



The Charlie Waller Memorial Trust
Depression – let's get talking



CWMT Wellbeing challenge 2020

Secondary School/Sixth Form pack



Welcome

Thank you for signing up to take part in the Charlie Waller Memorial Trust's Wellbeing Challenge 2020.

This is an interactive challenge that we usually send out to schools but we have adapted it for parents to do at home with their children. The idea is to encourage young people to think positively about their mental health; it's based around the 'Five Ways to Mental Wellbeing'.

The main aim is to complete at least one wellbeing activity for each of the five ways. We have given you lots of ideas to help you out but you are welcome to do your own activities too. Obviously you can do much more than just one per 'way' if you are enjoying it!

We hope that you enjoy some of the activities so much that you might start to include them in your everyday life.

If you are viewing this online and do not have access to a printer please do get in touch and we can post out a pack to you.

Five ways to mental wellbeing

Connect – 'connect' with people you know: family, friends and neighbours. Spend time developing these relationships but remember to keep to the Government guidelines on social distancing.

Be active – take a walk, jog or cycle or find another activity that you enjoy while also keeping to the Government guidelines on social distancing.

Keep learning – learning new skills can give you a sense of achievement and increased confidence.

Give – even the smallest act can count, whether it's a smile, a thank-you or a kind word.

Take notice – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

Social media

We would love to create a bit of a buzz about the challenge and encourage as many people as possible to take part. If you are able to post photos on social media, we would love to see them and share any that you are happy for us to.

You can follow us on either Facebook, Instagram or Twitter and please tag us using the hashtag #wellbeingchallenge20.



Charlie Waller Memorial Trust

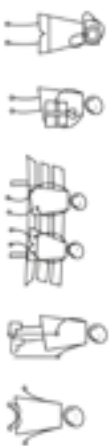


@CharlieWallerUK



@CharlieWTrust

Progress chart



Name

Connect

Be active

Keep learning

Give

Take notice

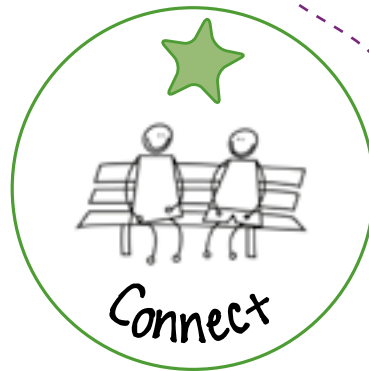


Badge cut-outs

Every time you complete one of the Five ways to wellbeing cut out a badge and stick it to your chart. See how many you can get!!



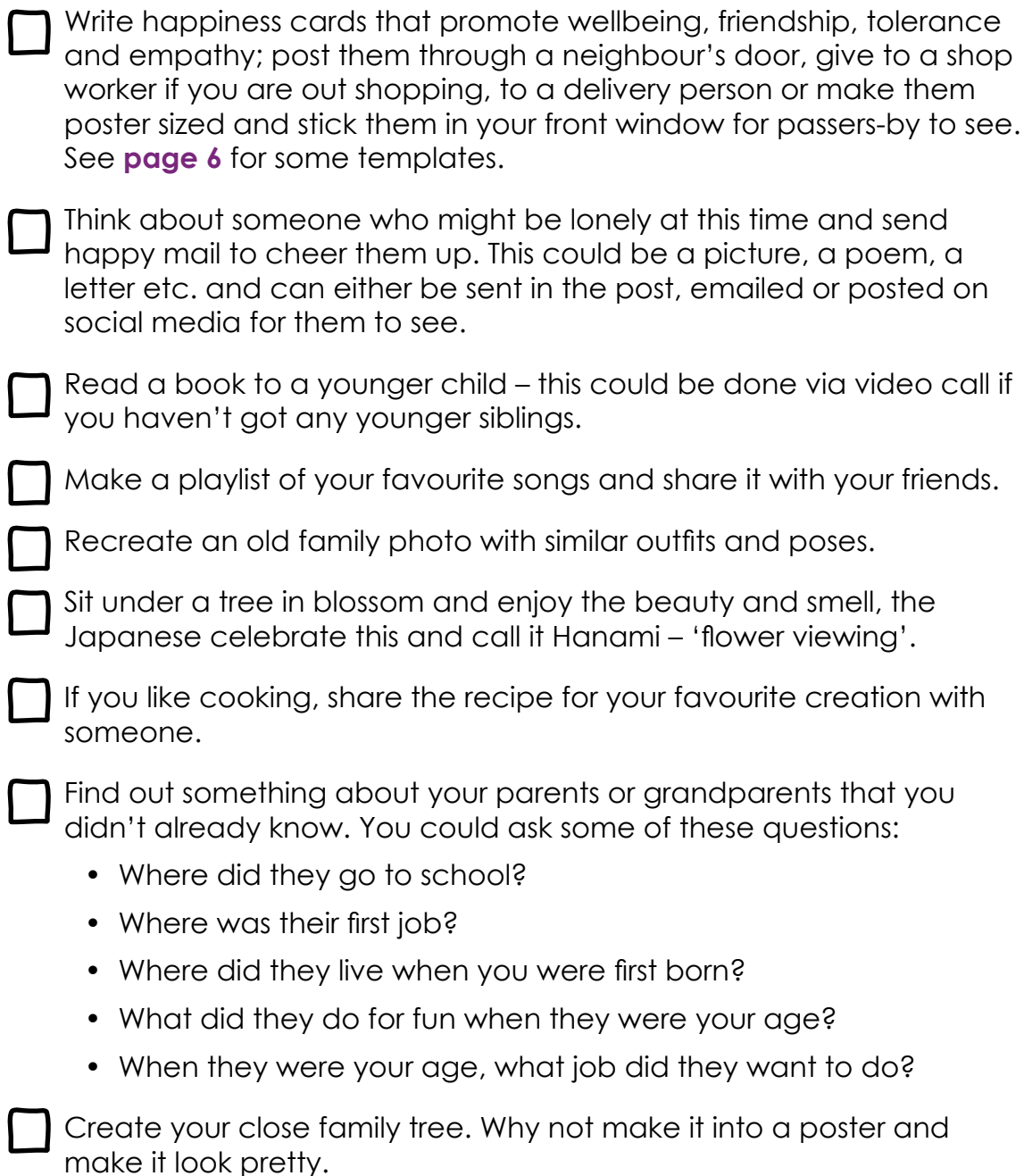
Lots of little badges for those of you who just can't stop doing challenges



Some bigger badges for those of you who just do one thing amazingly!

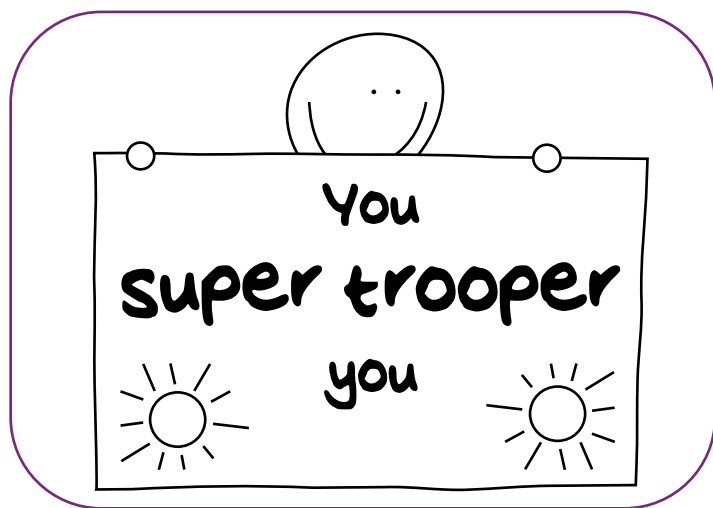
Connect

Connections with other people help strengthen our sense of self-worth, and feelings of being loved and valued. They also offer a sense of perspective and a distraction from getting stuck in negative thoughts. They help us feel less lonely, which is very important, as studies have shown that loneliness may be linked to depression, sleep problems and other wellbeing issues.

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- ☐ Write happiness cards that promote wellbeing, friendship, tolerance and empathy; post them through a neighbour's door, give to a shop worker if you are out shopping, to a delivery person or make them poster sized and stick them in your front window for passers-by to see. See [page 6](#) for some templates.
 - ☐ Think about someone who might be lonely at this time and send happy mail to cheer them up. This could be a picture, a poem, a letter etc. and can either be sent in the post, emailed or posted on social media for them to see.
 - ☐ Read a book to a younger child – this could be done via video call if you haven't got any younger siblings.
 - ☐ Make a playlist of your favourite songs and share it with your friends.
 - ☐ Recreate an old family photo with similar outfits and poses.
 - ☐ Sit under a tree in blossom and enjoy the beauty and smell, the Japanese celebrate this and call it Hanami – 'flower viewing'.
 - ☐ If you like cooking, share the recipe for your favourite creation with someone.
 - ☐ Find out something about your parents or grandparents that you didn't already know. You could ask some of these questions:
 - Where did they go to school?
 - Where was their first job?
 - Where did they live when you were first born?
 - What did they do for fun when they were your age?
 - When they were your age, what job did they want to do?
 - ☐ Create your close family tree. Why not make it into a poster and make it look pretty.

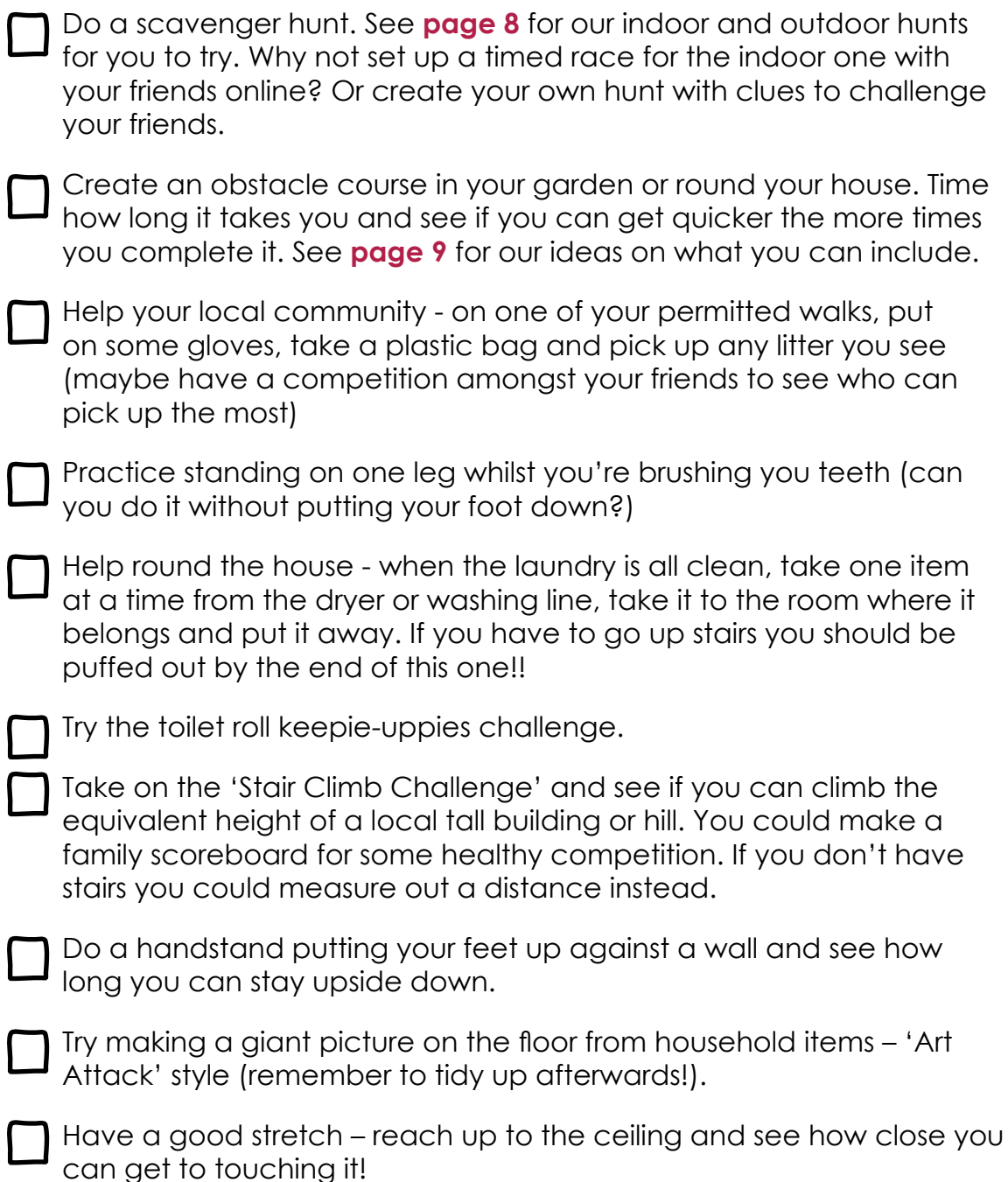
Happiness cards

Write happiness cards that promote wellbeing, friendship, tolerance and empathy; post them through a neighbour's door, give to a shop worker or a delivery person or make them poster sized and stick them in your front window for passers-by to see. You can use our ones and colour them in or make your own! We've left one blank for you to write your own message.



Be active

Exercise is good for our mental health; indeed the NHS recommends regular, enjoyable exercise as an effective treatment for depression. For children and young people aged 5 to 18 the NHS recommends an average of at least 60 minutes of moderate intensity physical activity a day, including some aerobic exercise and some that strengthens muscles and bones.

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- ☐ Do a scavenger hunt. See [page 8](#) for our indoor and outdoor hunts for you to try. Why not set up a timed race for the indoor one with your friends online? Or create your own hunt with clues to challenge your friends.
 - ☐ Create an obstacle course in your garden or round your house. Time how long it takes you and see if you can get quicker the more times you complete it. See [page 9](#) for our ideas on what you can include.
 - ☐ Help your local community - on one of your permitted walks, put on some gloves, take a plastic bag and pick up any litter you see (maybe have a competition amongst your friends to see who can pick up the most)
 - ☐ Practice standing on one leg whilst you're brushing your teeth (can you do it without putting your foot down?)
 - ☐ Help round the house - when the laundry is all clean, take one item at a time from the dryer or washing line, take it to the room where it belongs and put it away. If you have to go up stairs you should be puffed out by the end of this one!!
 - ☐ Try the toilet roll keepie-uppies challenge.
 - ☐ Take on the 'Stair Climb Challenge' and see if you can climb the equivalent height of a local tall building or hill. You could make a family scoreboard for some healthy competition. If you don't have stairs you could measure out a distance instead.
 - ☐ Do a handstand putting your feet up against a wall and see how long you can stay upside down.
 - ☐ Try making a giant picture on the floor from household items – 'Art Attack' style (remember to tidy up afterwards!).
 - ☐ Have a good stretch – reach up to the ceiling and see how close you can get to touching it!

Scavenger hunts

One for a sunny day outdoors and one for a rainy day indoors. They include things you can pick up as well as things you will see.

Outdoor scavenger hunt


- | | |
|---|--|
| <input type="checkbox"/> A feather | <input type="checkbox"/> Some moss |
| <input type="checkbox"/> A jogger | <input type="checkbox"/> A 'Y' shaped twig |
| <input type="checkbox"/> A pinecone | <input type="checkbox"/> Someone on a bike |
| <input type="checkbox"/> Three kinds of leaves | <input type="checkbox"/> A spider web |
| <input type="checkbox"/> Something that smells nice | <input type="checkbox"/> A berry |
| <input type="checkbox"/> A wild flower | <input type="checkbox"/> A round road sign |
| <input type="checkbox"/> Something yellow | <input type="checkbox"/> A butterfly |
| <input type="checkbox"/> A bird nest | <input type="checkbox"/> A wooden bench |
| <input type="checkbox"/> A bug | <input type="checkbox"/> A post box |
| <input type="checkbox"/> Something round | <input type="checkbox"/> A worm |

Indoor scavenger hunt

- | | |
|--|--|
| <input type="checkbox"/> A fork | <input type="checkbox"/> A ruler |
| <input type="checkbox"/> A brown crayon or pencil | <input type="checkbox"/> Something fluffy |
| <input type="checkbox"/> Something that has a nose | <input type="checkbox"/> Five grains of rice |
| <input type="checkbox"/> A gold key | <input type="checkbox"/> A dice |
| <input type="checkbox"/> Something with your name on | <input type="checkbox"/> A penny |
| <input type="checkbox"/> A measuring jug | <input type="checkbox"/> Something round |
| <input type="checkbox"/> A sock with yellow on it | <input type="checkbox"/> A bobble hat |
| <input type="checkbox"/> A book beginning with 'B' | <input type="checkbox"/> An elastic band |
| <input type="checkbox"/> Something that has wheels | <input type="checkbox"/> A playing card |
| <input type="checkbox"/> A square of toilet tissue | <input type="checkbox"/> Something orange |

Obstacle course

Try out a few of these ideas for creating an obstacle course inside or out!


Throw balls of socks into a bin from a set distance



Set up 'stations' of different exercises:

10
burpees

5
press ups

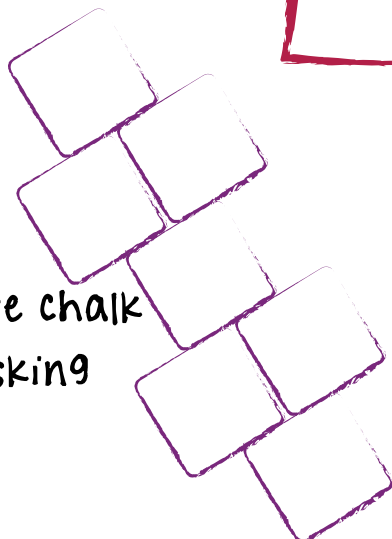
15
star jumps

Circle round and round a chair 5 times

Use a pillowcase to hop along a set distance

Step ups on the bottom stair

Create a hop scotch grid (use chalk outside or masking tape inside)

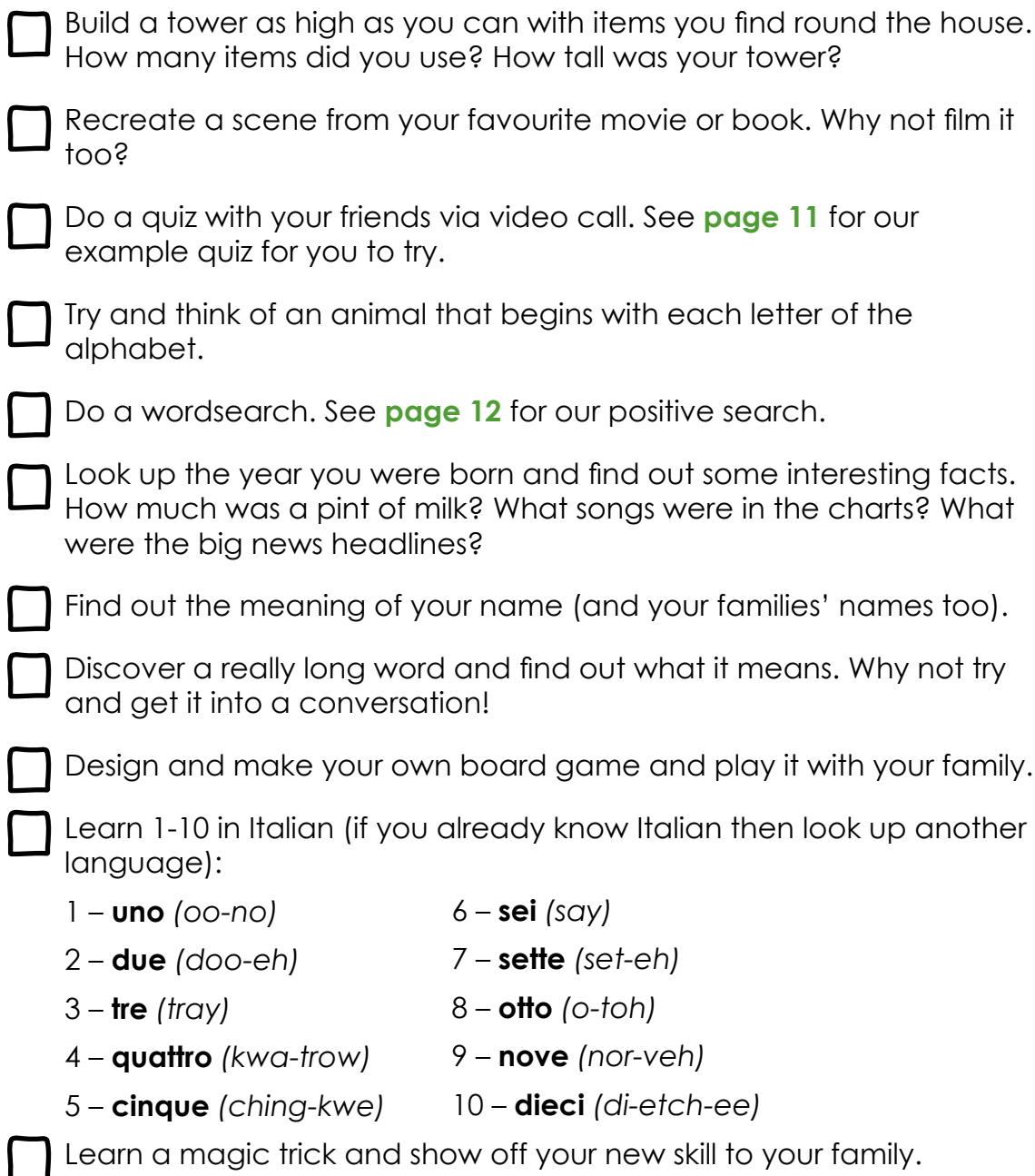


Create a tunnel from a duvet cover to crawl under



Keep learning

Learning things, developing new skills and achieving goals can help boost self-esteem and give a sense of purpose. Active minds are more resilient to intrusive negative thoughts. Learning can also be fun!

- 
- ☐ Build a tower as high as you can with items you find round the house. How many items did you use? How tall was your tower?
 - ☐ Recreate a scene from your favourite movie or book. Why not film it too?
 - ☐ Do a quiz with your friends via video call. See [page 11](#) for our example quiz for you to try.
 - ☐ Try and think of an animal that begins with each letter of the alphabet.
 - ☐ Do a wordsearch. See [page 12](#) for our positive search.
 - ☐ Look up the year you were born and find out some interesting facts. How much was a pint of milk? What songs were in the charts? What were the big news headlines?
 - ☐ Find out the meaning of your name (and your families' names too).
 - ☐ Discover a really long word and find out what it means. Why not try and get it into a conversation!
 - ☐ Design and make your own board game and play it with your family.
 - ☐ Learn 1-10 in Italian (if you already know Italian then look up another language):

1 – uno (oo-no)	6 – sei (say)
2 – due (doo-eh)	7 – sette (set-eh)
3 – tre (tray)	8 – otto (o-toh)
4 – quattro (kwa-trow)	9 – nove (nor-veh)
5 – cinque (ching-kwe)	10 – dieci (di-etch-ee)
 - ☐ Learn a magic trick and show off your new skill to your family.

Let's get quizzical

Get your friends together and host a virtual quiz via video chat. Ask one of the parents to be your quiz master and think of a suitable prize for the winners. Here are some questions you could use or you can create your own. You will find the answers to this quiz on **page 20**.

Round one - Geography

1. Which is hotter, the centre of the earth or the surface of the sun?
2. What is the name given to molten rock **before** it has erupted?
3. What is the name given to molten rock **after** it has erupted?
4. What is the capital of New Zealand?
5. Which two oceans does the Panama Canal link?
6. What do you call a person who studies rocks?

Round two - General knowledge

1. In terms of computing, what does ROM stand for?
2. Where would you find a cricket's ears? On it's head, wings or legs?
3. In which sport can you throw a 'curve ball'?
4. How many rings are there in the Olympic Games symbol?
5. What type of animal has the common name of 'waxy monkey'? Frog, snake, snail?
6. Name the three time periods of the dinosaurs.

Round three - Science

1. What is the main gas found in the air that we breathe?
2. What is the chemical symbol for gold?
3. At room temperature what is the only metal that is in liquid form?
4. What is the centre of an atom called?
5. A single thread of coiled DNA is called what?
6. Death of every member of a particular species is known as what?

Round four - Maths

1. How many dots are there on a dice?
2. What is the name given to the longest side of a right angled triangle?
3. Divide one thousand by one hundred.
4. How many sides does a nonagon have?
5. If a tap drips once every 30 seconds, how many times will it drip in one hour?
6. Where can the 'numerator' in a fraction be found?

Wellbeing wordsearch

Find all 20 positive words below in the letter grid. The words are all forwards and backwards and are vertical, horizontal or diagonal. Can you find any other random words in there too? (You can find the solution on [page 20](#)).

Happy	Kindness	Connect
Wellbeing	Laugh	Be Active
Mental health	Smiling	Give
Mindfulness	Positivity	Take Notice
Beautiful	Love	Keep Learning
Friendship	Inspire	Joy
Family	Breathe	

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

Give

As humans, we thrive on doing something positive for the world around us. It can be incredibly uplifting and bring a sense of hope, value and purpose.



- ☐ Hand write a note thanking someone and post a photo of it online. That way you can share the love and let them know how much you appreciate them. (You can ask an adult to post this online for you if you are not able to).
- ☐ Do three random acts of kindness in one day.
- ☐ Draw a thank you picture to put on your bin when it is time for them to be collected. You can either draw your own or see [page 14](#) for our template for you to colour in.
- ☐ Find a funny fact and pass it on to make someone's day.
- ☐ Remember to clap for the NHS and key workers every Thursday to show appreciation for all their hard work.
- ☐ Make some paper flowers and leave them on the doorstep of someone you know. See [page 15 and 16](#) for our instructions on how to make an origami flower.
- ☐ Give some love to your postie, disinfect your letter box and leave a thank you note on your door.
- ☐ Give a compliment to everyone in your house today.
- ☐ Do a chore around the house that someone else might usually do.
- ☐ Send a postcard to someone you haven't seen in person for a while.
- ☐ Give back to the planet and find a way to re-use one item this week. Maybe you could turn an empty bottle into a bird feeder or plant holder or cut up empty toilet rolls and make a marble run?
- ☐ Give your time and ask someone how you can help them today.
- ☐ Learn something new and share it with a friend. It can be something as small as a new word or a new game.



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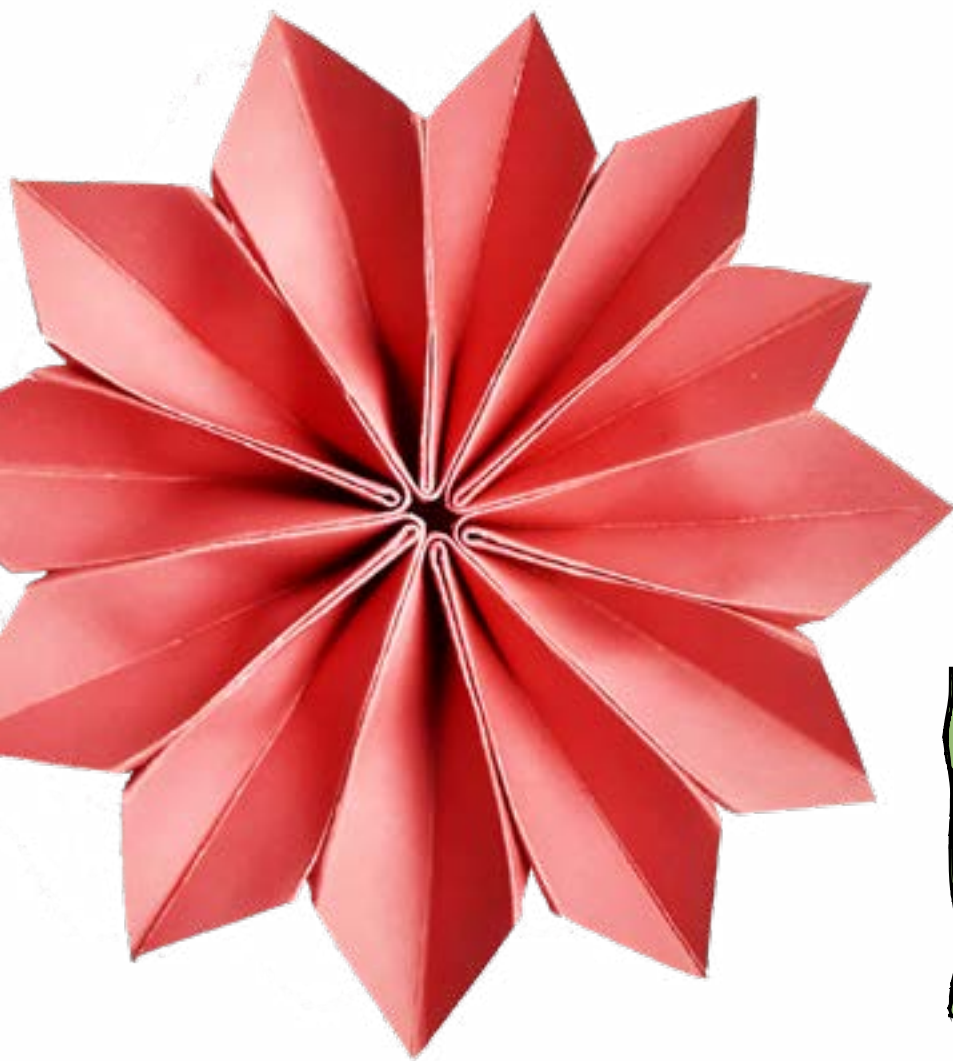
Thank you!

Say thank you to your bin collectors or postie by colouring in this poster and putting it up where they will see it.



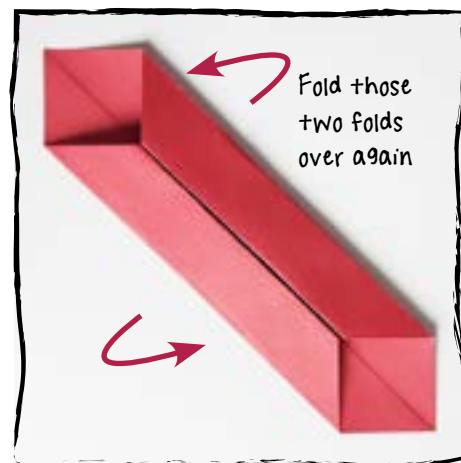
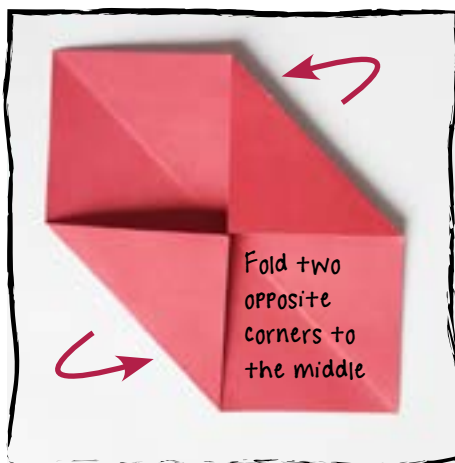
Origami flower

Make an origami flower and leave it on the doorstep of someone you know. Follow our instructions below to make this lovely flower or look online for other tutorials. Why not make a whole 'bunch' in lots of different colours.

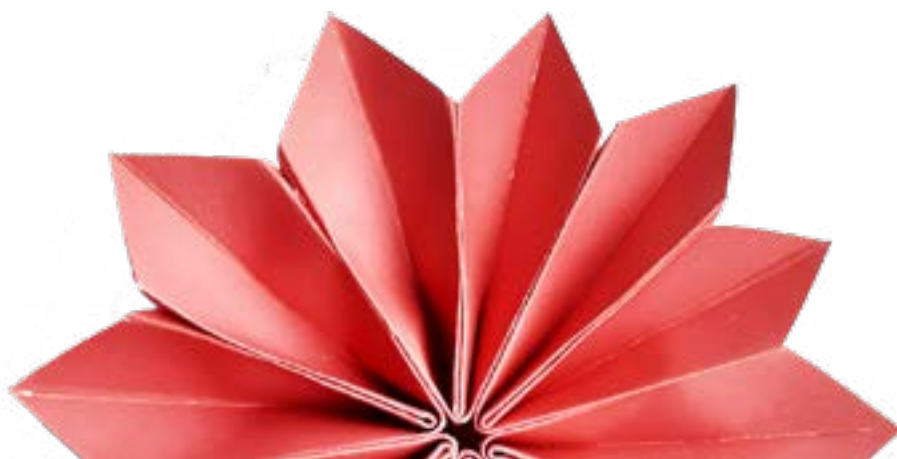
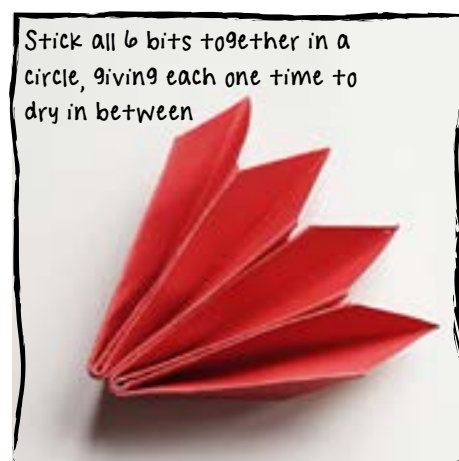
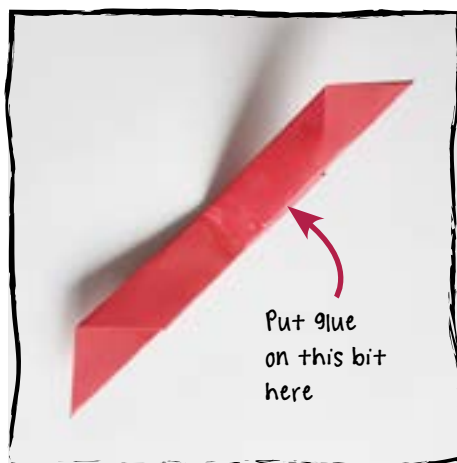
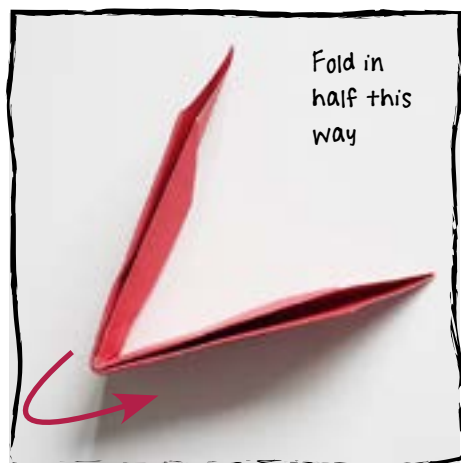
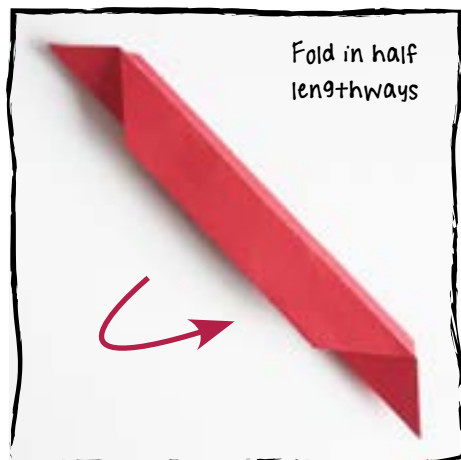


You will need:

- * 6 squares of paper (approx 20cm square but you can vary the size)
- * Glue




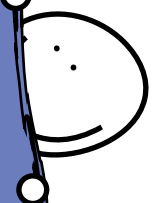
Origami flower



Take notice

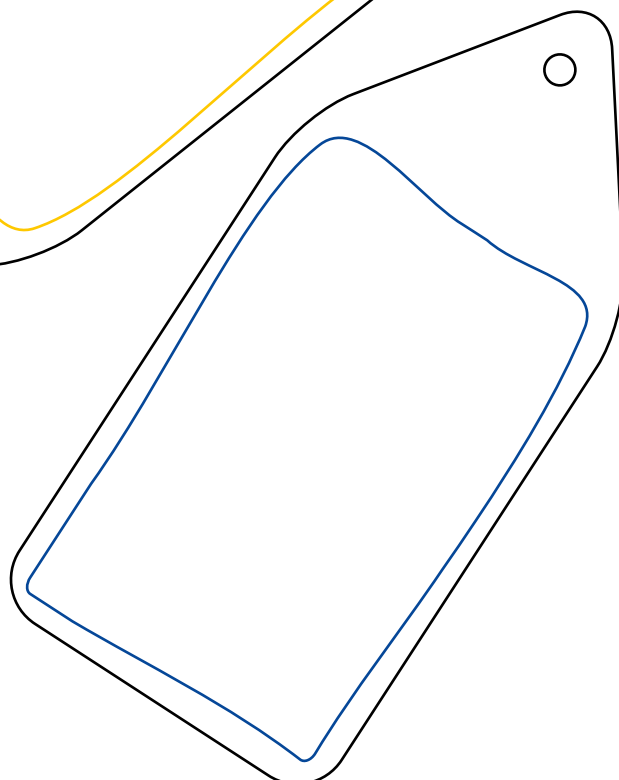
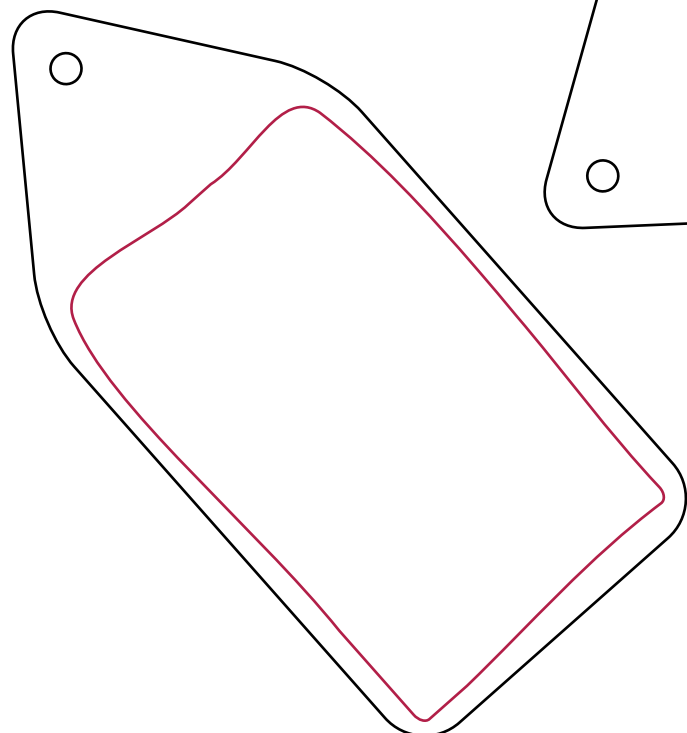
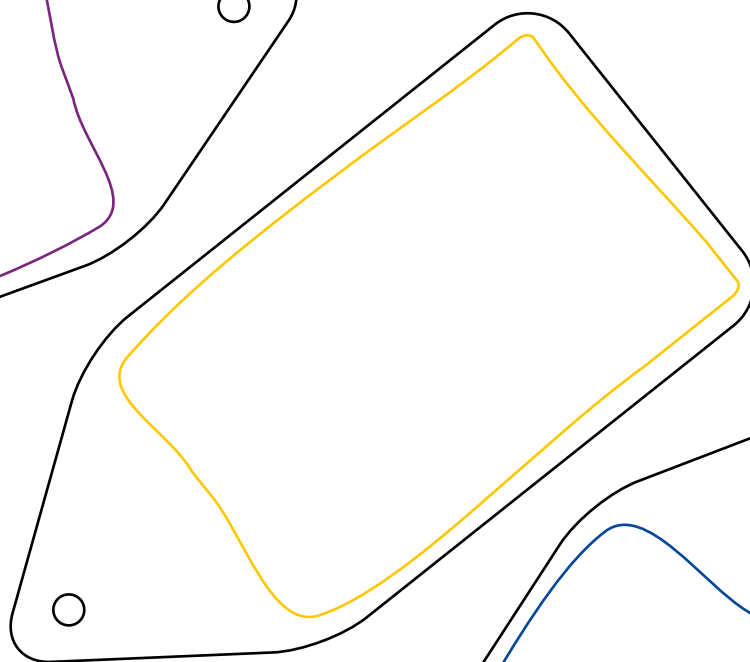
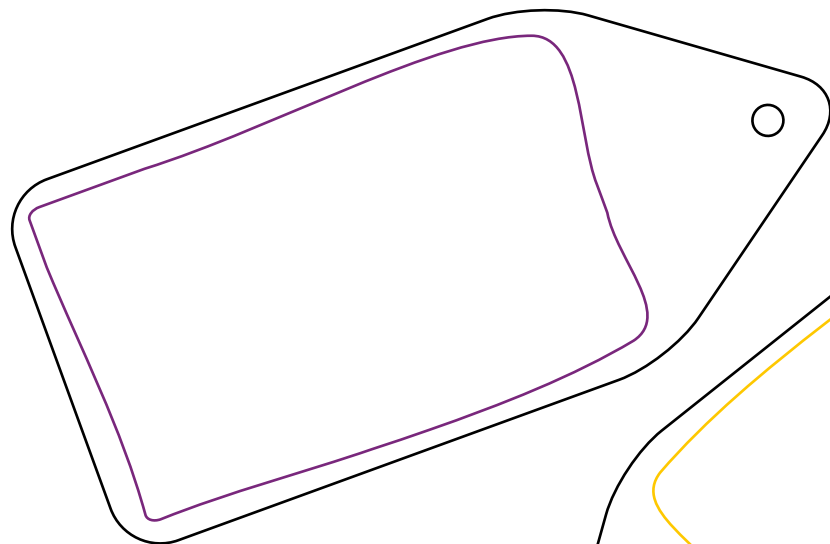
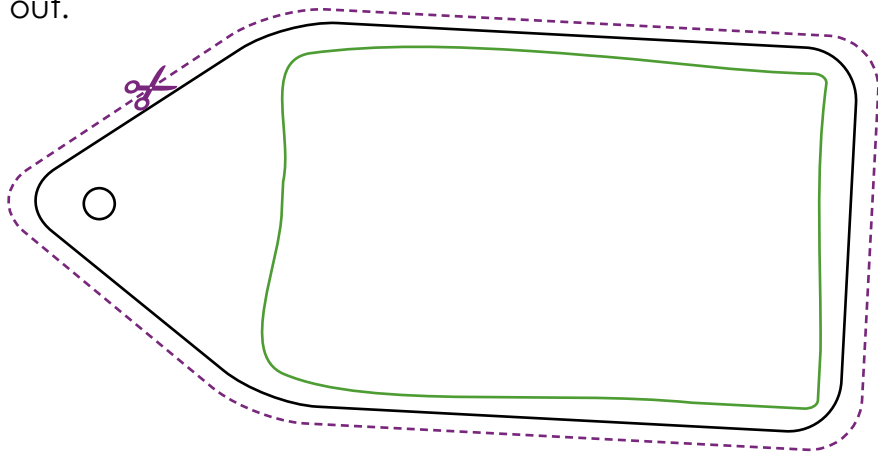
Paying more attention to your surroundings can help keep your mind grounded and stop it getting carried off by spiralling uncontrolled thoughts and worries. Focusing on the here and now can be a powerful way to help deal with anxiety.



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- ☐ Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. See [page 18](#) for some templates for you to write on and cut out.
 - ☐ Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar. That way you'll have some positive memories to look back on at this strange time.
 - ☐ Blow bubbles and watch how they move, their colours etc.
 - ☐ On your allowed walk outside, look to see what animals or creatures you can spot – don't forget to look down as well as forward and up!
 - ☐ Write a poem (some theme ideas could be happiness, love, kindness, thankfulness).
 - ☐ Look up to the sky and find funny shapes in the clouds.
 - ☐ Take some quiet time out and colour in. See [page 19](#) for our very own colouring page.
 - ☐ Stop for a few minutes and really concentrate on listening to the birds sing (download a British birdsong app to help you identify the different calls).
 - ☐ Try a blindfolded taste test of various foods from your kitchen cupboards – really concentrate on the different flavours and textures.
 - ☐ Take a moment to study your reflection and try to find three things that are similar and three things that are different to a friend or family member.
 - ☐ Try to notice one thing that makes you feel excited and one thing that makes feel calm and relaxed.
 - ☐ Do our 'wellbeing' scavenger hunt on [page 20](#).
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Gratitude tree

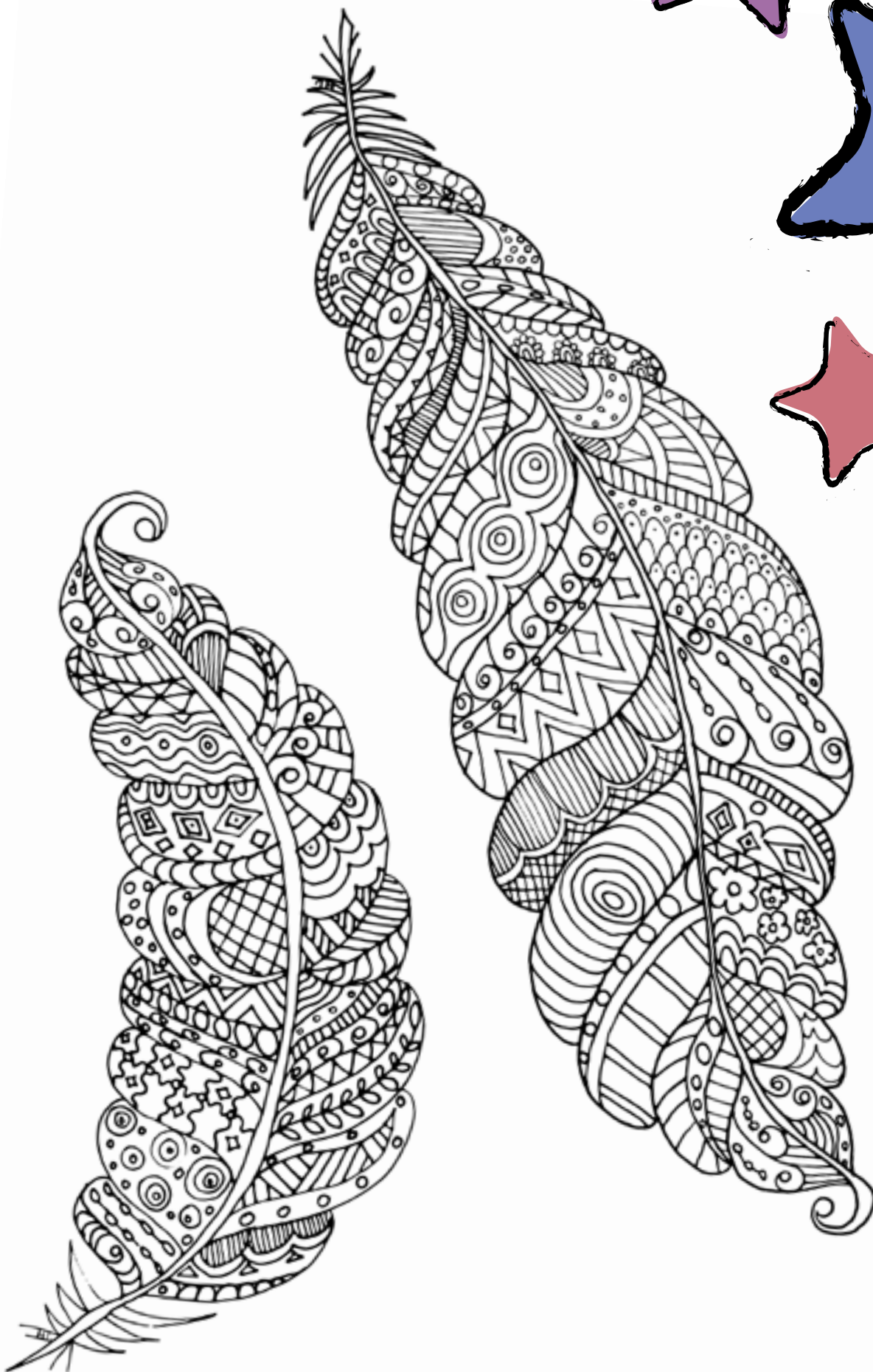
Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. We have provided you with some templates below for you to write on and cut out.



CWMT Wellbeing challenge 2020

Colouring in

Take some quiet time out and do some colouring in.



Wellbeing scavenger hunt

Here's a scavenger hunt with a difference! It's all about wellbeing and thinking about what helps us to feel happy, calm and positive. Feel free to add other items to this list, such as something that reminds you of other family members – grandparents, aunts, uncles, cousins – or a special friend, teacher or pet. You could also make it an activity for the whole family and turn it into a 'show and tell' session. You might find each other's items inspiring!

Wellbeing scavenger hunt

- ☐ Something that makes you happy
- ☐ Something that makes you feel calm
- ☐ Something that makes you laugh
- ☐ Something that reminds you of Mum/Dad
- ☐ Something that helps you sleep
- ☐ Something that makes you think of love
- ☐ Something that makes you think of your friends

For parents/carers

Sometimes thinking about feelings may bring up more challenging emotions for children and it may be helpful for parents/carers to talk about these with them. You can find some guidance on this from our experienced mental health trainers on our website: www.cwmt.org.uk/talking-about-feelings.

Quiz answers

Round one – 1. Centre of the earth, 2. Magma, 3. Lava, 4. Wellington,

5. Atlantic and Pacific, 6. Geologist

Round two – 1. Read Only Memory, 2. Legs, 3. Baseball, 4. 5, 5. Frog

(tree), 6. Triassic, Jurassic, Cretaceous

Round three – 1. Nitrogen, 2. Au, 3. Mercury, 4. Nucleus,

5. Chromosome, 6. Extinction

Round four – 1. 21, 2. Hypotenuse, 3. 10, 4. 9, 5. 120, 6. Above the line

References:

www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people

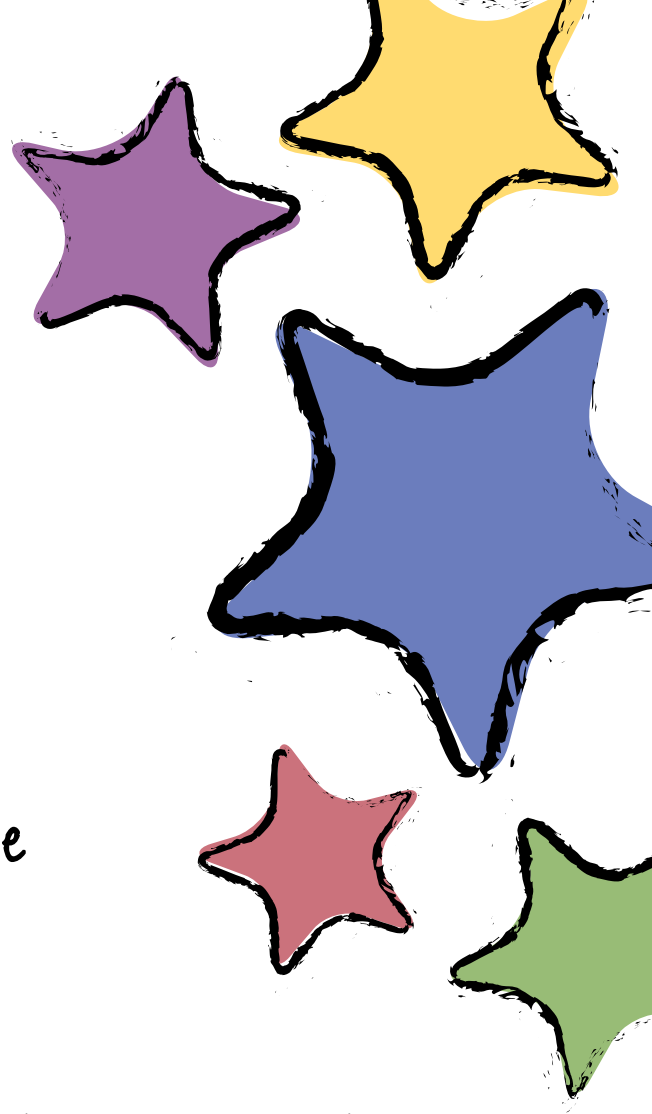
www.mentalhealth.org.uk/sites/default/files/the_lonely_society_report.pdf

www.campaigntoendloneliness.org/the-facts-on-loneliness





The Charlie Waller Memorial Trust
Depression – let's get talking



Thank you for taking part in the
Charlie Waller Memorial Trust
Wellbeing Challenge 2020.

We hope you have enjoyed the challenge and we have helped
make some positive changes to your mental wellbeing.

If you would like to make a donation to the Trust you can
do so via our website: www.cwmt.org.uk/donate.

The Charlie Waller Memorial Trust (CWMT) was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. CWMT raises awareness of depression and other mental health problems, fights stigma, provides education and training to schools, universities, workplaces, GPs and nurses, and encourages those who may be depressed to seek help. Visit www.cwmt.org.uk for further information.

Charlie Waller Memorial Trust

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Registered charity number: 1109984

