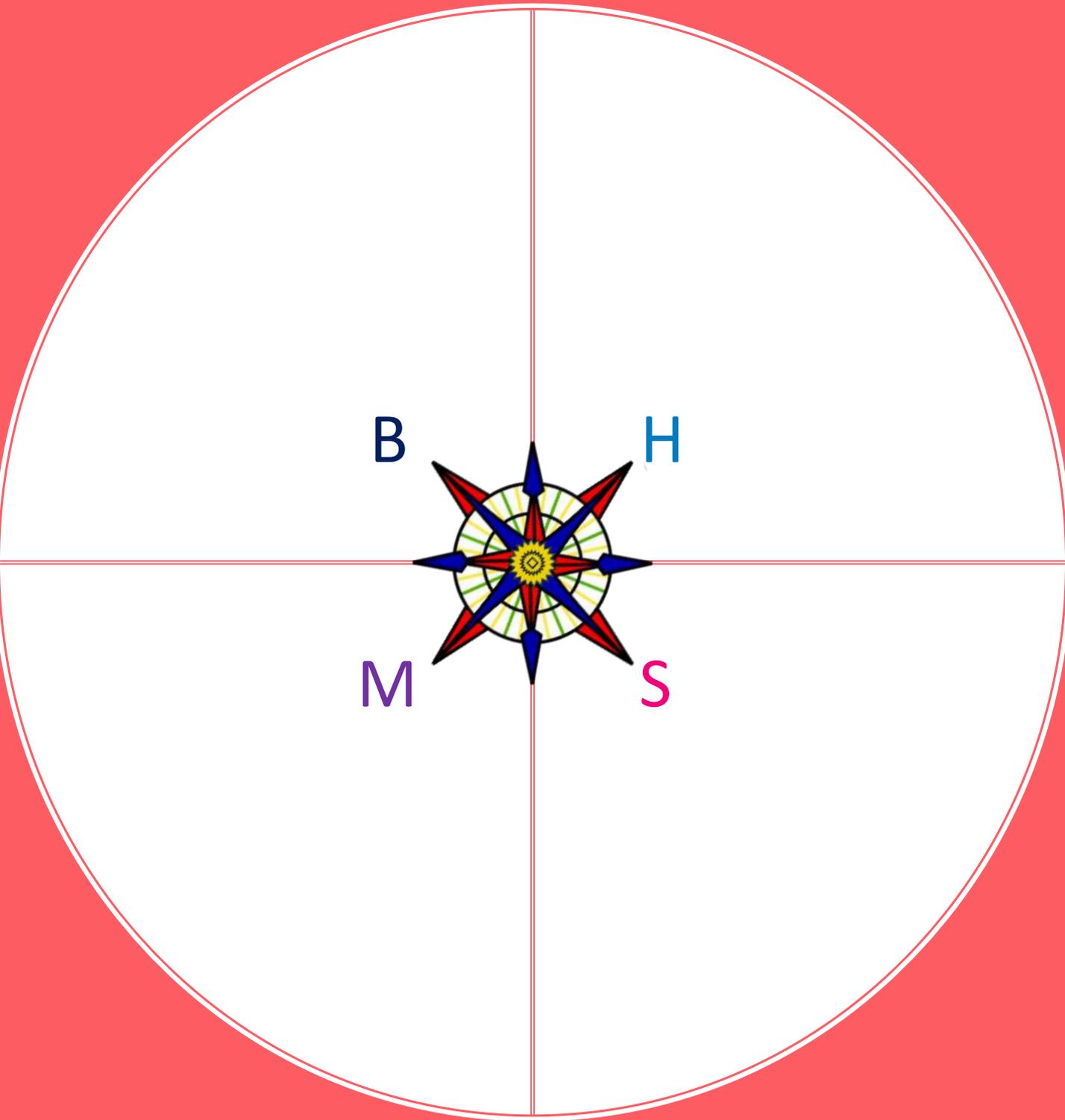




# The Compass of Self-Care



The Compass of Self-Care points to the wellbeing of your **Body**, **Heart**, **Mind**, and **Social life**. Follow the example on the previous page and create your own Compass of Self-Care with strategies for your wellbeing! Write or Draw!





# My Happy Place



Spaces and places have never seemed as important as they do now that our movements are limited. Here you can draw or describe your happy place, in as much detail as you can. What does your happy place look like? What can you hear? What can you see? Is there someone there with you? Does your happy place have anything in common with the place you are now? Sometimes if we can't go to our happy place, we can make a happy place out of the place we are in!

A large, empty rectangular box with a thin green border, intended for drawing or writing about a happy place.

Tip: Visit this place in your mind during your meditation!

# Mindfulness & Meditation

Mindfulness is a form of awareness, a way of paying attention to all your experiences, your mind, your body, and your feelings. Meditation is a tool for mindfulness, the practice of focusing the mind and training awareness. Mindful meditation is really good for your body and mind! Here are some exercises to practice mindfulness!

## Visit your Happy Place



Find a quiet, relaxing spot in your house, get comfortable, close your eyes, and breathe. Visit your happy place in your mind. Try to see it in as much detail as possible. What does it look like? What does it feel like? Is there warm sand or the smell of grass? What can you hear? You can hang out there for a bit!



## 2 Minutes in your Body



Set a timer and do Jumping Jacks for one minute. When the minute is up, spend another minute noticing how the exercise changed your body. Pay attention to your breath, your heart-beat, your skin, your temperature. How did the exercise change your body?



## Go on a Safari



Take a walk around the house, the garden, or outside. Move slowly and quietly paying attention to everything in your surroundings, every small detail. The position of objects, the sounds, the feeling on your skin, your feet, your face, the colours, etc, stop to look at or touch things. If you want to challenge yourself, close your eyes and try to recreate the scene in your mind.



## Body Check-In



Find a quiet, relaxing spot in your house, get comfortable, close your eyes, and breathe. Now focus all your attention on your left foot. What's going on there? How does your foot feel like? Now move to your other foot, then your ankles, calves, etc. Work your way slowly up to your head, spending some time checking in with each part of your body.



## Just Breathe



Set a timer for 2 or 3 minutes, find a quiet, relaxing spot in your house, get comfortable, and close your eyes. Focus all your attention on your breath and breathe deeply. Imagine the air going into your nose, down to your lungs, filling your tummy, and then coming back out, slowly, through your mouth. Repeat this until the time is up!



# Yoga Flows

1. Say hello to the Sun



2. Pretend to be a Tree



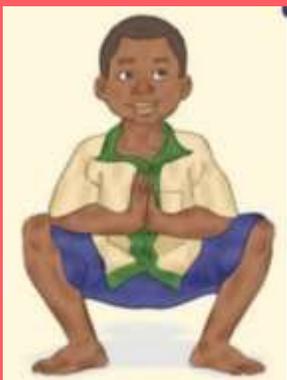
3. Pretend to be the falling Rain



4. Pretend to be a Bird



5. Pretend to be a Frog



6. Pretend to be a Turtle



## Relax with Colouring...



# Story Time: Inspiring Humans

Excerpts from: *Stories for Boys who Dare to be Different* and *Good Night Stories Rebel Girls*



## SALVADOR DALÍ

(1904–1989)

At school, Salvador would always get angry or act strangely, and the other kids would make his life miserable. He looked and acted too different to be understood.

Things didn't get much better when he moved to art school either. There, Salvador spent most of his time daydreaming. Eventually, he was expelled for causing chaos.

Salvador travelled to Paris instead, to hone his craft among other artists. He made films, sculptures, and bizarre, dreamlike paintings, where clocks melted and elephants wandered through clouds on legs as tall as skyscrapers.

Everyone loved them. Just like Salvador, they were unlike anything anyone had seen before. The strange things he used to be bullied for ended up being the things that everyone celebrated in him. Now people were excited when Salvador acted strangely.

Once, he filled his car with hundreds of calliflowers and drove through the streets of Paris, handing them out.

Another time, he gave a lecture in a deep-sea diving suit. As a pet, he kept an ocelot, which is a large cat, like a puma, but with stripes. Whenever he took it into restaurants, the other diners would always be terrified. He'd tell them not to panic, and that it was just a normal cat that he had 'pointed over'.

Salvador was so popular that all kinds of people, places and companies wanted his work. If you've ever had a Chupa Chups lollipop, then you've seen a piece of his art, because it was Salvador who designed the logo.

Ultimately, Salvador became one of the most ironic and best-loved figures in art history, all because he stayed true to himself.

# The Games Room

What better way to fill the time than to play loads of games? Break out the cards and board games! You don't have any? No problem! Here are 10 game ideas, to play on your own or with your family, that only require pen and paper. You can also check the Resources page for some online and multiplayer games.

## Charades

# 2+ People  Pen & Paper

**Tip:** Before the game starts, agree on gestures with your team, e.g. a gesture for 'book', 'movie', etc.

1. Write movies, books, concepts, and people on small pieces of paper, fold them and place them in a bowl.

2. If you are less than 4 people, you can all be in the same team, otherwise divide in teams of at least 2 people each.

3. Each person takes a piece of paper and has 1 minute to act out what is on their paper without using words or sounds and their team has to guess. At the end of the game, the team that guessed the most wins!

## Squiggle

# 1+ People  Pen & Paper

**Tip:** You can make all your squiggles into stories or comic strips.

1. Play on your own or with someone else.

2. Close your eyes and draw a random squiggle on the paper, let your hand go free without thinking about it.

3. Open your eyes and you (or the other person if you are playing with someone) look at the squiggle from all directions and figure out what it looks like to you.

4. Now add to the squiggle to fully make it into the shape that you saw.

## Pictionary

# 2+ People  Pen & Paper

**Tip:** After the game, you can make your drawings into stories or comic strips.

1. Write movies, books, concepts, and people on small pieces of paper, fold them and place them in a bowl.

2. If you are less than 4 people, you can all be in the same team, otherwise divide in teams of at least 2 people each.

3. Each person takes a paper and has 1 minute to draw what is on their paper without using sounds, letters or numbers, and their team has to guess. At the end of the game, the team that guessed the most wins!

## Memory

# 1 Person  Pen & Paper + Scissors

**Tip:** Challenge yourself by setting a timer or counting your moves!

1. Cut up your paper into little cards. You will need an even number, the

higher the number, the more challenging the game!

2. Divide the cards 2 by 2 and for each couple draw or write the same thing (2 cards can have butterflies, 2 can have the letter B, etc.). Building your deck can be as fun as the game itself!

3. Once your deck is done, shuffle it and place all the cards face down in front of you. Uncover 2 at the time, memorize their content/position and then cover them again. The goal of the game is to match all the couples in the shortest amount of moves.

## Name, city, animal

# 1+ People  Pen & Paper

**Tip:** You can add as many categories as you want!

1. At the top of a piece of paper, create a table as follows:

Letter	Name	City	Animal	Thing	...

2. Draw a letter at random. You have one minute to write something that starts with that letter for each category.

3. If you are playing alone challenge

yourself with more categories or shorter time.

4. When the time is up, score your answers, 10 pts per answers, 5 pts if someone else got the same answer and 0 if you left it blank.

5. Now move on to another letter. At the end, the highest score wins!

# The Games Room

What better way to fill the time than to play loads of games? Break out the cards and board games! You don't have any? No problem! Here are 10 game ideas, to play on your own or with your family, that only require pen and paper. You can also check the Resources page for some online and multiplayer games.

## 20 questions

# 2+ People 🎮 Your imagination!

Tip: This, along with some of the other games here, can also easily be played on the phone/video call!

1. Think of a thing or person and keep it in your mind. This can be anything at all that can be described in one word.
2. The other person or people will ask up to 20 YES or NO questions in order to guess what you thought.

3. If they guess within the 20 questions, they get a point, if they don't you do.
4. Now switch places and repeat!

## Who am I ?

# 2+ People 🎮 Pen & Paper

TIP: You can also write the names of your friends and family as characters, so long as everyone knows them.

1. Write the name of a famous character on a small piece of paper without showing it to anyone.
2. Each player sticks the paper they have written on the forehead of the player to their right. In this way everyone will be assigned a character that only they cannot see.

3. The object of the game is to figure out which character is written on your forehead by asking YES or NO questions to the other players. On each turn, if the answer to your question is 'yes', you can ask another question, if it's 'no', you pass the turn.

## Song quiz

# 1+ People 🎮 Music player/your voice

Tip: This, along with some of the other games here, can also easily be played over the phone/video call!

1. Play or sing 5 seconds of a song then pause it (you can play/sing from any point of the song).
2. The other players have to guess the song (10pts), or artist (10 pts), or both (20 pts).

3. If you are playing alone, just set a playlist on shuffle and pause/mute each song after 5 seconds. You can challenge yourself by reducing the time to 3 seconds, and so on.

## Frantic Phrases

# 2+ People 🎮 Pen & Paper

1. Each player has pen and paper. The object of the game is to create funny stories together.

2. On each turn everyone writes the answer to one of the questions in white without showing anyone. Then you fold the paper and pass it to the player to your right, and move on to the next turn. Ex. On the first turn everyone writes the 'who' of their story, then fold and pass the paper, on the second turn, everyone writes the 'with whom', then fold and pass, etc.

1<sup>st</sup> turn: WHO, 2<sup>nd</sup> turn: WITH WHOM, 3<sup>rd</sup> turn: WHEN, 4<sup>th</sup> turn: WHAT DO THEY DO? 5<sup>th</sup> turn: HOW? 6<sup>th</sup> turn: WHY? 7<sup>th</sup> turn: HOW DOES IT END?

3. After the final turn you unravel the stories and read them out (you should have as many stories as players and for each story everyone will have contributed at least a turn).

## Fishbowl

# 2+ People 🎮 Pen & Paper

1. This game is a mixture of the games Taboo, Password, and Charades. Write movies, books, concepts, people, etc on small pieces of paper, fold them, and place them in a bowl.

Example: The word on the paper is Pizza. 1<sup>st</sup> Turn: 'This is a typical Italian food with sauce and cheese', 2<sup>nd</sup> Turn: 'Italian.', 3<sup>rd</sup> Turn: mime cutting a pizza, and eating a slice.

2. If you are less than 4 people, you can all be in the same team, otherwise divide in teams of at least 2 people each.

3. In the 1<sup>st</sup> 'Taboo' round, each team has 1-minute rounds for each player to pick a piece of paper and explain it by using only words (as many as necessary), while their team has to guess. The round finishes when all the papers have been guessed. The team with most guesses wins the round.

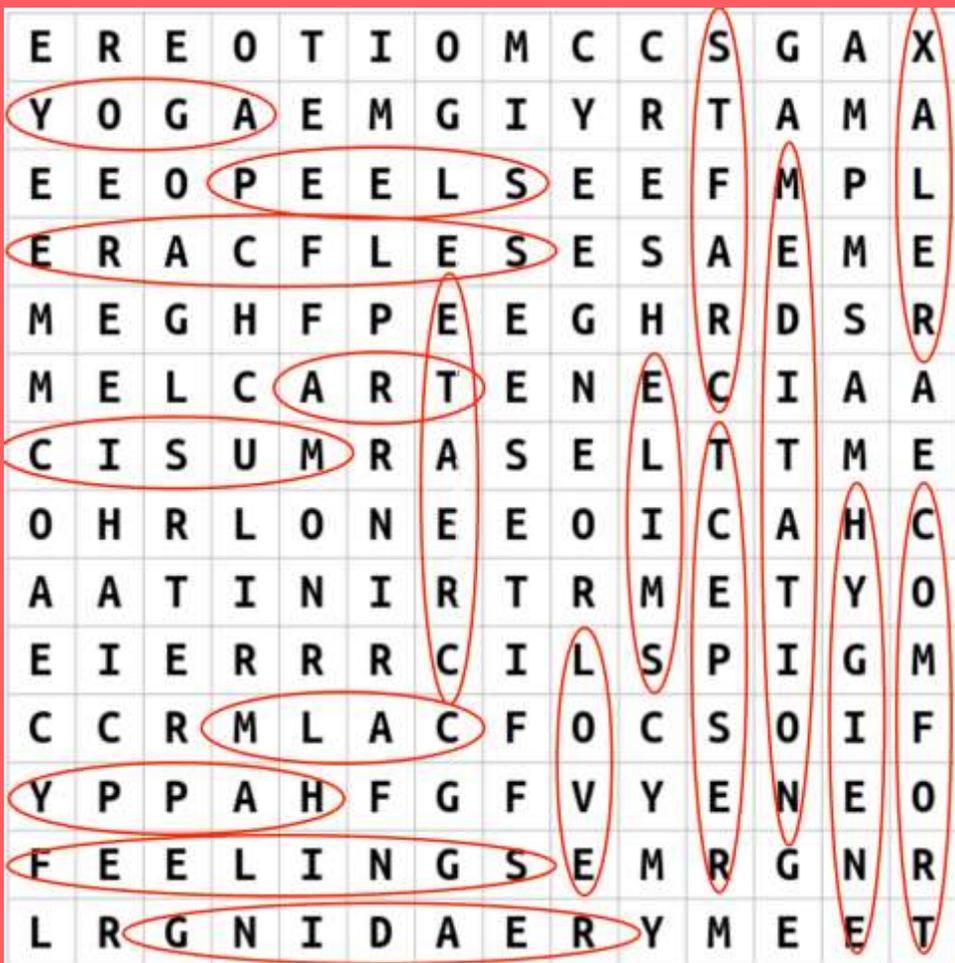
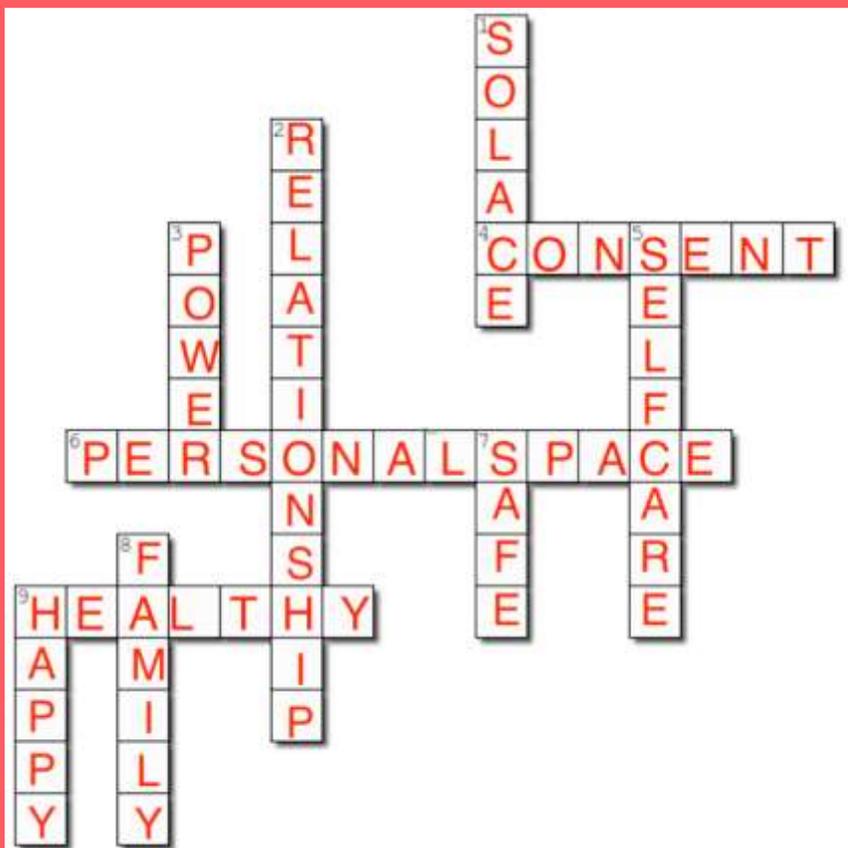
4. Place all the papers back in the bowl. The 2<sup>nd</sup> 'Password' round, works exactly like the first, except players are now allowed to use only one word to describe their paper. It's important to pay attention to the words used in the previous round to use as a hint.

5. The 3<sup>rd</sup> 'Charades' round, is like the first 2, except now players can only mime their paper without words. The team with the highest number of guesses across rounds wins!

## Solutions

Crossword puzzle

Page 17



Word search

Page 33

# Resources and References Links

## ➤ Support

[www.mind.org.uk](http://www.mind.org.uk)  
[www.111.nhs.uk/covid-19/](http://www.111.nhs.uk/covid-19/)  
[www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/](http://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/)  
[www.solacewomensaid.org](http://www.solacewomensaid.org)  
[www.youtube.com/channel/UCUFB1XwKcbymIIJCzye06eg](https://www.youtube.com/channel/UCUFB1XwKcbymIIJCzye06eg)  
[www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)  
[www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf](http://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf)

## ➤ Self-Care

[www.calm.com](http://www.calm.com)  
[www.gonoodle.com](http://www.gonoodle.com)  
[www.youtube.com/watch?v=yF7Ou43Vj6c](https://www.youtube.com/watch?v=yF7Ou43Vj6c)  
[www.youtube.com/watch?v=ErvozL3toHo](https://www.youtube.com/watch?v=ErvozL3toHo)  
[www.youtube.com/watch?v=HtYIQiXyrsE](https://www.youtube.com/watch?v=HtYIQiXyrsE)

## ➤ Self-Care Apps

Blue Ice  
Elefriends  
[hestia.org/brightsky](http://hestia.org/brightsky)  
Moods  
My Shiny Thing  
Self-Heal  
What's Up

## ➤ Fun & Games

[accessmars.withgoogle.com](http://accessmars.withgoogle.com)  
[climatekids.nasa.gov](http://climatekids.nasa.gov)  
[britishmuseum.withgoogle.com](http://britishmuseum.withgoogle.com)  
[kids.nationalgeographic.com/](http://kids.nationalgeographic.com/)  
[kids.sandiegozoo.org](http://kids.sandiegozoo.org)  
[ngexplorer.cengage.com/ngyoungexplorer/index.html](http://ngexplorer.cengage.com/ngyoungexplorer/index.html)  
[nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf](http://nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf)  
[www.clubscikidzmd.com/blog/](http://www.clubscikidzmd.com/blog/)  
[www.elitedaily.com/p/8-online-games-to-play-with-friends-for-a-virtual-hangout-22698821](http://www.elitedaily.com/p/8-online-games-to-play-with-friends-for-a-virtual-hangout-22698821)  
[www.highlightskids.com/](http://www.highlightskids.com/)  
[www.matadornetwork.com/life/boardless-cardless-games](http://www.matadornetwork.com/life/boardless-cardless-games)  
[www.nomsterchef.com/nomster-recipe-library](http://www.nomsterchef.com/nomster-recipe-library)  
[www.ravereviews.org/features/best-board-games-of-all-time/](http://www.ravereviews.org/features/best-board-games-of-all-time/)  
[www.si.edu/kids](http://www.si.edu/kids)  
[www.storylineonline.net/](http://www.storylineonline.net/)  
[www.whatwasthere.com/](http://www.whatwasthere.com/)

# References

Excerpts from: Stories for Boys who Dare to be Different

Excerpts from: Good Night Stories Rebel Girls

Crossword Maker: [teacherscorner.net](http://teacherscorner.net)

Control: [BigLifeJournal.com](http://BigLifeJournal.com)

Yoga: [www.childhood101.com/yoga-for-kids-a-walk-through-the-garden/](http://www.childhood101.com/yoga-for-kids-a-walk-through-the-garden/)

Self-esteem journal: [TherapistAid.com](http://TherapistAid.com)

# #Solace Self-Care Challenge



**!Ask a Grown-up!**

**And how do YOU #selfcare ?**

**We want to know !**

Solace is launching the **#solaceselfcare** challenge on Instagram for everyone to share their Self-Care practices.

In this strange and difficult time, it is so important to look after our wellbeing. We want to feel connected, inspire and empower one another, share our story... And have fun!

## The challenge:

Take time out of your day to practice selfcare every day for a week and document your practice with a picture or short video. Get as creative and original as you can!

Spread the word and nominate your friends and family to join the challenge.

**Self-Care** is anything that you spend time doing to enhance your physical/emotional/mental wellbeing: exercise, colouring, writing/reading, meditation, creative projects, activities from this journal, all is fair game!

## If you are under 18:

**To Participate:** Email **CYPsocialmedia@solacewomensaid.org** with a picture of the consent form (on the next page) signed by your parent/guardian. This is very important as your safety is our main priority.

**To Post:** Send your self-care pictures/videos to **CYPsocialmedia@solacewomensaid.org** with your name, IG handle (if you have one), and a short description/story about your self-care journey. We will monitor the content, to make sure it's safe, and post it for you!

## If you are over 18:

Simply post your picture/s and description with the hashtag **#solaceselfcare** and tag us **@solacewomensaid**.

## Be mindful:

- 1) Social media is a wonderful tool to connect, learn, and socialise, but, like all tools, it should be used in the right way, otherwise it holds great risks for safety and wellbeing. So, please be mindful in assessing and monitoring any risks this might represent for you. You can avoid sharing personal information, including your face in the photos/videos, or send us the material so we can post it for you.
- 2) Any inappropriate/offensive/risky content will be taken down or not be posted.



I confirm that I have read and understood the guidance on the Solace Self-Care Challenge on Instagram.

I authorise my child/ward \_\_\_\_\_ to participate in said challenge and for the contents they will send to [CYPsocialmedia@solacewomensaid.org](mailto:CYPsocialmedia@solacewomensaid.org) to be posted publicly on the Solace Instagram account.

I agree for my child/ward to assess and monitor any and all risks connected to a social media presence, and to take precautions (e.g. not including faces/personal information in the posts) to minimise these risks.

I understand that safety is a paramount concern and that Solace reserves the right to edit or not post content that is deemed to be a safeguarding risk, and/or that is in any way inappropriate or offensive.

Print parent/carer name: \_\_\_\_\_

Parent/carer signature: \_\_\_\_\_

Date: \_\_\_\_\_



**solace**

**[solacewomensaid.org](https://solacewomensaid.org)**

Solace Women's Aid is a charity registered in England and Wales  
Charity Number : 1082450. © All Rights Reserved.