



Sophie Says x Happy Space

WELLBEING TOOLKIT



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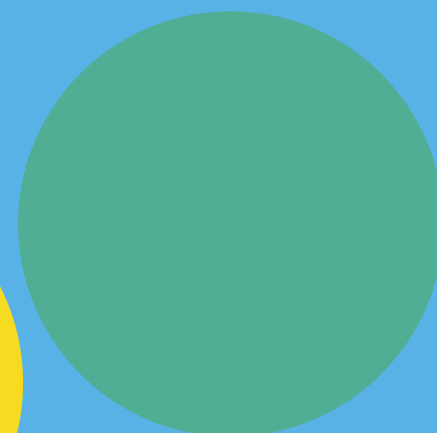
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Welcome to the Sophie Says and Happy Space activity book! My name is Esther and I am the author of the Sophie Says Books. My vision and mission is to make life's most important lessons fun to learn.

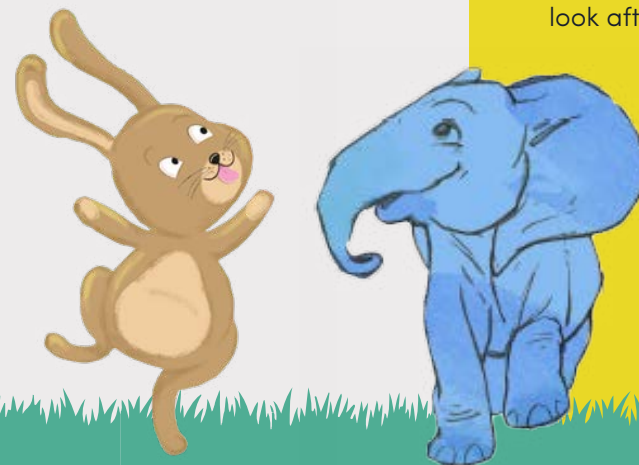
The Sophie Says books all have their own positive mantras as their titles, in order to help children remember the important lessons in life for example - It's Okay Not To Be Okay for the exact reason that I want children to learn these important lessons from a young age and take them with them through their childhood into their adult life creating more resilience and ultimately living a more content and happy life!

Bunny (from Sophie Says) and Bobo the Elephant (from Happy Space) wanted to create this activity book so that you, your friends and family can learn some fun tips and tools to look after your mental wellbeing

Use this activity book however you want, it's all yours! Print it out, write on the pages, tear the good bits out; there are no rules here.

You can find out more about Sophie Says and everything we are doing at **www.sophiesaysofficial.com**

Sophie Says is so excited to be partnering up with Mental Health Charity Happy Space to bring you an activity book which can be used by both parents and children to help look after your mental wellbeing.



What is Happy Space?

Want to know a little bit more about Happy Space?

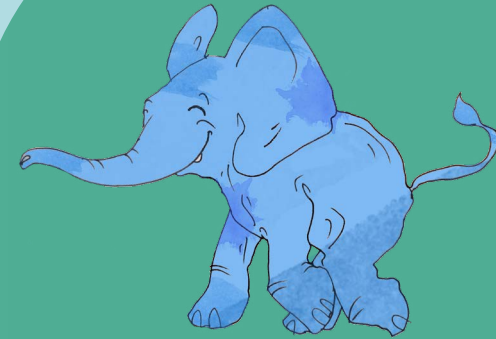
Well, here you go. Happy Space is a preventative mental wellbeing charity that strives to help students (like you), ask and answer the question *“Why don’t I feel OK?”*

We think this is an important question because some days, it might feel as though there is bad weather inside your head. You might feel panicky, a bit sad or just plain exhausted. We want our Happy Space family to recognise these feelings and use the tools and techniques in this book to help them feel better.



**Hello, my name is Bobo and
I am a key member of the
Happy Space family.**

At first, it surprised me that Happy Space wanted me “on board”, because before Happy Space came along, no one seemed to want to introduce me, let alone talk about me. But the thing is, I am super friendly, I promise. It feels great for me, the elephant in the room, to be acknowledged. Anyway, that is all from me for now, but keep your eyes peeled because I am here to help and I’ll be right with you, every step of the way through this Guidebook.



Meet Bobo and Bunny



**Hello I’m Bunny from the Sophie Says
Books. I am part of the Sophie Says
crew and I’m best friends with Sophie.**

I represent what true friendship should look like. I am always there for Sophie no matter what. In good times and bad.

I like to hide a lot (see if you can find Bunny in the Sophie Says books on each page!) but even if I’m hard to find I am always there for Sophie, no matter what – a real friend. Real true friends are so important when it comes to wellbeing.

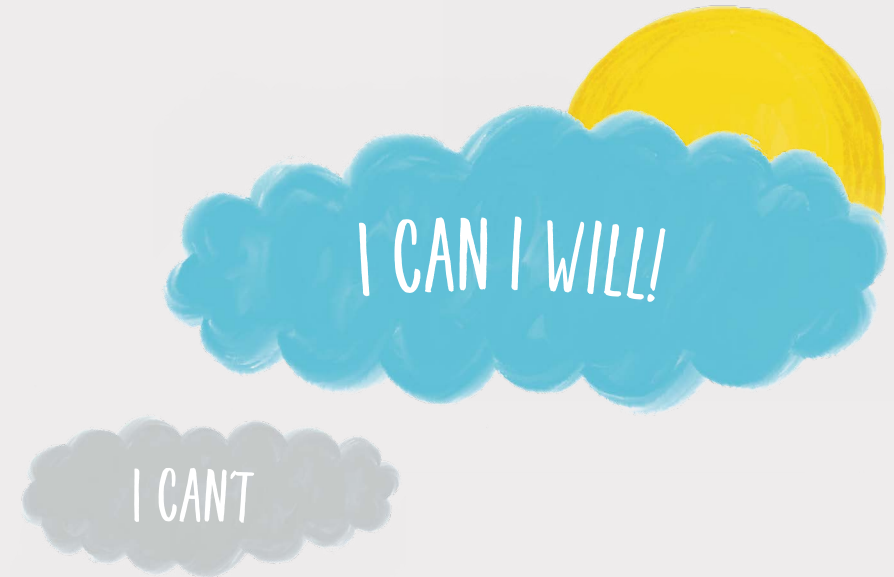
They can really lift you up when you’re feeling sad! So please, come on this journey with Bobo and me and let’s see how we can have some fun together learning all about how to look after our mental wellbeing.

Mind



Positive and Negative Thoughts

Did you know that the way you think can change the way your brain works? Your mind is your own superhero, but you have to look after it. So, try to think of positive thinking as feeding your inner superhero!



Negative thoughts will probably pop up from time to time, but try to think of them as clouds passing over the sky – the important thing to remember, is that they will pass.

On the next page is a list of positive thoughts that you could try to incorporate into your thinking more regularly. It's interesting to notice how your brain changes once you stop thinking "I can't" and start thinking "I can"! Try thinking some of these positive thoughts as much as you can for one week and notice any changes that come from the exercise, perhaps in the way you feel and behave and/or the way people feel around and behave towards you.



ACTIVITY ALERT!

We want you to write a list of 100 different positive thoughts. If this is too many for one sitting, then just add one each day. You can even put them in a hat, and any time you might feel low, you can pull out to make you feel better.

Positive Thoughts

- ▶ Today is going to be a great day.
- ▶ I am a kind person with lots of love to give.
- ▶ I have people around me who care about me.
- ▶ I am grateful for the small things in my life.
- ▶ If I keep trying at something, I will get better; practice makes perfect.
- ▶ My mistakes can help me to learn and grow.
- ▶ I can do anything I set my mind to.
- ▶ I am somebody's reason to smile.

MY POSITIVE THOUGHTS:

Gratitude Jar

What is gratitude? Well, the dictionary says “Gratitude is the quality of being thankful; readiness to show appreciation for and to return kindness.” Well, to me that sounds confusing.

The truth is that gratitude is just about reminding yourself about the things you are thankful to have in your life whether that be your playstation, teddybear, parents or a fun trip to park with your friends.

We want you to use this Jar to write all the things you feel thankful for. If you want to take this one step further, then find a physical jar at home and write your gratitude list on different pieces of paper, fold them and put them into the jar. Being grateful helps you to stay positive during the bad times.



Parent Sections

Whilst homeschooling has been very difficult for children's mental health, it has undoubtedly had an impact on parents too.

We hope that you get some time to sit and enjoy some of the activities in this digital Guidebook with your children to promote positive mental wellbeing and build stronger connections between each of you. However, whilst you've been working hard to make sure your children are OK, we want to encourage you to look after your own mental wellbeing as well. So, whilst this book is primarily dedicated to young people aged 7-12 years, we wanted to make sure there was a little bit for you adults as well! Below are some of our top tips for you to look after your own mental health during the pandemic.



Make sure you're getting the best type of sleep

Coronavirus has made everyone's sleep patterns a little all over the place – which is tricky, because a good night's sleep allows our bodies to repair themselves and our brains to consolidate our memories and process information. Poor sleep is also linked to poor mental health, and even a weakened immune system! To improve your sleep, Happy Space suggest some simple steps such as increasing exposure to bright light during the day, and reducing exposure to blue light in the evening (so perhaps consider leaving your phone in another room when you go to bed!). Another tip is to move your body from a warm to a cooler environment to trigger the natural drop in body temperature needed to help you feel drowsy. So a warm shower or bath before bed could be a good option to achieve better quality beauty sleep!

Have an At Home Spa Night

This is one you can do with or without the kids! Whilst we are all locked down at home, why not try turning our living rooms into our very own relaxing sanctuaries for the night. Have a go at creating your own soothing face masks using the recipes **here**, light a couple of candles and perhaps try some of our favourite meditation activities, courtesy of Calm **here**. Leave your worries in yesterday and start today feeling fresh and relaxed.

Turn cleaning into play time

After a long day of working and homeschooling, the last thing we want to think about is cleaning or chores. Here at Happy Space, we have found a way to engage the kids and turn cleaning into a fun activity: Try playing the music game! It's simple. Pick a room, queue a certain number of songs and set the challenge to tidy the room before the songs run out. Or try, "I bet you can't finish washing all the plates before George Ezra finishes Paradise!". To get you going, Happy Space have made a super happy playlist of upbeat songs **here**.

Be patient with yourself

This is the most important. There is a lot of pressure for parents to be superhuman all the time now and that is an impossible feat. Forgive yourself for making mistakes and for not having the time to be the best parent all the time. There are only so many plates that you can spin! Everyone is just trying the best they can do under the circumstances. As John Steinbeck once wrote, "now that you don't have to be perfect, you can be good." Strive to be good enough, rather than for perfection.

For any type of advice or help, please reach out to Young Minds Parents' helpline **0808 802 5544** (Monday to Friday, 9.30am to 4pm)



POSITIVE PIN BOARD

Now we know that positivity isn't always the answer and it's impossible to be positive all the time. However, whilst it can't prevent all mental health conditions, it can help you manage your low moods. This is because it allows us to focus on good things when we're feeling bad. We have created this pin board which you can print off and write down all of your favourite things, stick pictures of things that make you happy and draw portraits of the people you love.

Body



What is Mindfulness?

What on earth is 'Mindfulness'? Well, here at Happy Space, we think mindfulness is one of the most important things you should be learning about. We'd like everyone to be talking about mindfulness, because it's one of the best ways you can look after your mental health.

Mindfulness is all about taking a pause from your daily routine to check in on yourself and see how you are feeling. It's about paying attention to your body and your mind and your emotion, in the present moment, and creating a feeling of calmness in yourself.



DID YOU KNOW

A human being inhales about 1 pint of air per breath - that's 16 pints a minute! Let's make those pints of air count!

IT'S TIME TO TAKE A BREATH!

Hopefully, you're already aware of how important breathing is... after all, it is how we stay alive! What we want to draw your attention to is learning to control your breathing in a focussed, deliberate and 'mindful' way, because this can significantly help with reducing stress and increasing happiness.

Taming your breathing is a big part of mindfulness, which is why we have set out a breathing exercise from our friends at Headspace for you to try **here**.

Mastering your sleep routine

For many of us, the pandemic has made our sleeping habits go all over the place! But did you know that sleep is as important to our health as eating, drinking and breathing?

It allows our bodies to repair themselves and our brains to collect our memories and process information. Getting a good night's sleep will help your brain grow and help you be more productive during the day. At age 10, it is recommended that you get around 10 hours of sleep each night, so below are a few tips for getting the most from your sleep.

CHECK NOISE AND LIGHT IN YOUR BEDROOM

A quiet, dimly lit space is important for a good night's sleep. Check whether your bedroom is too light or noisy. Blue light from televisions, computer screens, phones and tablets might suppress melatonin levels (the hormone that makes us tired) and delay sleepiness. It probably helps to turn these off at least one hour before bedtime and to keep those screens out of your bedroom.

KEEP REGULAR SLEEP AND WAKE TIMES

Make sure the time you go to bed and wake up at similar times. This helps to keep your body clock in a regular pattern. It's a good idea for weekends and holidays, as well as school days.

SET UP A BEDTIME ROUTINE

It's important to create a routine of things you do before you go to sleep. You could have a warm bubbly bath, brush your teeth with your eyes closed or read for twenty minutes. Whatever it is, try to keep it consistent every night, and this will help in preparing your brain for a restful night.

RELAX BEFORE BEDTIME

Our number one advice is to find ways to relax before you go to bed. Maybe you might like to wind down by reading a book, listening to gentle music or practising our breathing exercise. Try winding down half an hour before your bedtime, and you'll be set to nod off in no time.

Here is a amazing sleep story to play yourself before bed to help you get those shut eyes!

Morning Routines

Top tips for creating a morning routine that begins your day with a positive mental attitude.

We've all had that morning when the seconds are ticking down to the start of lessons and you rush out the door in a frenzy without a moment to think about the day ahead. We often talk about the importance of night time routines and sleep for maintaining a healthy mind, but creating a smoother morning routine is vital in allowing your mind to wake up and equip you for the day.



Straighten up that duvet

It might sound simple, but by making your bed you achieve a simple first task for the day. You also give yourself a nicer space to get ready in, which in turn helps to de-clutter your mind and begin a can-do attitude.

Hydrate

You may not feel thirsty but your body has just undergone a number of hours without any water intake whilst you were asleep. When we eat food our sensation of thirst is suppressed, so ensure you begin your day with a glass of water before you sit down for breakfast.

Screen-free challenge

If you have a phone, games console, computer or television that you have a habit of using in the morning, challenge yourself to break this habit. Screens are one of the biggest hurdles to creating a positive mental space, as they distract us from engaging with the day in front of us. You could use your device, instead, to play some energising music. Challenge yourself to stay screen-free until after breakfast!

Draw up a bathroom schedule

Talk to the other people in your house about their morning routines. They might have the same routine as you and if so, you may end up queuing for the bathroom. Find a compromise, or draw up a schedule, so that you all have enough time to feel ready for the day.

Have your clothes ready-to-go

Whether you wear a uniform or not, you can save time on searching for that pair of socks or agonising over what top goes with which trousers by laying out your clothes the night before. This will also help your evening routine as you will go to sleep having already achieved a positive step towards the next day.

Nourish!

Ensure you have time to sit down for breakfast. On-the-go breakfast might give you more time in bed, but it sets you up with that feeling of rushing into the day. Incorporate slow-release-energy foods and vitamins into your breakfast. A sugar-filled breakfast will give you a burst of energy that will leave you deflated and hungry by mid-morning.

Morning mantra

Finally, find something small that you can do at the end of your daily morning routine to feel positive about yourself and the day ahead. This might be a morning stretch, or taking the time to look at yourself in the mirror and say "you've got this", or doing something kind for someone in your house.

You've got this!



Exercise and Happiness

This pandemic, and yet another lockdown has been a really tricky time for most of us. Feelings of loneliness, uncertainty and stress can be really tough, especially when we are separated from our friends and our routines have been shaken up.



Looking after your exercise can make you feel more in control when everything around you seems to be uncertain. The surge of energy and relief after moving your body is like no other, and can help you focus, make friends, and deal with all of the ups and downs that these weird times may bring!

Exercise isn't just boring stuff, like running laps or 100 push ups. Exercise is moving your body, lifting heavy stuff for fun, sprinting and jumping, twisting and turning, and treating yourself like the wild animal we all once were! It's about letting go of stress and tapping into your creative, carefree side!



Exercise also isn't about training to 'look good' or body shame – in fact, it's about improving your confidence and embracing who you are, no matter where you're from, what you look like or how you present yourself.

Wonderful chemicals, known as endorphins, flood your body each time you get a bit of a sweat on. But exercising will also strengthen your bones and improve your coordination skills, (so you can show off those handstand skills to all of your mates)!

I understand movement can seem off-putting – perhaps even intimidating – but the truth is, exercise is a fundamental right for everyone, so please don't feel scared or embarrassed!

The priority here is for you to feel good and thrive, so you can be a good friend, student, and all-round human being – because happier people are kinder people, too!

This year, superhero Joe Wicks brought workouts into our homes! Try **this one** at home whenever you're feeling sluggish or bored of your homework and want to get a move on!

Food



The real Happy Meal

Have you heard the saying “you are what you eat”? Well in many ways it’s true! There is a lot of very techy science that proves humans are actually made up of the foods they put into their body.

This is because the food we eat is broken down in the body to make lots of different things that keep us alive and healthy. We call these nutrients.

And while you and I communicate with words, our brain communicates with chemicals that are made from these nutrients. The correct balance of chemicals in your brain ensures that you stay happy – and this has a lot to do with these nutrients from the food and drink that form part of your diet.

WHAT IS HAPPY FOOD?

Happy food is quite simply food that provides your body with the nutrients it needs to create the right mix of chemicals to keep you happy. On the next page are some examples of happy food you could include in your diet if you are feeling low.



Find some amazing recipes to cook with your parents [here](#)

Protein

Eating good quality protein everyday means your body can make important happy brain chemicals.

You could try: turkey, chicken, quinoa, brown rice, tuna, cod, salmon, sardines, chicken, sunflower seeds, pumpkin seeds, cashew nuts, almonds, eggs, yoghurt, cottage cheese.

Perfect combinations include: lentils and rice, beans and rice.

Fish

Eating fish three times a week will help the brain hold onto the good fats.

You could try: sardines, herring, anchovies, salmon, trout and mackerel.

Nuts & seeds

Nuts and seeds are good sources of protein, healthy fats, fibres, vitamins and minerals

You could try: a heaped teaspoon of ground nuts and seeds on your porridge in the morning.

Water

On average, water makes up around 60% of the body, and is essential for all of the body's core functions... that includes the brain!

You could try: drinking 6-8 glasses of water daily

**“ Happiness doesn’t result
from what we get, but
from what we give”**

Ben Carson



Art



Fun activities to do at home

This pandemic has been tough and sometimes it feels hard to have fun.

After a long day of virtual schooling, it's important to make time everyday to take a break, unplug and switch-off. Here are some things to do instead!



- Bake and decorate some cupcakes (get a grown up to give you a hand!).
- Decorate some jam jars to make tea light holders!
- Do something active outside! Try - hula hooping or skateboarding!
- Plant some flowers or grow some vegetables.
- Learn a magic trick and try it out on your friends and family.
- Learn the alphabet in sign language.
- Make a scrapbook out of magazines and photos.
- Raise some money for charity (e.g. wash some cars! Sell the cupcakes you baked earlier!).
- Play a board game with a friend.
- Make up a secret language.
- Turn on the radio and dance.
- Play frisbee in a park.
- Create a time capsule.
- Make some greetings cards (and send them to your friends!).
- Camp in your garden (or a friend's garden) if you can.
- Host a movie night - design tickets! Layout seats like in a movie theatre and get some popcorn.
- Make a friendship bracelet or a keyring for you and your friends.
- Write (and illustrate) a short story.
- Start a journal.
- Go for a walk in nature and bring a packed lunch.




Other creative ways to find your Happy Space

As you've seen, there are loads of activities to have fun and this can be a calming way to stay positive and keep your mind happy.

Even if you're not the next Pablo Picasso or an artist, don't worry because there are loads of other creative outlets for you!

Try any of the following ideas:



JOURNALING

Why not create your own journal or scrapbook where you can record your thoughts and feelings. Stick in pictures of the people you love and just before you go to sleep, try and note down 3 things you feel super grateful for. Taking time to focus on your feelings and thoughts can reduce anxiety and stress in our daily lives.

LEARN A SKILL

Whether it's magic tricks or playing an instrument, spending time working on a skill can give you the creative outlet you need – and it's something cool to show your friends! You never know, one day that skill might also come in handy!

PLAN A TREASURE HUNT

QUICK! Put down the iPad and start planning a treasure hunt outside. Not only does being out in nature help you stay active and healthy, it can also make you very happy. Plan an exciting treasure hunt with riddles and clues to impress all your friends.

GARDENING

Staying on the nature theme, gardening is an excellent way to get outside and your parents will be super pleased to see you getting your green fingers out. Planting and watching life grow will be very rewarding. You could even grow your own vegetables and eat them for dinner!

Random acts of kindness game

Did you know that being kind to others can also improve your own happiness??

Evidence shows that helping other people really does make a positive difference to your own mind and body! It can reduce stress which boosts your immune system (which means you're less likely to get poorly!), it also sends happy signals to your brain and reduces sad feelings.

What better excuse to do something nice for somebody else today!

On the next page are some ideas to get you started! Try and tick off as many of these small acts of kindness as you can by the end of the week! Then try and beat your score the week after!





- ☐ Hold the door open for somebody
 - ☐ Leave a letter of encouragement in a library book!
(YOU CAN DO IT!)
 - ☐ Call a relative you haven't spoken to in a while and ask about their day
 - ☐ Do a chore for somebody without them asking
(you could stack the dishwasher or sort out the recycling)
 - ☐ Pick up any litter you see lying around
 - ☐ Write a thank you letter to a friend letting them know why you appreciate them
 - ☐ Let someone go in front of you in a queue
 - ☐ Donate some clothes that don't fit you anymore or toys that you don't play with to charity
 - ☐ Put any spare pennies in a pot and then donate your spare change to charity!
 - ☐ Say thank you to your teacher for all of their hard work
 - ☐ Make somebody a cup of tea
 - ☐ Ask somebody how they are feeling today and really listen to their answer
 - ☐ Say "Hello" or "Good morning!" To everybody that you see today
 - ☐ Write a postcard to a friend or relative that you have not seen in a while*
 - ☐ Compliment somebody sitting near you
 - ☐ Chat to somebody new at lunchtime today
 - ☐ Tell somebody that you are happy to see them
 - ☐ Bring in a treat for somebody you care about
 - ☐ If you spot somebody looking lonely, invite them to sit with you
 - ☐ Smile at EVERYBODY that you see today - especially those who are not smiling (it's contagious!)
- Small acts of kindness will benefit the people you are helping and will also make you feel pretty great too!**

THANK YOU!

We hope you have enjoyed this toolkit and found lots of fun and exciting tips to help your mental wellbeing. For more tips and information and to follow Bunny and Bobo you can follow Sophie Says on [@sophiesaysofficial](#) and [@happyspaceuk](#) on Instagram and Facebook.



If you or your child need to talk to someone please reach out to:

MIND: 0300 123 3393:

Anxiety UK: 03444 775 774

CALM: 0800 58 58 58

SHOUT UK Text Service: Text BEYOND to 85258
to chat to someone 24/7 365 days a year