

YoungMinds' Wellbeing Activity Calendar

Looking after your wellbeing during self-isolation

Coping with the news and staying mentally healthy during self-isolation can be a challenge. For many of you, you're still adapting to working or studying from home, as well as trying to keep yourself and your family safe.

That's why we've created a Wellbeing Activity Calendar to help the whole family take 5 minutes a day to do an activity that will boost wellbeing and look after your mental health. These ideas might also inspire you for when you create your own funny videos for Britain's Funniest Family.

The activities may be things you can do virtually with family or friends, and can also be a great way for parents to provide a space to check in with their children during this time.

We would love to see how you use your Wellbeing Activity Calendar!

Send us your pictures using the hashtag **#BeanoFunFam** and tag **@YoungMindsUK** and **@BeanoOfficial** on Facebook, Twitter or Instagram.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Give a gold star

Create a star template and each family member writes one for each other. Have some examples such as – “I give you a gold star for always making me laugh.”

Enter Britain's Funniest Family

Share your original, funniest video and take part in the ultimate challenge for [Britain's Funniest Family](#).

This can be your funniest song, dance, joke or prank.

Learn a new language...

Or at least 5 words! Decide on a language for the day and learn the words for hello, thank you, and any others you want to know.

Tip: Give a prize to whoever can remember the most words the next day.

Silly Stories

Each person has to say or type one line as you make a silly story together.

Tip: Go round in order of youngest first to avoid everyone speaking at the same time.

Three Good Things

Write down ‘three good things’ that have happened this week. For each thing, think about how it made you feel and why.

These could be anything from - I've worn my favourite slippers all week to I baked a great cake.

Start with a stretch

Kick off your week with some stretching. Starting from the head, go down the body stretching out each part. Roll your neck, wiggle your fingers and rotate your arms...

Play our quarantine quiz

Find out which quarantine character you are by taking part in our fun [online quiz](#).

This can be a fun way to keep your minds off the news.

Write a letter

Write letters to other family members or draw them pictures to show that you're thinking of them.

You could post them if you're able to, or show them over video call.

Quiet time

Play some calming music and ask everyone to close their eyes and listen. Try to focus on your breathing.

Tip: Try some yoga exercises or stretches with the music.

Get your body moving!

Play a song for a few minutes, to shake off the tension and have a dance.

Tip: Use this time to practice your funniest family dance!

Make a playlist

Everyone in your family picks an uplifting song. Then send the finished playlist to everyone so they can play it during the day.

Tip: you can use [our playlist](#) for inspiration.

Design a superhero

Use our design a [superhero activity](#) to create your own super powers.

Tip: sign up to [#HelloYellow](#) on our website to get more great resources like this.

Jumping Beans

When someone shouts out a type of bean, everyone else has to do the action below.

Baked bean: crouch down into a ball, Runner bean: run on the spot, Jumping bean: jump up and down, Magic bean: freestyle move!

I am grateful

Write, or draw three things you are grateful for.

Tip: You could extend this by creating a ‘gratitude tree’. Use the [mural app](#) so that each family member can add theirs on a virtual post-it.

Plan your weekend

Create an itinerary with timings for your weekend – including things like lunchtime, movie night, crafty activity, read my book, make dinner.

Share some coping tips

Some of you may be feeling anxious about the news. Share [this blog](#) with your older children, or explain this to younger members of the family.

Make a self-soothe box

This can be a great way for the family to feel grounded when feeling anxious. Put sensory things in the box like playdough and peppermint.

Tip: Read our [blog](#) to help you.

Have a good news day

Find three positive news stories online or follow three positive news accounts on social media like [The Happy Broadcast](#) or [The Happy Newspaper](#). You can also [#OwnYourFeed](#) with YoungMinds.

Funniest family song!

Put on any song and have a sing along together.

Tip: you can find the lyrics to almost any song on [YouTube](#).

Have a rest day

Sometimes we can feel pressured to be productive while we're all at home. But it's important to rest and look after ourselves. What is the family doing for self-care this weekend?