

The Role Models Project

Activity Book Wellbeing and Covid19

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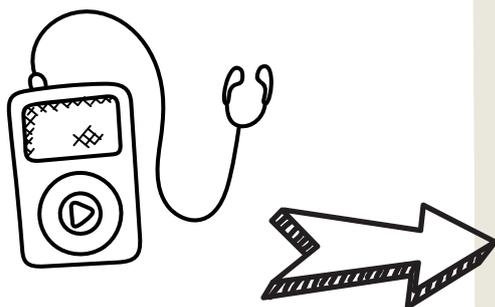
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What is the Role Models Project?

The Role Models Project is a peer-led mentoring project, where University of Sussex students create workshops based on what they wish they'd known when they were younger and deliver these in local secondary schools. The workshops provide a safe and supportive space to explore topics within PSHE through creative and participatory activities.

More about the project here:
sussexstudent.com/rolemodels



What is this book?

During the coronavirus pandemic in 2020, we didn't want to let the lockdown stop the work we're doing. Instead of meeting in person, volunteers from Sussex uni have been communicating online to create activities for this book. You can see their names and sometimes their photos next to their activities. They made this book for you to try out at home. We hope you enjoy it and find it useful!

We'd love to hear what you thought of it!
Please fill in this short form:
<https://forms.gle/49pCe5Je2A7owhJZA>



This programme is run at the University of Sussex's Student's Union, and in 2019/20 is funded by:



The Sussex Learning Network as part of the Office for Student's Uni Connect Programme

www.sussexlearningnetwork.org.uk

The University of Sussex's External Relations Division

www.sussex.ac.uk

The Blagrove Trust

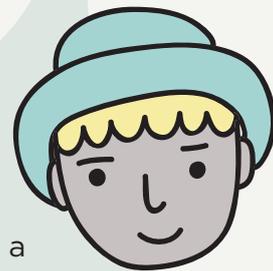
www.blagravetrust.org

What we've been doing



Camilla says

One thing that I've been doing these last few days is cleaning out bookshelves in my house, and finding a lot of books from when I was younger that I don't read anymore but don't necessarily want to throw away. I'm putting it all together and I'm going to offer them to my neighbours that have younger kids. It's also a fun trip down memory lane :)



Gabriela Z says

Take a minute and sit down, close your eyes, breathe and live in the present. This might sound easy but during this time we are so focused on the news and the future rather than the now.

Take some time to live in the present and meditate - there are many apps and tutorials that can help ground you.

Do some form of physical activity. **MOVE YOUR BODY.** Your body will thank you.

Get some Vitamin D, vitamin D is shown to help boost energy and happiness which is exactly what we need during this quarantine. All it takes is you opening your window and getting some fresh air and that sunlight.

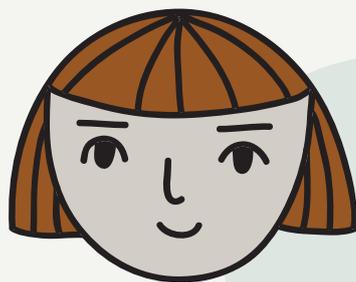
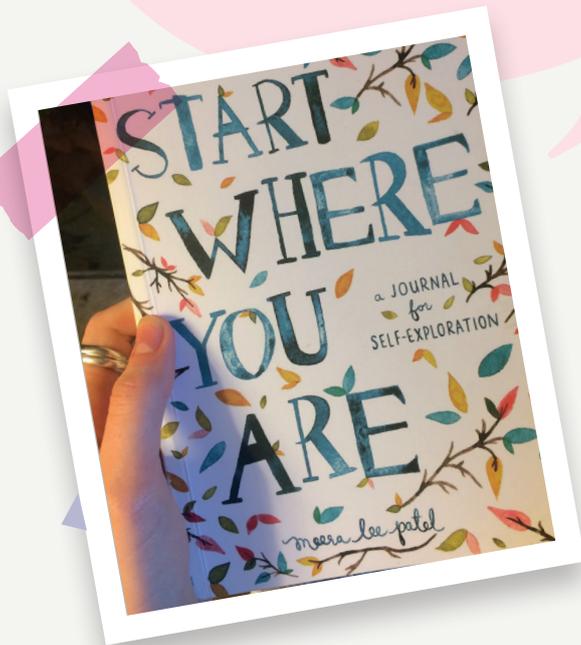
Exercise your brain. Learn new skills. Who knew maybe you're a Mozart in disguise? or a chef in the making? Try new things out - you might find a new hobby you wouldn't even have thought of doing.



Ines says

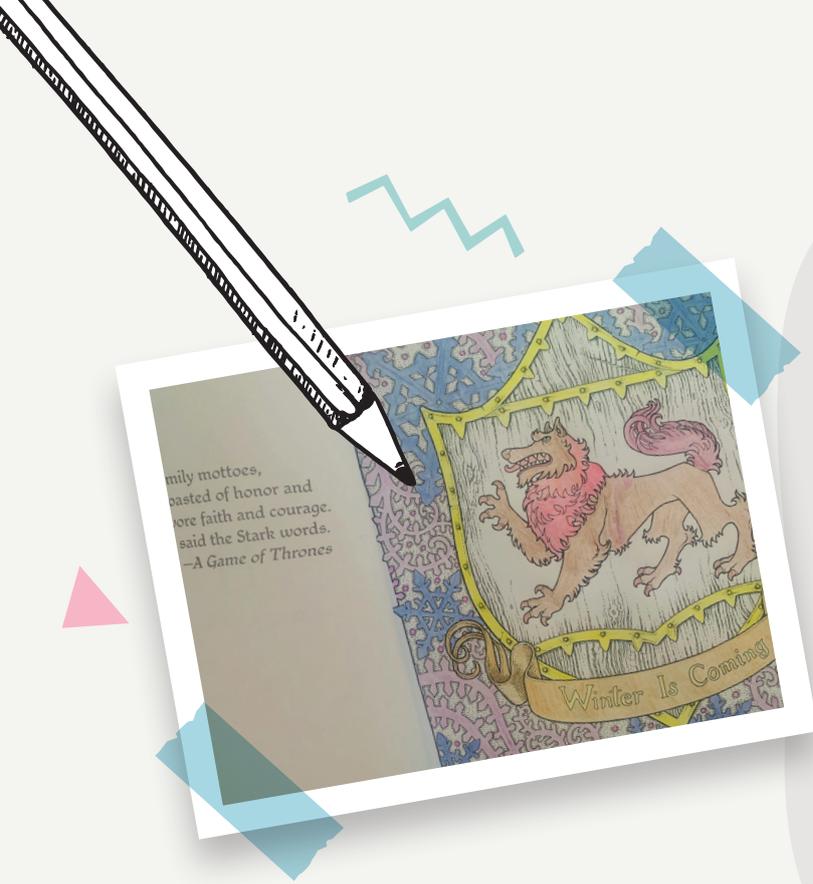
I have this book called 'Start where you are: a journal for self-exploration' by Meera Lee Patel (see picture). It's full of great introspective challenges and activities and I thought maybe we could use it as inspiration :)

I drew this from a picture in the book



Sarah says

During quarantine it's been difficult to see the world around us due to restrictions. My suggestion for this period is to challenge yourself to notice the beauty in the local area, whether this be the sunset, the scenery of a park or even finding the beauty on a high street. This could involve photography, drawing or simply just writing down what you noticed most.

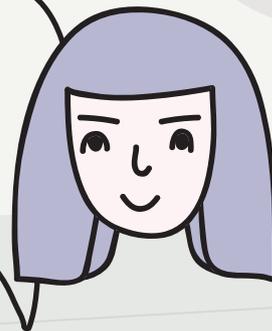


Nikki says

During this time of isolation, I picked up my love for colouring. Great way to relax with no technology and engage with your creative mind. It does not have to be limited to colouring books or pages either, something as simple as being creative with what you have and colouring is just as fun. I've been recently trying to practice lettering from youtube, which I hope to master so I can stick up positive messages on my wall.

Harriet says:

I've been trying to find ways to still enjoy the good aspects of what my phone can do, but without the mindless scrolling.

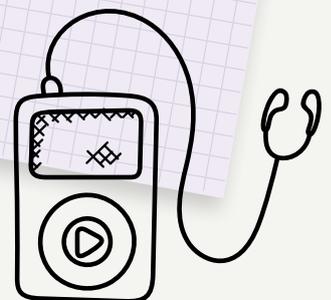


Being a little more intentional about how I listen to music - sticking on an album and listening to it in its entirety. Here are some songs I've been listening to:

- Betty (for Boogie) - Jamila Woods
- Pet Cemetary - Tierra Whack
- Sound of Rain - Solange
- Highway 10 - Mereba
- Just Like Love - Perfume Genius
- Reach Out - Dizraeli
- Sometimes - Be Steadwell
- Dibi Bo - Fatoumata Diawara

Podcasts

- Ologies with Alie Ward
- Gurls Talk





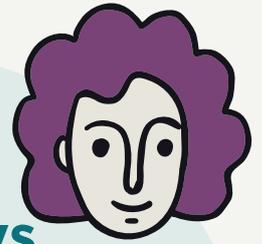
Making a fabric face mask without a sewing machine
<https://blog.naver.com/upcyclerc6654/221867280441>

Making a homemade soap
<https://lovelygreens.com/easy-soap-recipes-beginners/>

Making a homemade candle
<https://www.thesprucecrafts.com/basic-candle-making-instructions-516753>

Making a cloth bag (you can use clothes, which you don't wear anymore)
<https://www.youtube.com/watch?v=PNBaV7aP44g>

Making a sock doll
<https://diyjoy.com/sock-dolls/>



June says

Hi everyone :) This is June. There are many creative and brilliant ideas but I would like to suggest handicraft. I find several handicrafts, which beginners can easily follow the making process.



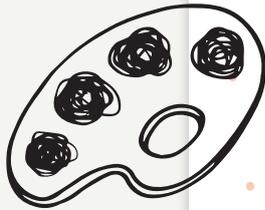
Sina says

This is the river nearby my house and instead of sitting inside and having a coffee, that's how I start my day. Today the river was 6.8 degrees and the outside temperature 6.

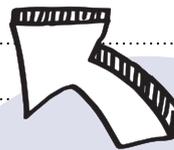
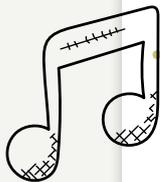
I hope you are doing well and maybe also enjoy the silent times.



Hooray! -IT'S- TODAY!



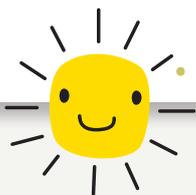
- Drink some water
- Take a shower
- Stretch your legs (get outside!)
- Put on an outfit that makes you feel great
- Call a loved one
- Eat three meals a day
- Tidy your work space
- Look up something you find really interesting and read about it
- Turn your phone off for a bit
- Listen to your favourite music



The Daily Checklist - By Kat



In order to keep a routine in your life, make a checklist of things to do every day. Here's an example:



Activities



The Covid19 strength-building adventure – by Drew



The Covid19 strength-building adventure helps you to significantly improve your wellbeing over the week by building up four kinds of strength: **mental resilience**, **physical resilience**, **social resilience** and **emotional resilience**.



This is a great way to actively strengthen and improve all areas of your life in the face of the current Covid19 quarantine.

The idea is that through **daily ‘quests’** that you set yourself over the course of the week, you earn points and **level up** on each category of strength building each day!

Step 1:

Begin to write down lots of doable activities, or ‘quests’ that you enjoy and are meaningful to you, which relate to each category of resilience. For example, personally, I meditate every morning to strengthen my mental resilience, I really enjoy going for runs and weight lifting to build up physical resilience, I make sure to video call at least one of my friends each day for social resilience and I love to dance along to my favourite songs like nobody is watching to boost my emotional resilience.



Get creative with it! And feel free to take inspiration from the range of activities the Role Models project has recommended!



Step 2:

Once you have a good list of quests for each category, you can then begin to rank them in order of **enjoyment and meaningfulness**. Once they are ordered, you can then assign the amount of points you think that each quest is worth.

For example, my personal rank and point system for quests that boost my mental resilience would be:

- Studying = 20 points
- Meditation = 15 points
- Reading = 10 points
- Listening to a podcast = 5 points



My physical resilience would be:

- Weight lifting session = 20 points
- Going for a run = 20 points
- Yoga practice = 15 points
- Going for a walk = 10 points
- Cold shower = 5 points



My social resilience would be:

- Video calling / phoning a friend = 15 points
- Sending messages of kindness to 3 friends = 15 points
- Having a 'group chat' message discussion = 5 points



My emotional resilience would be:

- Singing / dancing along to my favourite songs = 15 points
- Writing down things that I am grateful for = 10 points
- Journaling = 10 points
- Laughing = 10 points
- Listening to music = 10 points
- Sitting in the sun = 5 points
- Talking with a family member = 5 points



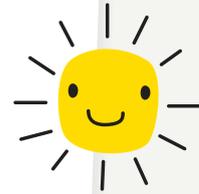
This is just my personal list, each quest could be as unique, difficult or simple, as you like - the most important thing is to have fun with it!

You can then set a target for how many points you want to score over the week for each strength-building category. For example, I may set myself the goal of hitting 100 points over the week on each form of resilience and strength-building.

You can play this game of strength-building on your own as a personal adventure, or you could get your friends to play along with you and see who can score the most points, and build up the most amount of strength by the end of the week, comparing what categories you 'leveled up' in the most. Even if you are playing as a solo adventure, it could still be a great idea to share how many points you scored at the end of the week with family members, friends or indeed with the Role Models project!

Link to game's website: www.superbetter.com/

Create-A-Day - By Mary-Jane



'Create-A-Day' is a random way to create everyday :)

The aim of this activity is to creatively respond to a 'theme' through randomly selecting an artistic 'form' as shown below. This activity can be done everyday, every other day, or just whenever you feel like it!

Here we have 15 'themes' for 15 days:

- | | | |
|---------------|-------------|----------------|
| 1. Comfort | 6. Active | 11. Power |
| 2. Isolation | 7. Earth | 12. Care |
| 3. Growth | 8. Food | 13. Future |
| 4. Home | 9. Energy | 14. Disruption |
| 5. Friendship | 10. Digital | 15. Community |

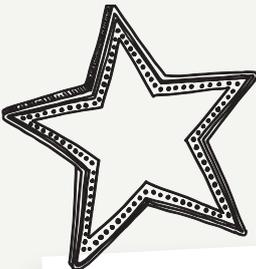
Like the activity?

How about coming up with your own themes to add to these 15 so that you can keep creative for longer! You could message and swap themes with friends or family!



Here are the 6 different art forms in which to respond to a theme each day. Randomly select one of the formats by rolling a die to see which number you get OR write all the options on small pieces of paper, fold them up and pick from a hat!

- 
- | | |
|----------------------|--|
| 1. Drawing | 5. Poem |
| 2. Collage | 6. Other - be imaginative, use any format you feel like! (music, videos, dance...) |
| 3. Short story | |
| 4. Personal thoughts | |



Alternatively you can override the random selection and pick the format yourself, depending on what you fancy. You can even respond to the theme in multiple creative ways, not just one :)

Struggling to think of a response to a theme?



Fun tip: have a look around your bedroom or the space you are in and look for any personal belongings that could relate to the theme - collate them all together and see if that sparks some inspiration!



Activity inspired by [@isolationartclub](#) community on Instagram :)

The story chain – By Khushali and Nikki

This works by one person writing a sentence or two, which is added on to by the next person, and then the next and the next and so forth.

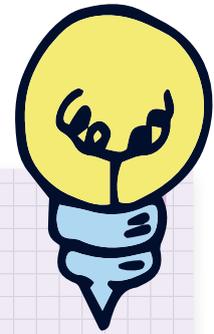
Here are some story starters to try with your family/friends:

1.

You're at your nan's house and a letter comes through the post, it has a foreign stamp and you are curious who the sender is. As your nan opens the letter, she covers her mouth surprised...

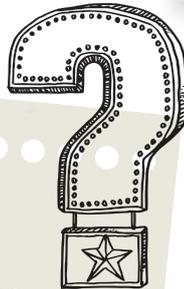
2.

You're helping your dad in the garden, whilst digging you come across something strange, you tell your dad but he begs you not to tell your mum...



3.

Ahmed was strolling along the lane, when her shadow slipped away from her feet and ran off. "Ey, come back!" she yelled. The shadow paused and looked back, then it beckoned for Ahmed to follow and raced off again. Ahmed set off in hot pursuit.

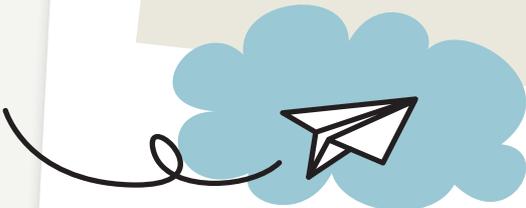


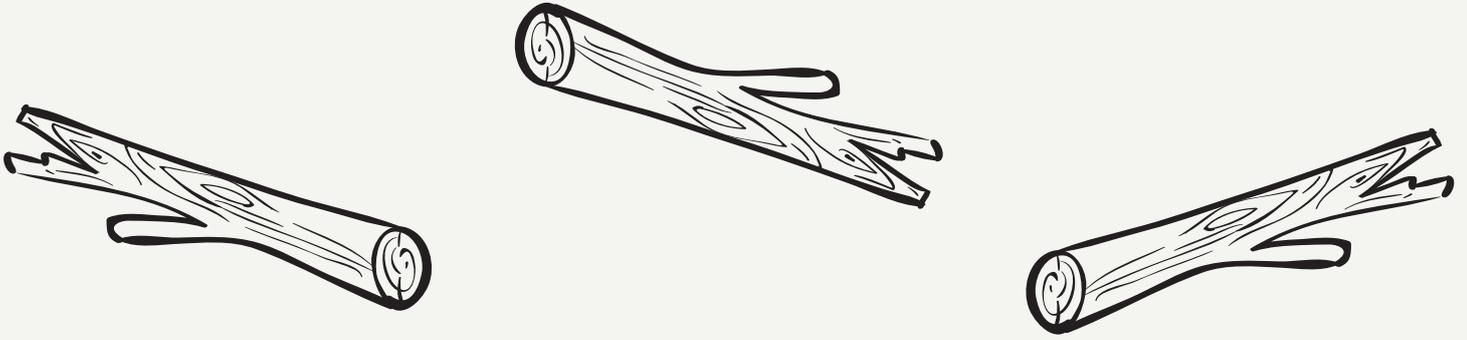
4.

Lisa could never forget that she was born a man...

5.

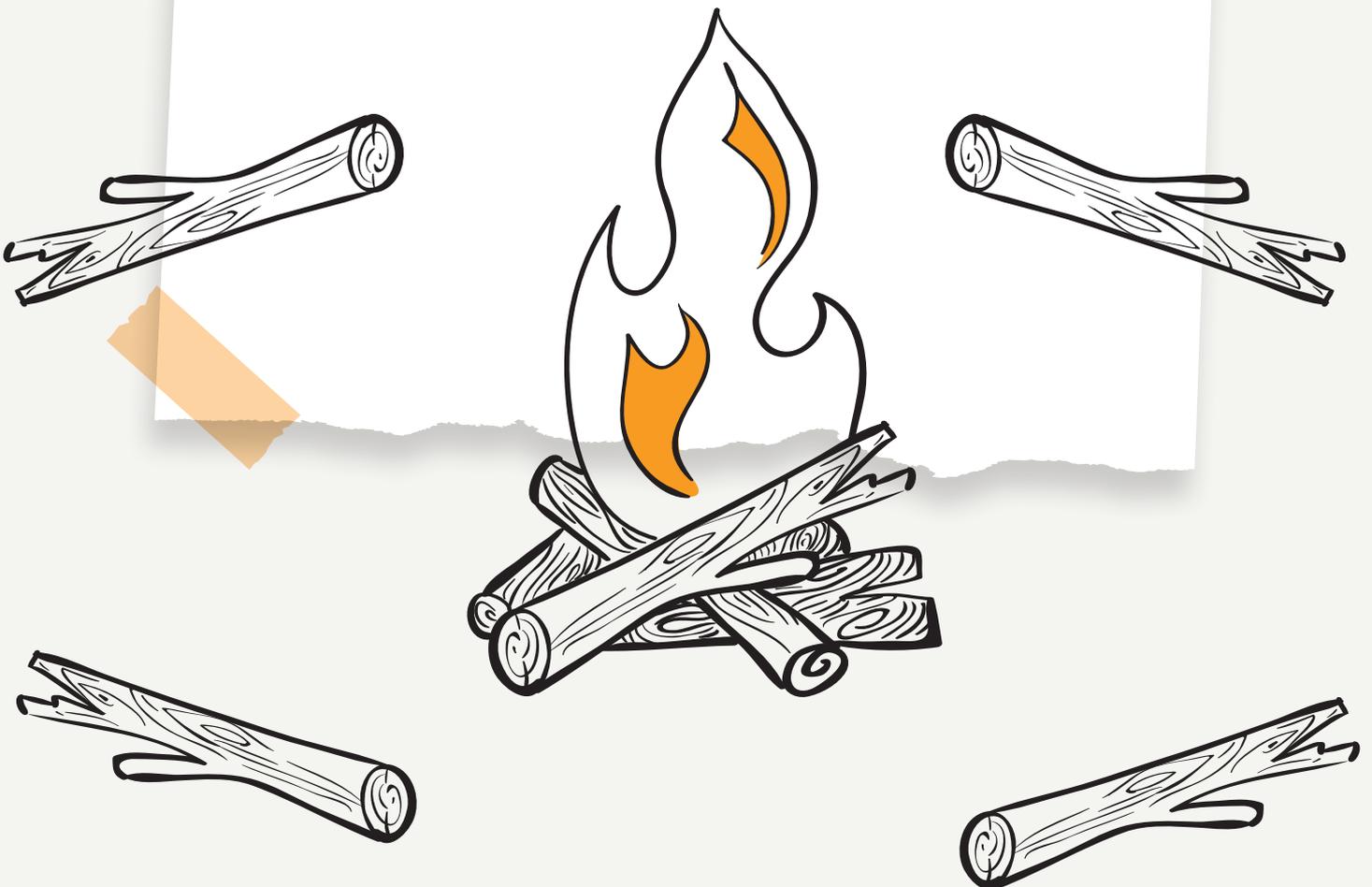
It was a bright cold day in April, and the clocks were striking 13.





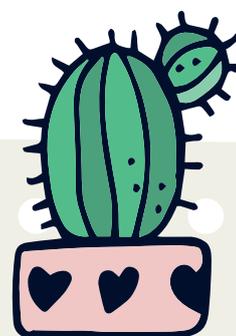
Gratitude Fire - By Marysia

This is your fire of gratitude. Surrounding it are logs you can add to the fire to keep your fire of gratitude burning. The logs are yours to play with. You can write what you're grateful for and colour them in, or just write/colour. However you decide to approach it, the idea is to think about what you're grateful for during these times. Gratitude is a powerful, wonderful tool and allows us to think of the positives - something that is really empowering during these times!



Creating a calm and reflective space – by Josey

During this strange time many of us are feeling anxious, trapped, angry, uninspired, bored and maybe seeing our existing (mental) health issues get worse. Whilst all of this is completely normal, this activity is designed to help bring a sense of purpose and security, by encouraging us to take control of our personal space and build something special that allows relaxation and calmness. This idea will have different meanings and implications for different people; some may build a cosy den for watching films, others a place for sanctuary or prayer. Furthermore, it is possible that not everyone will have access to a quiet, safe space. However, regardless of the physical environment you find yourself in, another key component of this activity is turning to look inside and trying to practice gratitude and self-reflection. Whilst engaging with the content below keep in mind the aims of the activity and challenge yourself to get creative!



Steps

- 1.** Find a small space in the place you live, preferably somewhere where you won't be disturbed and can feel comfortable, such as your bedroom. Clear and tidy the space then lay down a blanket / yoga mat / couple of cushions.
- 2.** Consider what things you are most grateful for in life – these could be a physical objects, relationships, hobbies, places etc. You can write down your list or keep it in your head.
- 3.** Using your gratitude list gather your special items around you. If you have some treasured possessions you can include these e.g. a favourite video game, musical instrument, or book.



Steps



4. For things that are not physical you could find objects that can symbolise them. For example, to signify my close friendships and my partner I chose some gifts/ cards from these people, and to symbolise nature I chose some pebbles from Brighton beach. Note that it's not so much about the number of objects you choose – the purpose of this activity is to be grateful for what you have and to create a calm, cosy spot where you can chill out. So don't worry if you don't have an actual object for each thing you are grateful for. Focus on the internal as well as the external.

5. Think whether you have access to extra things that could help you relax and create a soothing atmosphere e.g. candles, incense, fairy lights or a mug of hot chocolate. If so, bring these together with your special objects. (If you do use candles obviously be very careful about where you place them and don't leave them burning when you are out of the room.)

6. Organise your objects in the space you have cleared. Get creative with this! You may want them laid out around you in a circle or to one side so you can look at everything at once or have space to lie down. You may want to keep things simple and minimal or go all out and build a den.

7. Once you are happy with your space you can settle down and do something relaxing. This could be reading, watching a film, meditating, taking a nap. But first you are encouraged to do some self-reflection in your safe space – whether through writing, creating some art or just thinking. Think about why you are grateful for the things you have around you; see below for a list of further journal/ reflection prompts below.



Reflection/ journal prompts:

- What am I grateful for in life?
- What can I do to show my gratitude?
- What have I enjoyed over the last two weeks?

- What makes me feel calm? Can I incorporate this into my daily life or find a way to access it when things feel too much?
- Where do I feel safe?
- When was the last time I felt really happy? Who was I with, where was I, what was I doing?
- What am I looking forward to in the future?
- Do I feel supported at this difficult time? If not, Young Minds may be a useful place to find some support: <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- Are there things I can do to help those who do not have a safe space or security at the moment?



Chocolate chip cookies and body positivity – by Triin

Hey, fellow human! The world's easiest cookie recipe is coming up, but before that – some simple reminders for all of us navigating this online space:

1. A stranger on social media does not know how much and when you should eat or exercise. Social media is currently full of at-home workouts and dietary advice for keeping active during lockdown – and a lot of those are great resources for doing so – however, it is completely okay not to. There is joy in being inspired and experimenting with what makes you feel healthy and happy, but remember - you are unique – You do you!
2. All of us deal with this situation differently. There is no right or wrong - just different!
3. Eating food is a wonderful part of life. Emotional eating and overeating as well - totally a human thing to do! However, if you or someone you know needs any support, check this out: www.beateatingdisorders.org.uk
4. With so much happening online, it is easy to keep checking news or scrolling social media. Take a break! Nothing wrong with just staring at the wall for a change. Or the sky!. We got this!



Banana chocolate chip cookies

1. Mash 2 bananas
2. Stir in 2 cups of oats
3. Chop and mix in anything* you like (e.g. chocolate)
4. Form into balls and place onto baking tray, flattening into a desired cookie shape
5. Bake in 180C/350F for 15-20min or until your desired texture is reached
6. Eat with enjoyment and appreciation (optional: share with others)

*for example: white chocolate, milk chocolate, dark chocolate, any chocolate, nuts, berries, dried fruit... ANYTHING! You can play around with the whole recipe :)



NB! Putting on some music and dancing around the kitchen is HIGHLY RECOMMENDED

For more information & support...



Speak to your teachers, school nurse and youth workers...
they are there to help you!

Young Minds

Coronavirus specific advice and support for young people regarding mental health and wellbeing.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Kooth

An app with free, safe and anonymous online support and counselling for young people.

www.kooth.com

The Mix

Advice, blogs, article, videos and helpline on everything! (plus 24/7 confidential free helpline and counselling service on 08088084994)

www.themix.org.uk/

Childline

If you're under 19 you can confidentially call, email or chat online about any problem big or small – Freephone 24h helpline: 0800 1111

<https://www.childline.org.uk/>

Elefriends

Peer Support Online – someone to listen!

www.elefriends.org.uk

No Panic

No Panic specialises in self-help recovery to help people who suffer from anxiety, Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. Youth Helpline: 0330 606 1174. This helpline is for those aged 13 to 20 years old. It opens between 3pm and 6pm Monday to Friday.

<https://nopanic.org.uk/>

Beat

Beat is a UK charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape.

Call their youthline on 0808 801 0711

www.beateatingdisorders.org.uk