

Let's Get Going

# GROWING TOGETHER

Suggestions for Teenagers



## Children's Mental Health Week 7th – 13th February 2022

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Just like the trees and plants around us we are all growing physically and just like these aspects of nature there are things that we need as we grow to keep our bodies fit and healthy. We develop emotionally as well. Most of the time in a positive way, but sometimes outside factors stunt our growth or withhold from us the vital things that we need – just like in times of drought when trees, grass and flowers need water.

This year's theme for Children's Mental Health Week is Growing Together – focusing on emotional growth and change and how we can help and support each other.

Doing something new for the first time is exciting, sometimes daunting but hopefully rewarding and helps us to grow as a person. We have put together some activities that you might want to try.

The activities fall into five categories, but you might like to think of other activities which will help to boost self-esteem, celebrate your achievements, develop resilience and encourage your creativity. You might want to consider diet and sleep as well. Devise a chart or write up in a journal to keep a record of your achievements. Let us know your thoughts on how we can be growing together by contacting us at [feedback@mollyrosefoundation.org](mailto:feedback@mollyrosefoundation.org).



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**CONNECT:** Being connected with people is the key to feeling happier.

- 1.** Make a list of all the things that you are grateful for – you could display these as petals on a flower.
- 2.** Connect with yourself and your feelings – create a 'Fab File' – with photos and certificates to show your achievements or things you are proud of. You could put in photos of happy occasions such as birthdays and holidays so that when you feel low you can look back at it.
- 3.** Say sorry.
- 4.** Keep your patience – count down from ten or do some belly breathing so that you can ground yourself again.
- 5.** Help with the laundry.
- 6.** Write a letter or send a card to a friend who is feeling low and give them encouragement kindly.
- 7.** Write a letter to your younger self – telling them not to worry.
- 8.** Play a game together as a family.
- 9.** Cook your favourite meal for the family.
- 10.** Find a charity that you are interested in and think of ways in which you could help and then volunteer.



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**GIVE:** Giving of your time and energy makes people feel valued and being kind to others also makes us feel good. Supporting others helps us to grow together.

1. Say thank you or make a thank you card.
2. Make a certificate for a friend to celebrate something they have done or for one of their special qualities.
3. Help an elderly neighbour with their shopping or household chores.
4. Do a random, spontaneous act of kindness – such as offering to carry someone's heavy bags or picking up something they have dropped and giving it back to them.
5. Volunteer your time to a community project.
6. Travelling on a bus or train – give up your seat to someone who needs it.
7. Help keep your community litter free.
8. Take time to really listen to someone.
9. Cook or bake something special for others as a surprise.
10. Each week you might like to do five different acts of kindness on top of what you would normally do and try to do them each day. Keep a record of what you do – how do you feel?



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**NOTICE:** Living in the present and being aware of the beauty around us.

- 1.** Be aware of your feelings and on days when you feel low talk to family and friends about your feelings.
- 2.** Keep a second a day diary by taking a 1 second video of something that is positive.
- 3.** Use the 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste to help ground you when feeling anxious.
- 4.** Go for a walk with your friends and take the time to notice the beauty of nature around you.
- 5.** Listen to some relaxing sounds such as sound tracks of the rainforest or the beach.
- 6.** Go to an art gallery, exhibition or museum.
- 7.** What things have made you happy? Create a scrapbook of happy photos and souvenirs from visits and events. Look back on them to remind you how you felt.
- 8.** Look at the stars and spot the different constellations.
- 9.** What birds visit your garden or local park? Keep a record of these.
- 10.** Practise doing things mindfully and being in the moment.



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**KEEP LEARNING:** Learning new things feeds our curiosity, creativity and imagination and helps to build our resilience. Persevering at that new thing is also a vital skill.

1. Play a new game. Perhaps a card game or a board game.
2. Teach a friend how to play the game.
3. Learn a new language.
4. Solve some number puzzles or quiz questions.
5. Learn how to knit or crochet and make something – a jumper or a cardigan.
6. Learn how to prepare your favourite meal.
7. Make some cupcakes and decorate them.
8. Learn to play a musical instrument or a different instrument.
9. If you play an instrument have a go at writing some music.
10. Read a different genre of book.



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**BE ACTIVE:** Exercise is good for the body and for the mind. Include in that eating a healthy diet and getting enough sleep.

1. Run or walk the Daily Mile.
2. Dance to your favourite music.
3. Learn some dance moves.
4. Learn how to hula hoop.
5. Take part in an aerobic exercise such as swimming, skipping, dancing, skateboarding, roller blading or cycling.
6. Take part in exercises to strengthen your muscles and bone such as gymnastics, football, jumping, martial arts. Do some sit ups and press ups.
7. Devise an exercise programme.
8. Plan a sporting event for all your friends to take part in. You could also raise money for charity at the same time.
9. Walk all or part of the way to school by getting off the bus a stop earlier.
10. Learn a new sport that you have not tried before.