



safety  
net

issue  
#10

# YOUNG SAFETY NET E-ZINE

Activities

Advice

paving the way for  
positivity

Information

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Keeping children & young people safe

# challenges & opportunities

Over the past two years, we have faced so many new challenges. The pandemic left us with a great deal of uncertainty and anxiousness. In such a tense time, it can be difficult to reflect on the positive things and how we have grown in this time. It's so important to focus on what we have achieved and enjoyed after so much negativity has been surrounding us.



## things to remember...

**You are not alone** - whenever you've felt down or anxious this past year, we promise other people have felt the same! Why not try sharing your experiences with your friends and family to feel more connected. Remember, 'we can talk to someone about anything, even if it feels awful or small'.

**You're only just getting started** - if you feel you haven't done everything you wanted to this year or haven't had the chance to grow, your opportunity will come next year and all the years to come. It's never too late!



## tips for 2022...

**Set aside some time for yourself each day** - prioritise self-care and your own mental health. We're often rushing about with so much to do that we forget to look after ourselves. Make sure you have had some time to relax and let go of your worries; whether this be playing your favourite game or drawing and crafting!

**Spread kindness** - by doing little things, we can make someone's day and therefore make their new year much happier!

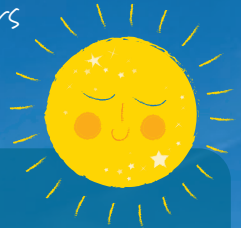
**Set some goals, however small they may be** - these could be focused around being kinder to yourself or doing something you always wanted to do but couldn't due to the pandemic. There's no pressure to complete these goals, they can just be a way to start the year with a more positive mindset.



# reflecting & restoring



★ The past year has faced us with a mix of challenges and excitement. We spoke to two of our Young Volunteers about how the year went for them and what advice they can give others for 2022...



## ★ marlo

### ■ The best day I had in 2021 was...

Christmas, because I got to see my grandad. He lives 200 miles away, so I don't see him much.

### ■ Something I have learned about myself this year is...

I have a talent for baking as I baked a big cake with buttercream on top for my family.

■ I think that... having friends over and me going to my friend's house and having fun has helped me grow into a stronger person this year.

■ My advice for young people struggling over the past year would be... to keep calm and carry on.

## ★ sam

■ Something I found challenging in 2021 was... In year six I used to have panic attacks and stress over everything.

■ A strategy that helped me cope was... Being confident and positive to myself no matter what I did.

■ I think that starting secondary school has helped me grow into a stronger person this year because it exposed me to a new environment outside of my comfort zone.

■ My advice for young people struggling over the past year would be... deep breaths, stay calm & you will get through it eventually!

Sam and Marlo have given us some great advice and experiences from their year. Here's a few more tips and strategies for when you may be struggling or finding things overwhelming...

■ If you're feeling worried, **fingertip breathing is a great way to keep you calm** and in control. Stretch out your right hand and use your left index finger to trace along the edges of your fingers. Breathe in as your finger goes up, and breathe out when your finger goes down until you reach the end. Repeat for as long as you need.

■ **Listen to some calming music** or watch one of your favorite movies which relaxes you. You can do this on your own or with friends and family – whatever makes you feel the most comfortable.

■ You can also **try our grounding exercise** which explores the 5 senses and calms our body and mind. Find this on our mindful moments page!

# ♥ POSITIVITY JAR ACTIVITY

This creative activity is a great way to start off the New Year. We often put too much pressure on ourselves with setting New Year's resolutions, so this jar focuses on positivity and the things you would like to do and achieve this year. We also have a kindness jar activity on our YouTube channel focusing on compliments and kind words which you can find here: [www.youtube.com/watch?v=HjRNqSutORk](http://www.youtube.com/watch?v=HjRNqSutORk)

## ♥ YOU WILL NEED:

- A jar of any shape and size
- Colourful paints, stickers and anything else you would like to decorate it with
- Paper & pens (as colourful as you would like!)
- Scissors (optional)



## ♥ HOW TO MAKE YOUR JAR:

1. **Decorate your jar** with anything you like! This jar should make you feel happy and positive so have a think about what this will look like.
2. **Cut up your paper into post-it note size pieces.** Use your pens to write either your goals for 2022 or things you would like to do/try to have a positive year.
3. **Keep this jar somewhere safe** and you can add things you've done or achieved that have made you happy throughout the year.
4. **Don't forget to take pics of your finished jars** and send them to us at Safety Net so we can show them on social media! You can send them via Instagram (@safetynetbtn), Facebook (@safetynetbrighton) or Twitter (@SafetyNetBTN).

# ★ STAYING ACTIVE DURING WINTER

It can be difficult to get outside and keep moving when the winter weather really kicks in. After Christmas, all we want to do is get cosy in the warmth. However, there's so many ways children and families can stay active during the winter! The cold shouldn't stop us from staying active and enjoying exercise as normal. Have a read for some tips on getting outdoors this winter....

## ★ TIPS ON KEEPING ACTIVE OUTSIDE:

- Most sports continue through the winter, unless the weather is too dangerous. Football, rugby or tennis are still great in winter once you get warmed up.
- Go for a nice winter walk or bike ride to your local park. It can be really relaxing to get out the house, wherever this may be, and appreciate the environment around us. You can see more about this on the next page with our mindful winter walk.
- Outdoor spaces like farms and playgrounds are a lovely way to get out the house and enjoy different activities.
- There's always some days though when we really don't want to stay outside as it's too rainy or windy. Sports centres and indoor play centres are the perfect place to ensure you get your daily physical activity. As well as this, there are many videos online we can follow to keep moving at home, such as Joe Wicks who has fantastic exercise videos for kids and the whole family.

FOOTBALL



WALK OUTSIDE



CYCLING

## ★ HAVE YOU TRIED YOGA?

There are so many benefits of yoga for both children and adults. Combining physical practice and breathing exercises allows us to explore movement within our body whilst focusing on mindfulness and getting rid of negative thought processes. Check out issue two of our E-Zine for some poses to try!



### DID YOU KNOW?

The NHS recommends that children aged 5-18 should try to do at least 60 minutes of physical activity every day to maintain a healthy lifestyle.

# mindful winter walk

A mindful walk is the perfect way to get some fresh air in the colder weather. Whilst the outside frost may look unappealing at first, there's so much in nature that we can find and appreciate...

★ Here is our mindful winter walk, You don't have to follow this one - your walk can involve anything which makes you feel at peace.

- Start your walk at your natural pace. Notice how your feet feel on the ground. Do they feel heavy or light? What about your body?
- Now focus your attention to the sounds around you. What can you hear? Is it sounds of nature, are other people or animals around?
- Do the same with smell. Certain trees or plants have distinct smells which we wouldn't usually notice.
- Now we come onto what we can see around us. Observe the different colours and shapes in nature. Something to do which we always forget is to look up. Perhaps you have tall trees around you so you can see all the braches and leaves when you look up. Or maybe you're on an open road so you notice the shapes of the clouds.
- When you feel you've explored your surroundings enough, take a moment to stop somewhere; perhaps on a quiet bench or riverside. Take this time to be mindful and focus on being in the present moment. Let any worries or anxieties disappear.
- Continue to do this throughout your walk, taking in all your surroundings and noticing how certain atmospheres make you feel.



Take a look at our  
Five Senses Treasure  
Hunt on the next page  
for a fun way to use  
the senses!

# FIVE SENSES

## Treasure Hunt



Walk around and see if there are different smells in the air

FIND SOMETHING VERY PALE

find something that smells fresh

Find something that feels cool and smooth



find something with a bold, bright colour!!!!!!

Find something that feels rough and bumpy

Find something which looks like human food!



Find something an animal or insect would find tasty



find something that makes a crunchy, crackly noise

WALK AROUND AND SEE IF THERE ARE DIFFERENT SMELLS IN THE AIR

Find something with a gentle sound you have to listen really closely to hear



★ It can be difficult for us to stay positive all the time when we may be focusing more on the negative and stressful things. You can use this calendar however you like; you could write something you'd love to do each month, something that went well each month, or just something that made you smile. This way, we can look back on our year and remember all the good things, however small.

january

YOU'VE MADE IT THROUGH  
JANUARY. LIGHTER DAYS  
ARE AHEAD!

february

march

april

# 2022 positivity calendar

may

july

june

august

september

october

november

december

# mindful moments

When things start to feel out of control, one of the ways that you can feel calmer and more in control is by taking a... **mindful moment**

■ **Lie down somewhere comfortable.** Let your arms and legs fall to the ground. Close your eyes gently.

■ **Start to notice how your body changes with each breath you take.** Each time you breathe, your belly moves up, and your belly moves down. If it is easier, put a hand on your belly. Or if you want, put a stuffed animal there.

■ **Each time you breathe, your belly moves.** Your hand, or your toy, rises, and then falls. See if you can count ten breaths that way. Breathing in, one, breathing out, one.

■ **When you lose count, don't worry about it.** That's normal, and happens to everyone. Come back to whatever number you last remember.

■ **Now, shift your attention to your day.** Breathing in, focus on your breath as your belly goes up. Breathing out, focus on something that went well today.

■ **With each breath:** breathing in, noticing your belly move, and with each breath out, noticing something that went well today.

■ **Now, picture something about yourself that makes you proud.** Breathing in, focus on your belly moving. Breathing out, picture something that makes you proud of yourself. If nothing comes to mind, that sometimes happens. If that's how you feel, picture what you'd wish for yourself instead.

■ **Finally, bring someone to mind who makes you happy.** Before we end, try one more practice. Breathing in, notice your belly move. And now, breathing out, picture someone who makes you happy.

■ **As you come to the end of this practice** take a few deep breaths, and start to wiggle your arms and legs. Pause and decide what you'd like to do next.



## ★ Grounding exercise

We have 5 senses: sight, feel, hear, smell and taste. Our senses help us to understand what is happening around us every day, we'll often use them without realising it!

We can also use our senses to help ground us and make ourselves more aware of our bodies when we might be feeling overwhelmed or worried.

**Instructions:** Settle down into your chair, and take a couple of deep breaths. Take your time to notice each sense as work your way down the list below. Don't worry if you get distracted, bring yourself back to the list until you have finished it.

At the end you'll feel clearer and grounded and ready for the day!

Things to notice:

- 5 things you can **SEE**
- 4 things you can **FEEL**
- 3 things you can **HEAR**
- 2 things you can **SMELL**
- 1 thing you can **TASTE**



## ★ Fingertip breathing

Fingertip breathing is a good way to help keep you calm and in control if you are feeling worried.

Stretch out your right hand and use your left index finger to trace along the edges of your fingers. Breathe in as your finger goes up and breathe out when your finger goes down, until you have reached the end. Repeat it a couple of times until you get the hang of it!

This is a great technique to do if you are at school or out and about as you can do it discretely.



# EXTRA HELP

If you are feeling worried during this time, know that you have the right to speak to someone about it. Your worry is not too big or too small to talk about.

**CBBC Newsround** is a website and programme which covers a range of educational topics and world events in a child-friendly way. It's aimed at 7-12 year olds and the website aimed at 9-16 year olds. Watch on the BBC or Iplayer, or visit [www.bbc.co.uk/newsround](http://www.bbc.co.uk/newsround)

**YoungMinds** supports young people who are struggling with their mental health. They have lots of amazing resources for so many different issues and are easily accessible. They can be found at [young-minds.org.uk](http://young-minds.org.uk).

**Smiling Minds** is a free app designed to teach mindfulness for all ages. It uses guided meditations to talk you through coping methods that can be practiced when you feel overwhelmed. Download at the App Store or on Google Play.

**MyLife Meditation** by Stop. Breathe. Think is a free meditation app which helps you find a quiet place of peace. It recommends you activities depending on how you're feeling, including guided meditations and positive mindfulness activities. Download at the App Store or on Google Play.

**Childline** have online resources to help calm the mind, as well as other issues and concerns. are available to contact by phone (0800 1111), online with a 1 to 1 counsellor, or by email. All you have to do is create an account on their website at [www.childline.org.uk](http://www.childline.org.uk) and you are able to contact them in whichever way you feel more comfortable.

**WE WANT YOU!** Would you like to be involved with our e-zine? To share your experiences or create photo content? You can become one of our Young Reporters and receive a Little Young Reporters pack in the post! To volunteer, please email [jen.tulloch@safety-net.org.uk](mailto:jen.tulloch@safety-net.org.uk).



★ This issue of our Young Safety Net E-zine wouldn't have been possible without contributions from **Sam and Marlo** who shared their experiences and difficult times from the year.



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