



**dc** DerwenCollege  
**Performing Arts**  
*Learning Resources*

Where  
*Learning*  
Comes to  
*Life*

**Be Kind to**



**Your Mind**

# Looking after yourself



It's very important to look after our mental health.

This booklet will give you lots of ideas on how to keep busy and take care of your mind.



# Activity ideas

**Go for a walk**

**Listen to your favourite song**

**Read a book**

**Bake a cake**

**Learn something new**

**Start a journal**

**Speak to your family/friends**

**Exercise**

**Make your favourite drink**

**Write a nice letter to yourself**

**Watch a good film**

# Go for a walk

What did you see?

What did you hear?

Draw something you saw on your walk



# Listen to your favourite song

What is your favourite song?

Who sings it?

Write down some of the lyrics

# Read a book

Title:

Author:

What is it about?

Draw your favourite character



# Bake a cake

What cake did you bake?

Ingredients:

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A picture of my cake



How did it taste?

# Learn something new

What did I learn?

A photo of me and the thing I learnt



# Start a journal

You could include:

Date

How you're feeling

What you did today

Pictures/drawings

Something that made you smile

What the weather's like?

# Speak to your family / friends

Ask them some of these questions to get to know them better

What's your favourite colour?

How old are you?

What's your full name?

What colour are your eyes?

Do you have any pets?

If so, what are their names?

What's your favourite band?

What are you good at?

What are you scared of?

What are your hobbies?



# Exercise



**Do Yoga**

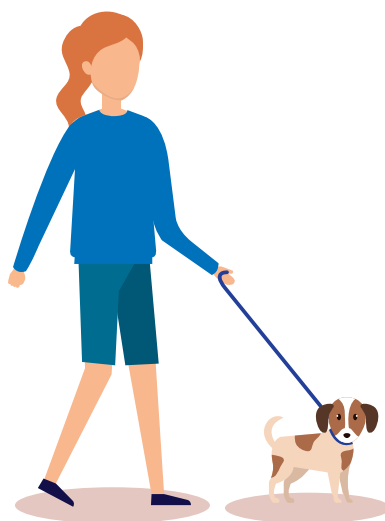
## Workout at home



**Go for a jog**



**Go for a bike ride**



**Go for a walk**

# Make your favourite drink

What is your favourite drink?

How did you make it?



# Watch a good film

What film did you watch?

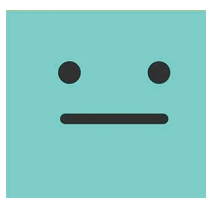
Draw your favourite scene from the film



# How are you feeling?



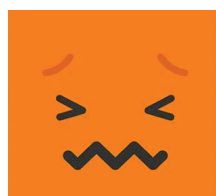
Keep doing what you are doing



Try something from the list to help you feel better



Try writing down your feelings or talk to your family / friends



Take some deep breaths and when you are ready speak to somebody you trust