

# kooth

## Mental Health Awareness Week Activities



Sign up for free at [Kooth.com](https://www.kooth.com)

# What is Kooth?

Kooth is a **free, safe and anonymous** mental wellbeing service for children and young people. You can find one to one support from a friendly practitioner or engage with our amazing community of people just like you.

Our community is here to support you through anything. Big or small. All of the activities you'll see are also available on [kooth.com](https://www.kooth.com).

## What are Mental Health Awareness Week Activities?

Exploring who you are is an exciting part of life, but it can be scary too. During Mental Health Awareness Week, you can pick an activity or task to try each day, to help you build valuable life skills.

Among other things, these activities can help us:

- Connect with others
- Build helpful habits
- Manage our emotions
- Express ourselves



# Listen to a Kooth Podcast

Join us as we chat about everything mental wellbeing from building self esteem, to how to lift the pressure of expectations - as well as some guided meditation.

We're a safe and accepting place for all listeners, so take a break from everyday stresses to sit back and enjoy our fun and interesting episodes.

Find us on Spotify or Apple Podcasts by searching for **Kooth Podcast**



# Explore Kooth?

It's important to know where we can get support and advice when we need it.

Watch our video on [kooth.com](https://www.kooth.com) to explore what Kooth has to offer:

- Kooth Magazine
- Discussion Boards
- Chat with our team of friendly professionals
- Daily Journal
- Mini Activity Hub



# Create your own super hero

Unleash your superpowers by doing something creative! Expressing your creativity can be fun and uplift your mood.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Think about what powers you would have if you were a superhero (e.g. invisibility, the ability to fly, turn yourself into something else, etc.)

## Step 2

Think about what you'd do if you had these powers. Would you do something to help others, help yourself, animals or even the environment?

## Step 3

Think about what your outfit would be.

## Step 4

Think about your superhero slogan.

## Step 5 (Optional)

Draw or create your superhero and take a look at your masterpiece!



# Draw a song

Learn a new way to creatively express and manage your feelings. Being creative can really help when we don't have the words to explain.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Pick a song. Maybe one you like or one you don't like so much.

## Step 3

Play the song and start drawing anything that comes to your mind.

## Step 2

Get some paper and pens.

## Step 4

Reflect on how this made you feel.



# Write a letter to your future self

Share your own words of wisdom with yourself! Doing something creative and personal to you is a great way to inspire, comfort and make yourself laugh right now and in the future too.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Get a pen, paper and an envelope.

## Step 2

Think about what you'd like to share with future you (e.g. life predictions, advice, inspiration or even things you don't want to forget).

## Step 3

Write a letter to your future self, thinking about when you want to open it - this could be a week from now or even a year!

## Step 4

Put your letter in an envelope and seal it, making sure your name is on it and the date when you want it to be opened.

## Step 5

Put it somewhere safe and think about what it was like to write your letter. If you feel like it, try writing another letter to be opened at a different time.



# Create a daily plan for yourself

**Make the most of your day. Creating a plan could help give your day more structure and enjoyment, whatever your plans are.**

**Remember you don't have to try it, and you can stop at any time.**

## **Step 1**

Think realistically about what you want to do in your day (e.g. a certain wake-up time, reading, finishing a project, or catching up with a friend.)

## **Step 2**

Start creating your daily plan. You could write it down, type it up or get creative.

## **Step 3**

Think about the order you want to do things in and how long you want to spend on each. Add them to your plan and don't forget to include breaks!





# Practice being present

Something you can try that may help you feel calmer and safer in times of stress or panic, by noticing the present moment.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Take a moment to notice what you see around you right now (this may be objects, colours, people or even the detail of a pattern you see on a carpet.)

## Step 2

Say what it is you see out loud (e.g. 'I can see a grey rug with a white swirly pattern on it that looks soft to touch.')

## Step 3

Follow the same steps for something you can hear, touch or smell - perhaps spending just a few minutes on each sense, around 10 minutes each day.

## Step 4

Take a moment to see how you feel after doing this activity. If you found it helpful remember you can practice it again in times of stress and worry.



# Create a recipe for coping



**A fun way to think about your own inner strengths during difficult times. When things feel tough, it can be useful to think about the “ingredients” we often already have to get through it!**

**Remember you don’t have to try it, and you can stop at any time.**

## **Step 1**

Think about something that you have found difficult, this could be an experience, a relationship, school, or anything else.

## **Step 2**

Think about what inner strengths you have (or would like to have) in order to work towards coping better (e.g. Humour, resilience, confidence, hope, etc.)

## **Step 3**

Use your inner strengths to create a fun recipe (e.g. a pinch of courage, a cup of patience, 15mls of interest, a handful of tears and 100g of banter.)

## **Step 4**

You can use this step as a template or create your own: A pinch of... A cup of... 15mls of ... A handful of... 100g of...

## **Step 5**

If you want to, share your coping recipe on the Kooth discussion board to help and inspire the Kooth community and perhaps make you feel good too!

## **Step 6**

Notice what it was like to share your recipe or read others’ and if you enjoyed it, perhaps try this activity again.

# Learn bubble breathing



Take a deep breath and try a calming breathing exercise. Breathing exercises help to slow down your breath, which can promote calm and relaxation.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Find a quiet and comfortable space.

## Step 2

Imagine you are holding a pot of bubbles.

## Step 3

Take out the wand from your pot of bubbles.

## Step 4

Take a deep breath in and imagine gently blowing a bubble, so you focus more on breathing out!

## Step 5

Repeat this technique for at least five minutes to give yourself a chance to practice. Notice any differences in how you feel afterwards.

# Create a good mood playlist



**Try using music to help boost your mood. Listening to music releases endorphins in the brain which can help put us in a positive mood!**

**Remember you don't have to try it, and you can stop at any time.**

## **Step 1**

Think about the songs that make you feel good (e.g. ones that take you back to a great memory, make you smile or make you want to dance or sing!)

## **Step 2**

Create your 'good mood' playlist by picking between five and ten songs.

## **Step 3**

Listen to your 'good mood' playlist when you feel like it might help.

## **Step 4**

Notice how you feel when you listen to your playlist. Are there any changes to your thoughts, feelings or the way you feel in your body?



Our mini activities and podcasts are only a part of what Kooth has to offer. Explore everything else you can find on Kooth today. We'll be here when you're ready.

Sign up for free at [kooth.com](https://kooth.com).

