

The lovely Katherine from Leeds Diocese has put together some great ideas for young people:

Photographic challenges:

Take a photo of something around the house beginning with every letter of the alphabet

Take a photo of something of every colour of the rainbow

Take a photo that only has objects of one colour

Take a close-up picture of something

Take a photo in black and white

Art Challenges – these can be limitless!! You can also find 30 day art challenges online, but here's a few ideas to get you started:

Do a drawing without taking the pen off the paper

Draw/paint a self-portrait

Draw a picture that is no more than 1inch tall/wide

Draw/paint about something that inspires you

World Record Challenges – challenge the group to try and beat some silly world records:

Most spoons balanced on the human body (79 to beat)

How quickly can they eat 3 cream crackers (14.45 seconds to beat)

Farthest distance to blow a pea (7.51m to beat)

Farthest distance to throw a paper airplane (69.14m to beat)

Tallest toilet paper tower in 30 seconds only touching one roll at a time (28 rolls to beat)

Most underpants put on in 1 minute (18 to beat)

Largest bubblegum bubble blown (50.8cm to beat)

Most Smarties/M&Ms eaten with chopsticks (one at a time) in 1 minute (20 to beat)

Most dominoes stacked in 30 seconds (48 to beat)

Learn Something New Challenges:

New language – e.g. Duolingo

Crash Course – www.youtube.com/user/crashcourse (loads of subjects to pick from)

Writing – do a mini-NaNoWriMo (National Novel Writing Month) where you set a word count and challenge them to write a story in that time frame, challenge them to write a poem every day

Ted Talks – encourage them to watch a new Ted Talk each day (www.Ted.com)

ALSO - check out The Hot Chocolate Trust who have produced a great list of ideas too via their Twitter feed @HotChocoTrust.

Resources for uncertain times

Some ideas for young people, youth workers, churches and communities during these extraordinary days.

There is some good stuff coming out for work with young people and youth workers at the moment in light of not being able to get together and do our normal thing, and I just wanted to merge a few of those ideas here and I'll update as time goes on.

The Education Department, as you can imagine, is now dispersed but we are still here to support and chat. Please do keep in touch and be assured of our prayers for you, your families, churches and communities.

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Do not fear for I am with you; be not dismayed for I am your God. I will strengthen you, yes, I will help you, I will uphold you with my righteous right hand

Isaiah 41:10

Useful links with info, tips and reflections:

A really helpful blog on ideas for youth workers during these different days from James Ballantyne - <https://jamesballantyneyouthworker.wordpress.com/>

Youthscape have produced a live blog also for these days which has helpful information as well as ideas for engaging with young people - <https://www.youthscape.co.uk/coronavirus>

I have been exploring apps recently around discipleship and accompanying young people in their faith journey and have come across #GoVoke So far its pretty excellent and creates the option to work through the app and its really excellent content with young people remotely. Be interested to see what you think and if you have other suggestions.

Ideas for supporting young people's wellbeing during uncertain times

It is very understandable for young people to feel concerned about events in the world at this time, as well as adjusting to a very different way of life. This can be particularly challenging for children and young people already experiencing an ongoing mental health issue. More than ever, it is important that we are supporting all young people to look after their wellbeing at this time. Here are some ideas for how to help young people look after their mental wellbeing in uncertain times

Keep Talking & Stay connected

It's important for young people to feel able to keep talking about their concerns and questions, especially if they are starting to feel overwhelmed or anxious. Lots of young people might also start to feel lonely during this time, so finding new ways of connecting with people is important, this could be through messaging, phone calls or video messaging. It's helpful to try to focus these catch ups on positive topics not just about the current situation. Encourage young people to check in with each other but also to schedule in some social media breaks or unfollow accounts that are making them feel overwhelmed. There are also a lot of positive online communities that it might be a great time to get involved with.



Rethink routine

Sounds simple but creating a new routine for our day can be really helpful to manage changes and find a sense of normality. Little things like getting up and going to bed at the same time, having regular meals and breaks throughout the day. Find alternative ways of carrying out their normal routine at home—exercising at home, getting fresh air and set small goals or tasks throughout the day can be really helpful. This [healthy mind platter](#) might be a helpful place to start.

Look for the positives

During difficult times, it can be really helpful to try to look for the positive moments in every day. A great way to do this is to challenge yourself to think of three things you are grateful for each day and sharing this with others.

Action for happiness have created a brilliant [coping calendar](#) with positive activities to complete each day.

Plan Wellbeing Activities

If you are looking for daily ways to support positive wellbeing, you could plan different activities around the 5 Ways to Wellbeing. Below you will find a **30 Day Wellbeing Challenge**, this template can encourage young people to track any thing they do each day for positive wellbeing and share this with each other.



Staying Calm

In times of uncertainty, it's perfectly normal to experience feelings of anxiety and worry. It can be helpful to come up with a toolkit of activities that help us find some calm when feeling overwhelmed. This could include things like breathing techniques, playing music, spending time outside, stretching, writing things down, being creative or activities that help to distract our minds if our thoughts are overwhelming.

This could include:

Mindfulness apps like **Head-space**

Online yoga

Journaling



The Blurt Foundation have some fantastic resources around self-care:



[Self-Care Starter Kit](#)

[Self-Care Journal Prompts](#)

[Self-Care Planner](#)

Here is also another helpful list of [self care ideas](#) to try out!

Helpful links:

[Supporting young people's mental health through times of disruption](#)

[Looking after your mental health while self-isolating](#)

[Questions to start the conversation](#)

[Toolkit of mental health & wellbeing resources](#)

[How to use social media in a positive way during a crisis](#)

Further Support:

Mental health support available for young people:



30 DAY WELLBEING CHALLENGE

Keep track of any
activity you complete
each day for positive
wellbeing



Be
Active



Get
Creative



Give



Take
Notice



Keep
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Connect

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