



football in the
community

My Open Space Book



BBC

**Children
in Need**



Using the activity journal

Hi Guys,

My name is Claire,

This book is all yours to use exactly how you like. You can start whenever you would like or whatever page you would prefer. The idea is that you try to make completing this activity journal a part of your daily routine. Set aside some time for you hopefully everyday but if not every day whenever you can to take some time out to relax and unwind.



Together we can achieve so much more

Be Kind to Yourself

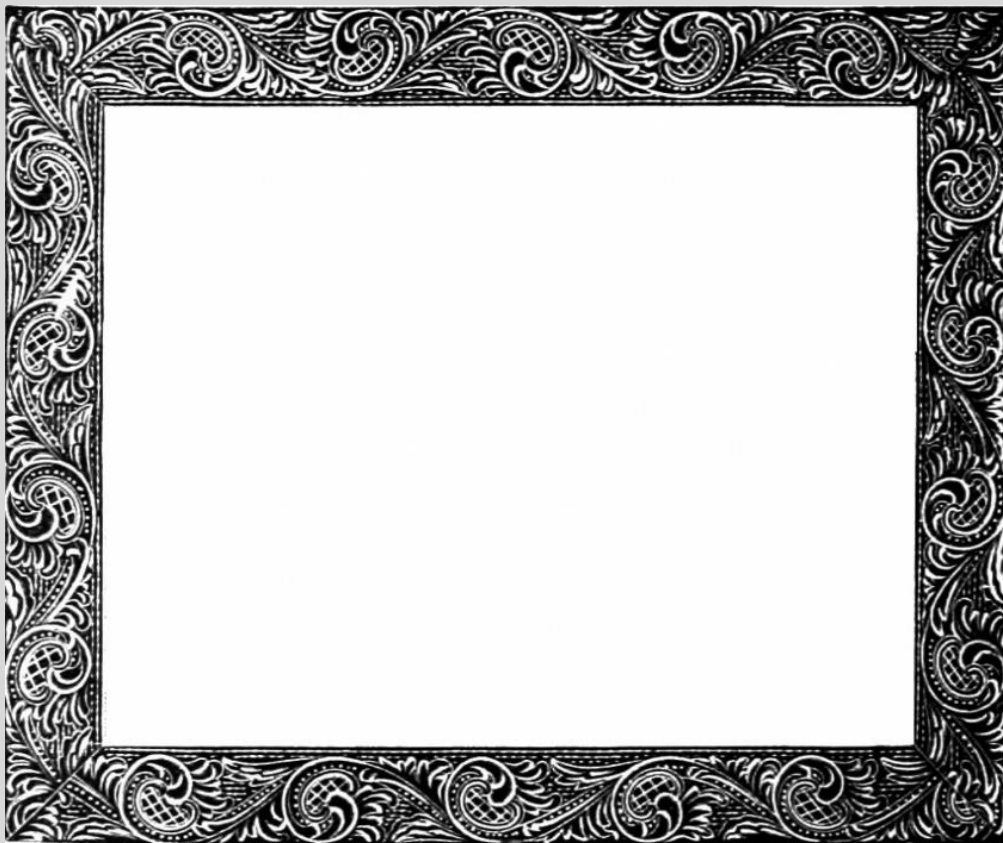
I want to start by saying you are perfect exactly how you are I know how easy it is for us to judge ourselves and how hard it can be to notice our good points. I want you to write down all the good points about yourself by doing this when you're writing it down I hope you start believing in yourself.

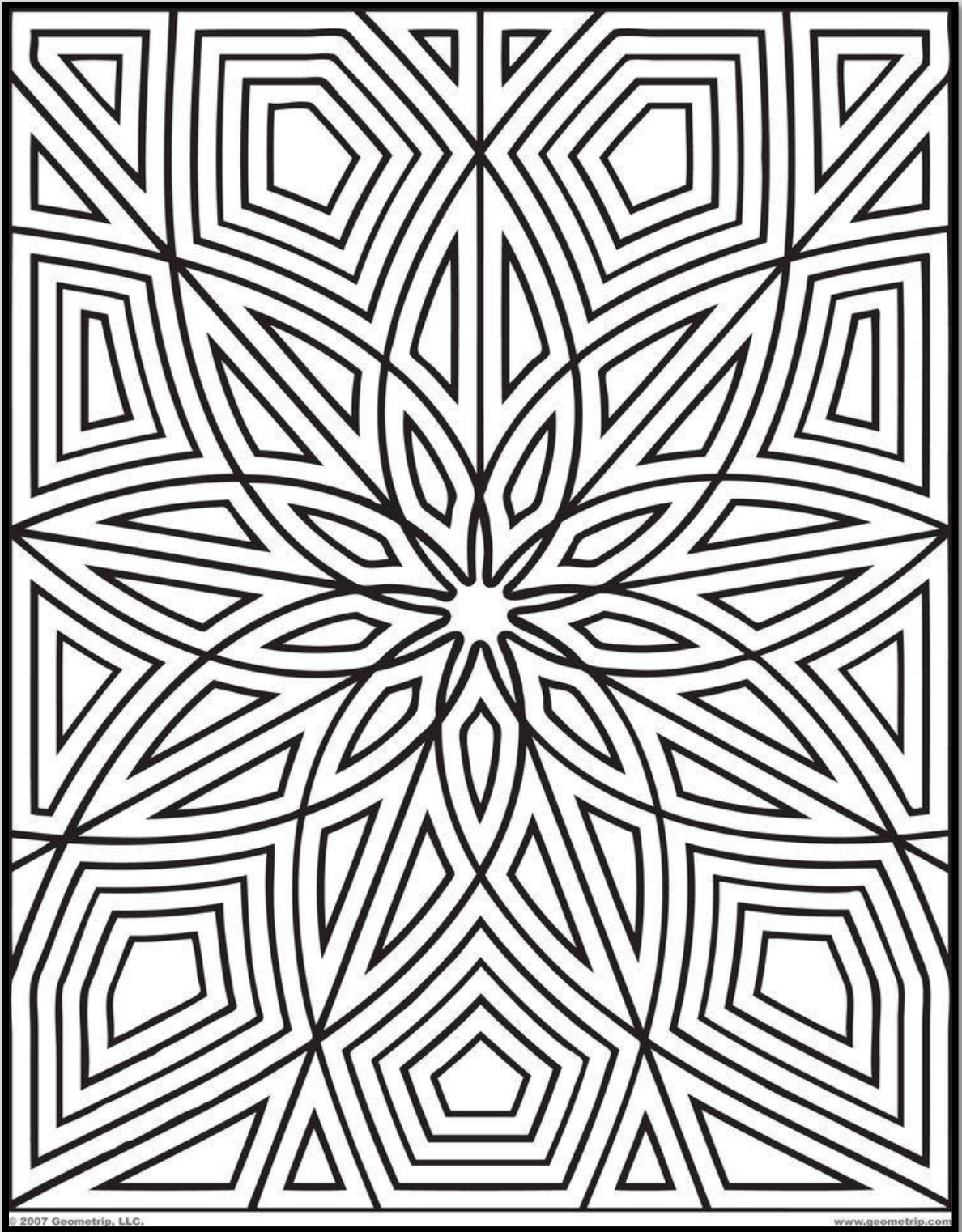
Some of the thing I would put for me are:

KIND	POSITIVE
FUNNY	FRIENDLY
LOYAL	CARING
HELPFUL	LOVING

If you find it hard use this trick: Think what would your friends and family would say about you.

Draw yourself in the middle and write good words about yourself around it. Get help from your friends or family.

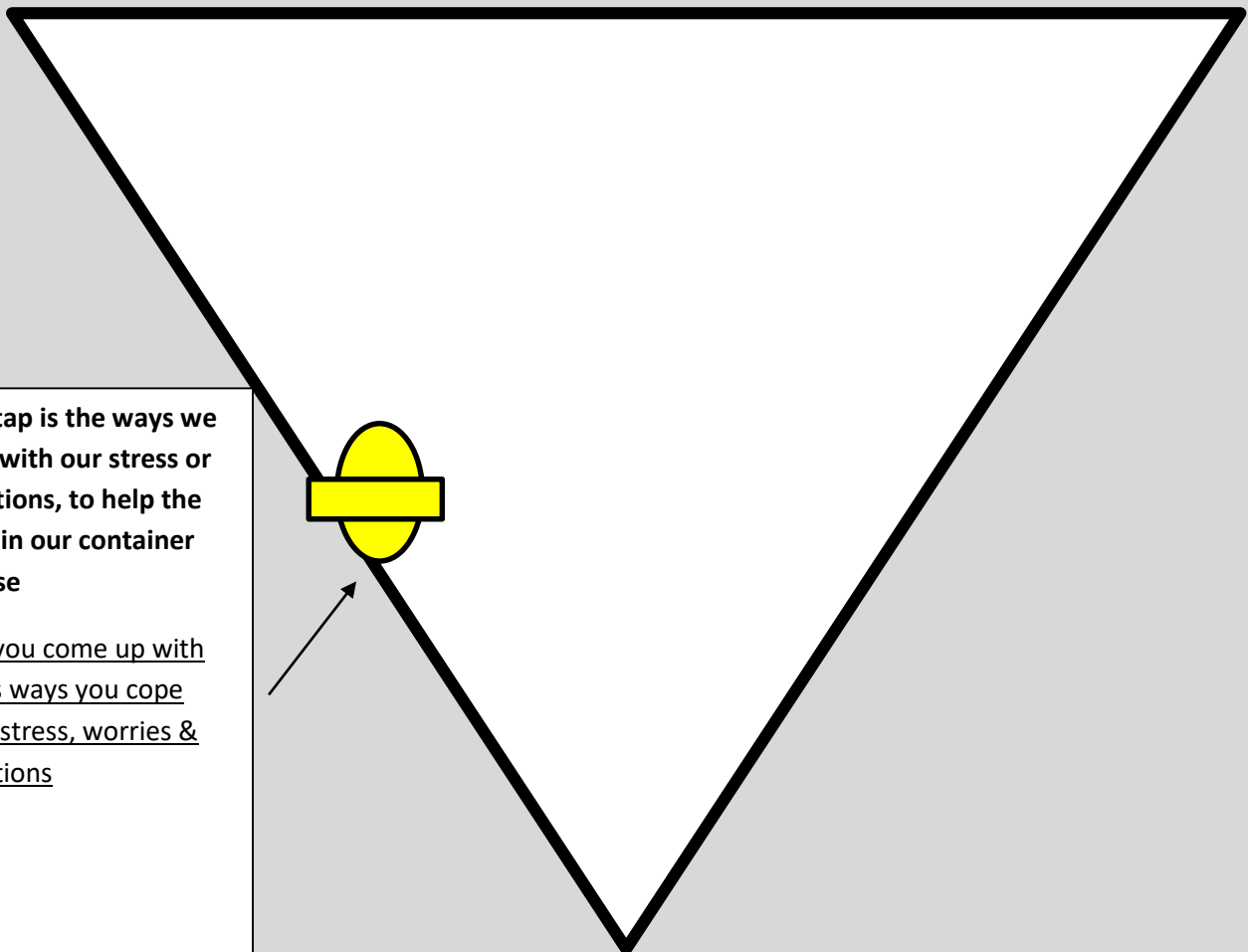




Stress Container

Below is our coping area of our brain to help deal with stress & our emotions.

Write anything that makes you stressed or worried inside this container



Our tap is the ways we deal with our stress or emotions, to help the flow in our container realise

Can you come up with ideas ways you cope with stress, worries & emotions

Throughout the day we feel different emotions – which emotions do you feel for each of these?

Your Emotion On a Good Day?

Waking up

Breakfast

On way to school

School

Lunch Time

Home Time

Best Lesson

Least favourite lesson

Your Emotions On a stressful Day?

Waking up

Breakfast

On way to school

School

Lunch

Home Time

Best Lesson

Least favourite lesson

What was different about each day?

Tips

AVOID OVER WORKING

TO MUCH TIME INFRONT OF A SCREEN

OVER DOING IT ON SUGAR, CAFFEINE

CHASING PERFECTION BOTTLING UP YOUR FEELINGS

Can You

GET MOVING

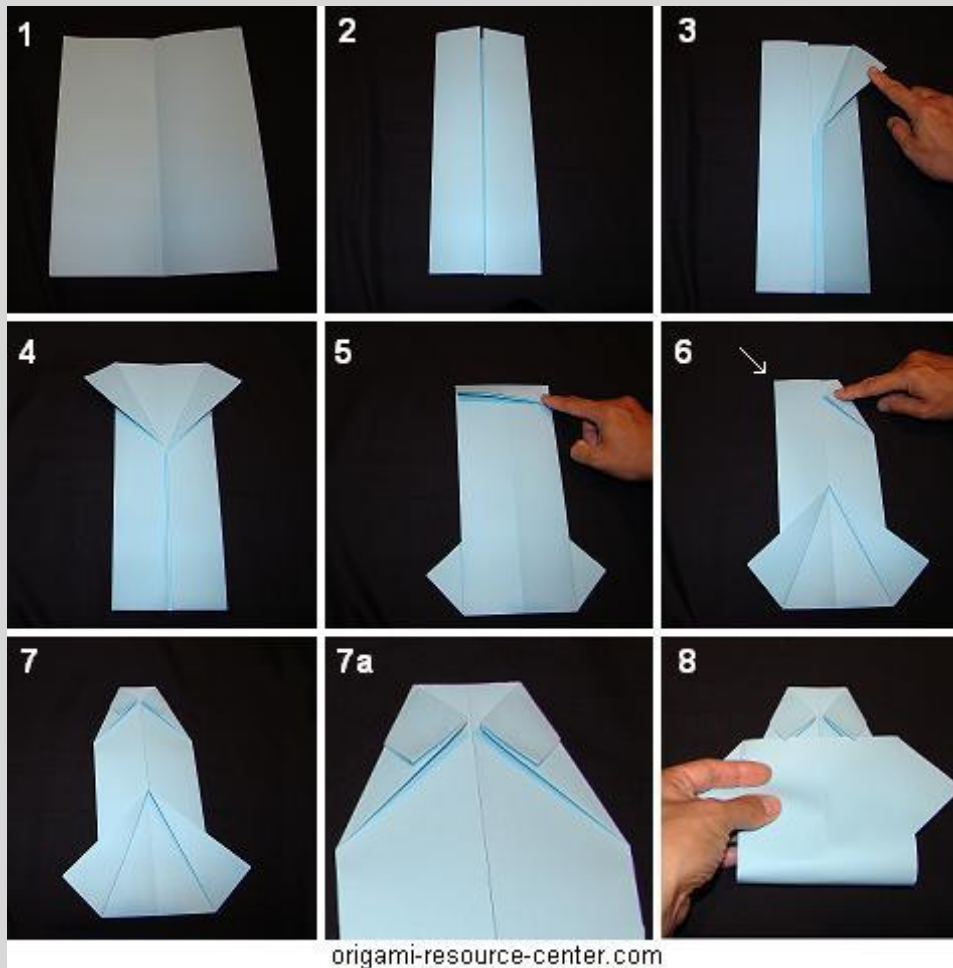
SETTING ASIDE TIME

LEARN NEW SKILLS

SHARE HOW YOUR FEELING

SWITCH OFF FROM DISTRACTIONS

Challenge



By looking at these steps can you figure out how to create a football shirt.

Once you completed challenge could you come up with a design on the football shirt that is best describes you. You can use lots of colours and be really creative with it.

Positive Thinking

it's important to use helpful thoughts instead of unhelpful ones. We can all doubt ourselves and not feel that you can do it. Using helpful thoughts can help change our mind set.

Unhelpful Thoughts

I cant do this

I always make mistakes

I am rubbish

I am a let down

I am just not good enough

Helpful Thoughts

Not only can positive thinking impact our ability to cope with stress and your bounce back ability, it also has an impact on your overall wellbeing

What helpful thoughts can you think of?

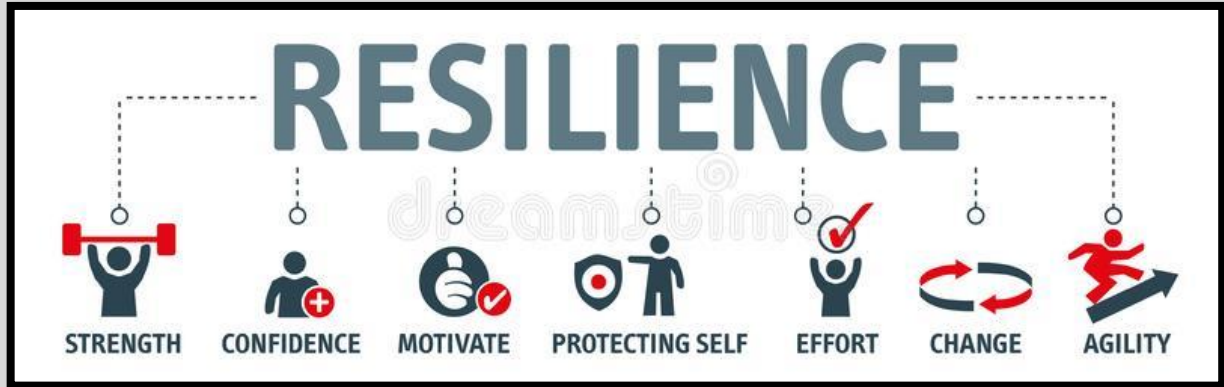
Are these thought Helpful or Unhelpful?

	Helpful	Unhelpful
If someone can't do something, or they get something wrong, it's because they're stupid.		
When something is difficult, tell yourself that you can do it and this can help you.		
Some people are just lucky all the time.		
If things don't go the way you want them to it's usually someone else's fault.		
If something bad happens to someone, it's usually their fault.		

	Helpful	Unhelpful
It's OK to ask for help if you're finding something difficult.		
It's embarrassing asking for help because everyone else knows what to do.		
Making mistakes is a way to learn how to do something new.		
If you keep trying to do something and you keep failing, you may as well give up.		

Resilience

Having the ability to bounce back when there has been a setback or a barrier



Can you write down on YOUR Resilience Wall what words you can use to help you through a difficult time: - Here is some we use

I am, I can, I know

I can do this

A grid of 14 empty rectangular boxes with rounded corners, arranged in four rows. The first row has two boxes, the second row has three boxes, the third row has two boxes, and the fourth row has three boxes.

I will get there

Try Try again



Here is mine, its ok to feel low, it's what we do after it that counts, next time you doubting yourself can you use any of these sayings to help lift your mood.

Alphabet Game, can you come up with a category e.g. football teams

Then write down areas from that category from each letter of the Alphabet
e.g. A- Arsenal

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

One rule, you can't repeat an answer under a different letter.

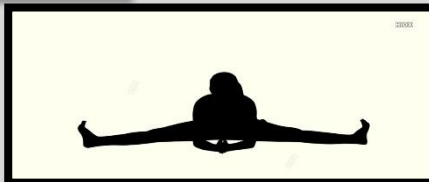
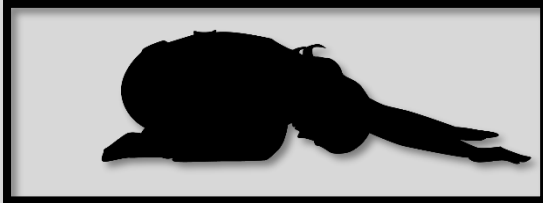
Now try again with a different category or can you compete against someone else and give yourself 10 minutes to complete it

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

Mindfulness

Mindfulness is about paying attention to the present moment – to your own thoughts and feelings and to the world around you.

This page includes some stretches to help you relax. You will do these in your session at school and you can also try them at home.



Can you complete this word search?

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

RULES

ANGER

EMOTION

FUN

PROUD

CONFIDENCE

PRIDE

TEAM GAMES

ENJOYMENT

OPINIONS

BEHAVIOUR

SUPPORT

My Weekly List

What have you got to do this week, let's get organised and do this together

Weekly Planner

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	Sunday

Weekly Self Care Checklist

Sun Mon Tue Wed Thur Fri Sat

Showered & Brushed teeth

Chose a goal to focus on

Repeated a positive thought

Challenged a negative thought

Got outside

Was active for min 20 minutes

Practiced mindfulness

Took time to do something I like

Practiced a breathing technique

Had a nourishing meals

Watched and minimised my caffeine take

Stay hydrated (8 cups of water)

My Journal

Three things I'm proud I accomplished this week: -

1

2

3

What was the best day of the week and why?

What was the most challenging day of the week and why?

This week I was inspired by?

Three things to look forward to next week:

1

2

3

Goal Setting Example



My goal is to complete a 5k run in 30 minutes.

To walk 2.5k for 2 weeks, 3 times a week.1

To walk 5k for 2 weeks, 2 times a week.2

To jog 2.5k for 2 weeks, 2 times a week.3

To run 2.5k for 2 weeks, 3 times a week.4

To run 2.5k for 2 weeks, 3 times a week.4

To run 5k, looking to improve your time each run until you reach your goal.5

Challenges:

Not enough time.

The weather

Support:

Friends and family.

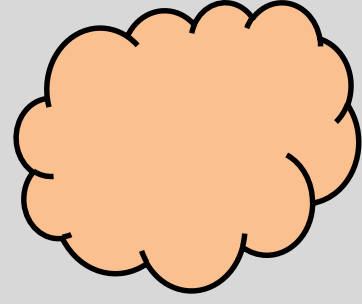
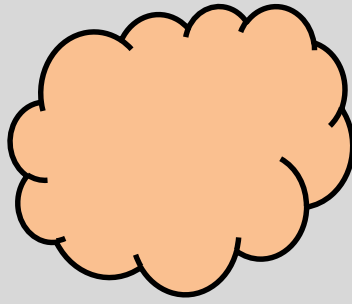
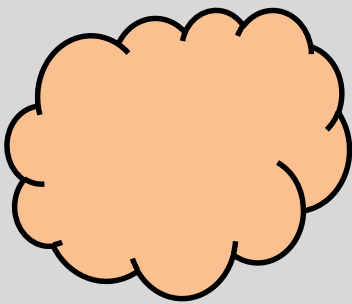
Running partner



Goals are
dreams with
a guide

However big your life goals are I hope you believe me
when I say you've got this

G O A L S



My goal: -

1

2

3

4

5

Challenges:

Support:

G	O	A	L	S
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My Goal-

In the next week –

In the next month –

In the next three months-

In the next six months-

In the next year –

When you have completed each of your goal, tick the box!

No one
is you
And that
is your
power

DAVE GROHL

Importance of Sleep

Getting a good night's sleep is very important for you, your health and happiness. If you don't get enough sleep, you may find it difficult to pay attention, have enough energy to play, fight germs and illness or remember important information

Try to:

1

2

3

4

5

Try Not:

1

2

3

4

5

Extra Support

Resources for Mental Health:

– For all

SmilingMind – offers programmes, resources for people all ages to practice mindfulness and has learning/education programmes too around your mental health.

Annafreud.org – Website that has lots of information around self-care.

Health Young Minds NHS – This website gives you information on how to help yourself, where to go for more help and what we offer here.

– For children/parents

RelaxKids – CALM pack to support children through changes.

Twinkl – Free for next month for anyone to access lesson plans and resources/worksheet.

Cosmic Kids Yoga – Child friendly yoga videos

Tes – article on 7 ways to protect your mental health.

– For young people

Headspace – Mindfulness website/app

Mood Panda – Track your mood

SmilingMind – its offers programmes, resources for people all ages to practice mindfulness and has learning/education programmes too around your mental health.

MindShift CBT – MindShift is a free app designed to help teens and young adults cope with anxiety.

SuperBetter – is a free web and app based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health – by boosting physical and emotional well-being. SuperBetter is for young people over the age of 13 who who want to feel happier, healthier, and abler to reach their goals.

Rise Up + Recover – is just the app for you if you are struggling with food, dieting, exercise and body image. Based off self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of time around the world.

Tes – downloaded wellbeing challenges.