

solace

for young people

Cover illustrated by Margarita Rebolledo



My Wellbeing journal

This space belongs to: _____

solace

solacewomensaid.org

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Contacts

Agency	Phone number	Website	Additional Details
Police	999	www.police.uk	Only call in case of emergency
Solace	0808 802 5565	solacewomensaid.org	
National Domestic Violence Helpline	0808 2000 247	www.nationaldomesticviolencehelpline.org.uk	
Women and Girls Network	0808 801 0660	www.wgn.org.uk	WGN is a free, women-only service providing a holistic response to women and girls who have experienced, or are at risk of, gendered violence.
Childline	0800 1111	www.childline.org.uk	Get help and advice about a wide range of issues online or via phone.
Samaritans	116 123	www.samaritans.org	Free service to talk to someone via phone or email.
National Child Protection Helpline (NSPCC)	0800 800 5000	www.nspcc.org.uk	Free, confidential service offers counselling, information and advice.
Kooth		www.kooth.com	Free, safe and anonymous online support for young people
Respect	0808 801 0327	www.respect.uk.net	Male Victims of Domestic Abuse
National LGBT+ Domestic Abuse Helpline By Galop	0800 999 5428	www.galop.org.uk	National LGBT+ Domestic Abuse Helpline
Rape Crisis	0808 802 9999	www.rapecrisis.org.uk	

This is your Journal of Wellbeing. It is your space of self-care, reflection, learning and games.

In this strange and difficult time remember that it is ok to feel any and all the emotions that you are feeling, and it is very important to have a safe and comfortable space to take care of your psychological, physical, and emotional wellbeing... While also having fun!

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The Poetry Corner

*You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.*

*Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.*

*Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.*

[...]

*Leaving behind nights of terror and fear
I rise*

*Into a daybreak that's wondrously clear
I rise*

*Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.*

I rise

I rise

I rise.

-Maya Angelou

Let everything happen to you:

Beauty and terror.

Just keep going.

No feeling is final.

-Rainer Maria Rilke

Let's make a pact between you and you

In our fast-paced and busy lives we experience so much and have so much to do all the time, but this can be a good time to check in with yourself and look inwards to learn and decide more things about yourself.

How do you treat yourself? Are you kind, impatient, loving, severe, demanding, forgiving? These are all important questions to ask yourself in the never-ending path of self-knowledge, and there are no right or wrong answers. Like any other relationship, the relationship with yourself takes time, effort and nurturing to be successful, and since you are the one person that you will be spending every minute of your life with, it's especially worth it to build a strong and positive relationship with yourself.

This space is for you to make a pact with yourself about how you will try to always treat yourself. We started with a few examples, the rest is up to you!



I promise myself that I will try to....

- 1-Be kind to myself*
- 2-Accept who I am, the good and the bad*
- 3-Take care of my body and mind*
- 4-Keep myself safe as much as I can*
- 5-Spend time doing what makes me happy*
- 6-Focus on my growth*
- 7-*
- 8-*
- 9-*
- 10-*
- 11-*
- 12-*
- 13-*
- 14-*
- 15-*

Signed:

Rose, thorn and Bud...

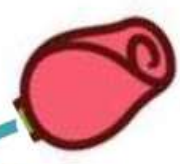
Every day you can come back to this page and write a word for each section: Rose (something that you are happy about today), Thorn (something that you are unhappy about or that is challenging you today), and Bud (something you are hoping for or looking forward to later today).

Rose



Thorn

Bud





Quiz: What animal are you today?

What is your energy level today?

- a. Through the roof!!!
- b. Quite high
- c. Medium
- d. Quite low
- e. I could fall asleep any second

How do you feel most today?

- a. I feel energised and restless
- b. I feel strong and confident
- c. I feel calm and reflective
- d. I feel relaxed and dreamy
- e. I feel lazy and bored

Where would you rather be today?

- a. Jungle
- b. Savanna
- c. Lake
- d. Mountains
- e. Woods

At a party today you would be...

- a. Pulling pranks on everyone
- b. Dancing in the middle of the room
- c. Chatting with your friends
- d. Playing games
- e. Chilling on the sofa with your BFF

If your mood was a colour today it would be...

- a. Yellow like the sun
- b. Orange like a fire
- c. Black like the night
- d. Green like the trees
- e. Blue like the sea

Today you want to...

- a. Phone my friends and do loads of physical activities
- b. Be creative and socialise
- c. Read and learn new things
- d. Play games and relax
- e. Watch movies with a blanket and snacks

What type of music are you most like today?

- a. Pop / energetic.
- b. Rock / strong.
- c. Classical / solemn.
- d. Indie / soothing.
- e. Reggae / mellow.

Results

Count how many answers you have from each letter (sometimes you can be more than one animal!)

➤ Majority of answers A: Today you are a MONKEY, full of energy and lively, you can feel very playful and social, and/or restless and anxious.

➤ Majority of answers B: Today you are a LION, very secure and empowered, you can feel ready to take on the world, and/or frustrated like a caged lion.

➤ Majority of answers C: Today you are an ELEPHANT, calm and wise, you can feel thoughtful and eager to learn, and/or overloaded with too many thoughts.

➤ Majority of answers D: Today you are a PANDA, laid back and light-hearted, you can feel like you don't have a care in the world, and/or a bit powerless.

➤ Majority of answers E: Today you are a SLOTH, completely relaxed and happily lazy, you can feel like the meaning of life is a great nap in a hammock, and/or tired and bored.

➤ None of the answers really suited me, today I feel more like a.....

MALALA YOUSAFZAI •

ACTIVIST

Once there was a girl who loved school. Her name was Malala. Malala lived in a peaceful valley in Pakistan. One day, a group of armed men called the Taliban took control of the valley. They frightened people with their guns.

The Taliban forbade girls from going to school. Many people disagreed but they thought it would be safer to keep their girls at home.

Malala thought this was unfair, and wrote about it online. She loved school very much—so one day, she said on TV, “Education is power for women. The Taliban are closing girls’ schools because they don’t want women to be powerful.”

A few days later, Malala got onto her school bus as usual. Suddenly, two Taliban men stopped the bus and shouted, “Which one of you is Malala?”

When her friends looked at her, the men fired their guns, hitting her in the head.

Malala was rushed to hospital, and she did not die. Thousands of children sent her get well cards, and she recovered faster than anyone could have imagined.

“They thought bullets would silence us, but they failed,” she said. “Let us pick up our books and our pens. They are our most powerful weapons. One child, one teacher, one book, and one pen can change the world.”

Malala is the youngest person ever to receive the Nobel Peace Prize.

BORN JULY 12, 1997
PAKISTAN

• 104 •

ILLUSTRATION BY
SARA BONDI



Story Time: Inspiring humans

Excerpts from: *Stories for Boys who Dare to be Different* and *Good Night Stories Rebel Girls*

The Importance of Being Safe

During times of crisis, it's important to try and keep healthy, happy and safe. This space is dedicated to keeping safe. This can be hard and you may feel isolated but **YOU ARE NOT ALONE**.

Here are some safety tips to help you during this time. Read through them and make your own safety plan on the next page.

Self-Care

Your wellbeing is very important when thinking about your safety.

So how can you look after yourself?

The answer is simple! Do something that you enjoy!

- Listen to music, Read, talk to friends via Phone or Social Media, Colour, etc.
- Keep social distancing, wash your hands for 30 seconds several times a day.
- Try to stay home as much as possible. When you go out avoid touching your face, wear gloves and face mask, carry hand sanitizer/disinfectant with you.
- If an incident does occur at home try not to react by getting involved or being "in the middle" of it. Instead, think of ways to keep yourself safe and get help and support where necessary.

So, is there a **safe place** in your home that you can go? Try to keep away from areas that have sharp objects or where you may get trapped in (e.g. kitchen, bathroom) as this can be dangerous.

- Once in a safe place call the police if it's an emergency, or get in touch with one of the organisations in the contact page if you need support.

Support from Family, Friends and Neighbours

Family, friends and neighbours can be another way to get the support that you need. Here are some suggestions to get support from family, friends, and neighbours.

- Call, FaceTime, or Whatsapp call someone you trust.
- Set up speed dials on your phone to contact someone quickly.
- Make a code word/phrase to let someone know that it is not safe to talk or to ask someone to phone the police.
- Set up a check-in call with someone you trust so you know that someone will contact you at certain times of the week.

Contacting agencies for support

If you do not feel able or comfortable to talk to family, friends or neighbours, on the first page are some agencies who you can speak to.

My safety plan

Let's make a plan to keep safe.

To keep safe at home I will...

To keep safe out and about I will...

For my self-care I will...

To keep myself healthy I will...

If I need support I will contact...

If something happens I will...

The triangle of wellbeing

Wellbeing can be divided into 3 key components, both physical and emotional: **Health, Safety, Happiness**. You can imagine this as a triangle of wellbeing, as the 3 are interconnected and directly related to each other: where one grows, the others grow, where one diminishes, so do the others. Therefore it is important to take care of each component to maintain the balance and achieve wellbeing. Create your own wellbeing triangle and for each component write what you can do to be **healthier, safer and happier**.



Story Time: Inspiring humans

Excerpts from: Stories for Boys who Dare to be Different and Good Night Stories Rebel Girls



FREDERICK DOUGLASS

(1818–1895)

Frederick Douglass was born into slavery in America in 1818, which meant he was treated as property instead of a person. Slaves like Frederick were beaten, barely fed, and forced to work until they collapsed.

They were also banned from learning to read or write. The people who owned them were afraid that if their slaves became educated, they would rise up and overthrow them.

The wife of the man who owned Frederick ignored this rule, teaching Frederick how to read and write, until her husband found out and put a stop to it. He couldn't stop Frederick, though, who carried on learning whatever he could from local white children and neighbors, even though it put him in danger.

Once he could read, Frederick read everything: leaflets, newspapers, novels, the Bible. From reading, he learned about slavery and started to form his own ideas and arguments against what was happening. He shared these ideas with other slaves and his knowledge spread.

Frederick tried to escape from slavery twice, but was recaptured. He was successful on the third attempt, when he was transported along part of what was known as the Underground Railroad: a secret network of routes used to smuggle slaves to freedom.

As a free man, he married, had children, and traveled across America, speaking and campaigning, not just for the end of slavery, but for women's rights, Irish independence, and other issues he was passionate about. He advised presidents and lectured students. He also published three books about his life, which went on to be bestsellers.

Thanks in part to the work of Frederick, all slaves were declared free in 1865. Black people in America have been fighting for equality ever since.



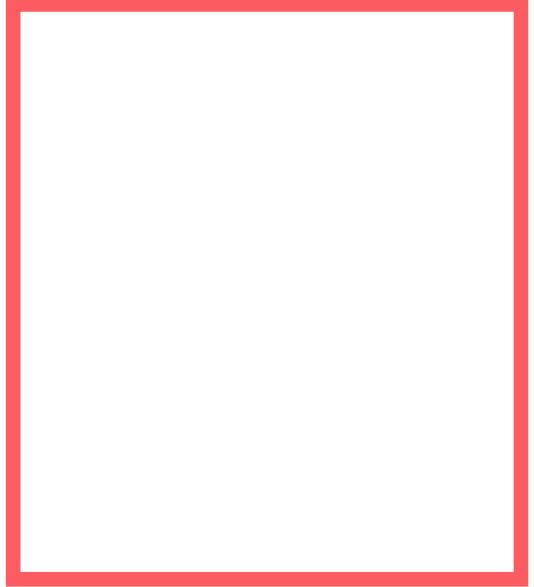
Inspiring humans, write your own!

Think about someone you admire, inspiring humans and leaders. You can use this time to learn more about them and write their 'ID' card.

Name

Portrait

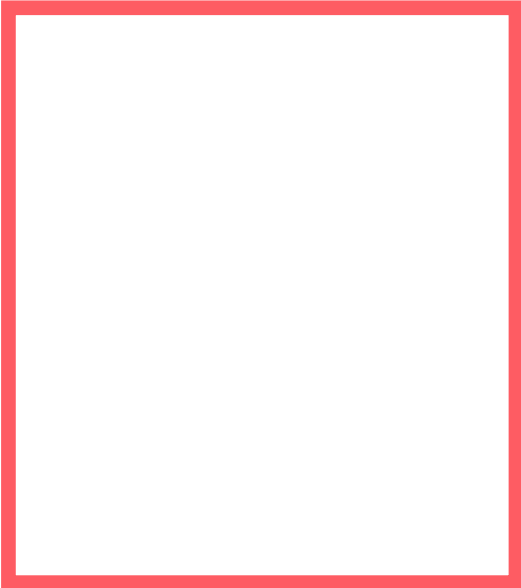
Story:



Portrait

Name:

Story:



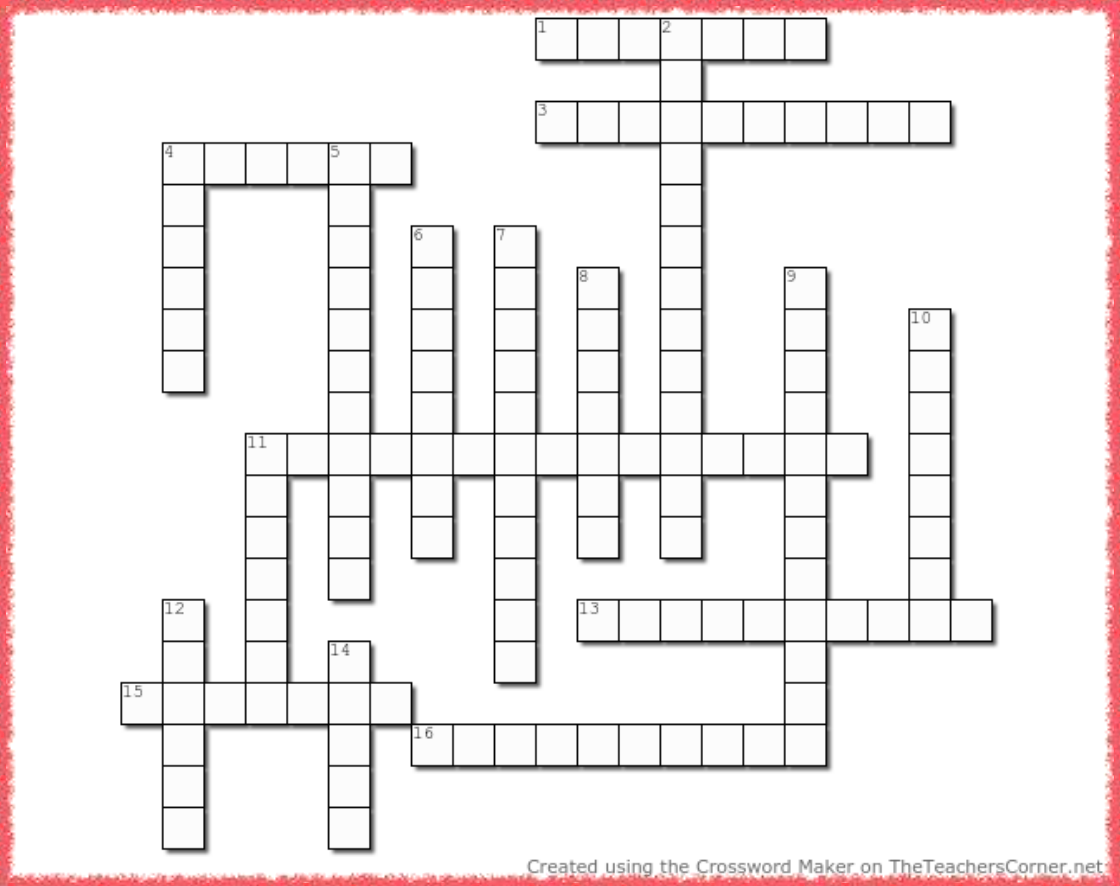
10 things I am grateful for...

According to scientific studies, being grateful is a big part of being happy. It can seem difficult in these times to think that we do still have many things to be grateful for, however small they may be, and it's ok if you can't think of any. This exercise encourages you to reflect on ten things you are grateful for, or twenty, or as many as you can think of. These can be any kind of things, like having a phone, or the internet, or friends to speak to, having a house, a family, your health, or anything else that comes to mind. Write as many as you can as often as you want, and take a moment to feel grateful, for each one you write.

- | | |
|-----------|-----------|
| 1. _____ | 13. _____ |
| 2. _____ | 14. _____ |
| 3. _____ | 15. _____ |
| 4. _____ | 16. _____ |
| 5. _____ | 17. _____ |
| 6. _____ | 18. _____ |
| 7. _____ | 19. _____ |
| 8. _____ | 20. _____ |
| 9. _____ | ... |
| 10. _____ | ... |
| 11. _____ | |
| 12. _____ | |

Wellbeing Crossword Puzzle

Solutions on page 41



Created using the Crossword Maker on TheTeachersCorner.net

Across

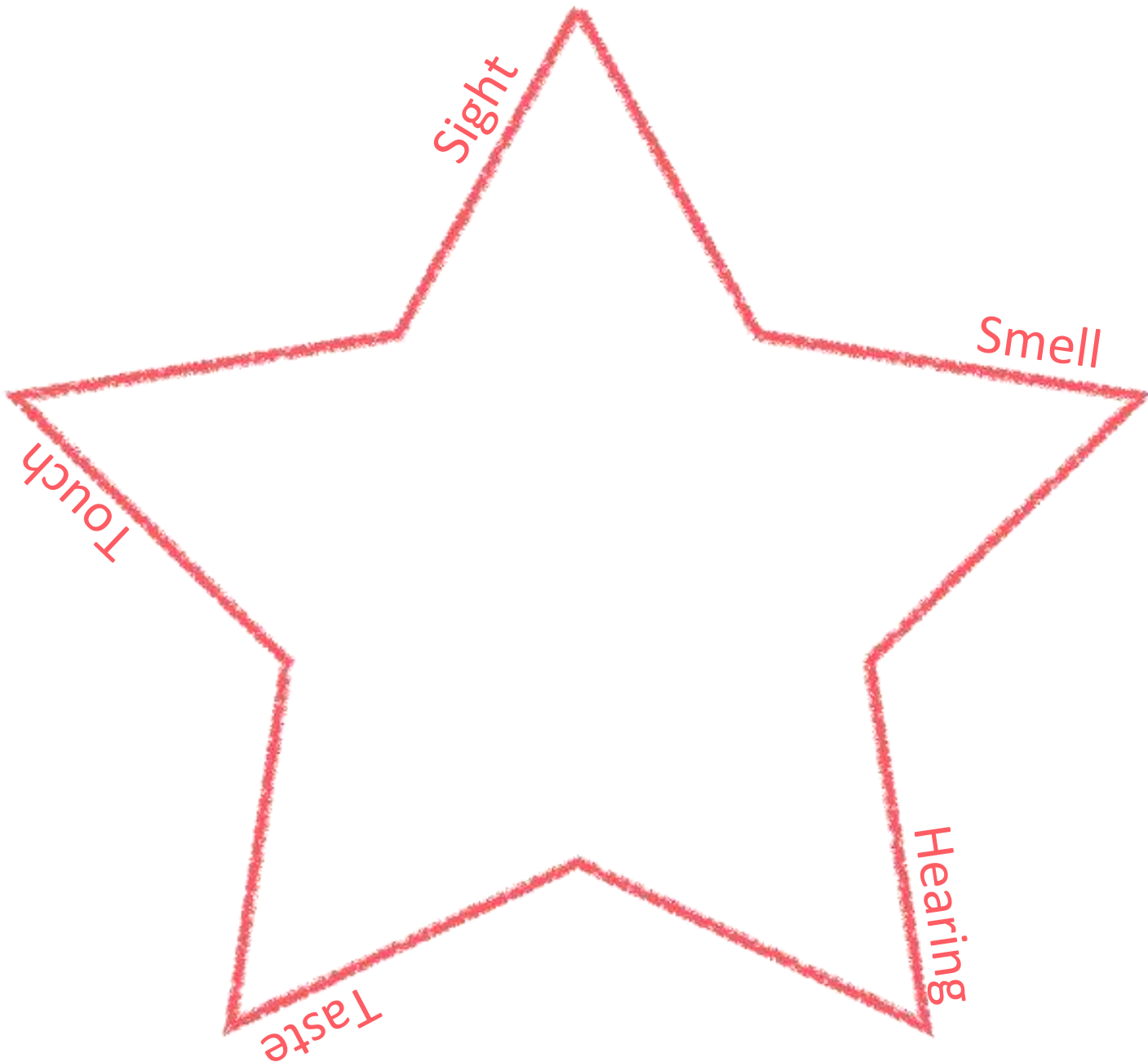
1. Having regard for other people's rights, feelings and wishes. 3. Fixed, oversimplified and often inaccurate belief about a person or group can be based on gender, race, religion or culture 4. A charitable organisation supporting survivors of DVA and VAWG 11. The rules around keeping information private 13. Opinion one has of one's own worth or abilities, confidence in one's self, can be high or low depending on person and time. 15. A strong feeling deriving from one's situation, mood, or relationships 16. A type of relationship between two people who are equals and care for each other

Down

2. The physical area around each person that belongs to them and changes between individuals. 4. The condition of being protected from (or unlikely to cause) danger, harm or injury. 5. Working together to raise awareness about an issue or achieve a goal 6. Social, political and ideological movement to achieve equality of the sexes in all things 7. The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights. 8. A condition of physical, emotional, or social wellbeing 9. Is the link between two people and can be healthy or unhealthy 10. The practice of looking after one's own wellbeing in many different ways 11. Permission or agreement for something to happen 12. A group of people linked by blood or love 14. The ability to do something, can be a-to achieve something, b-over someone c-with others d-within yourself .

Senses in a star

Our senses are a big part of how we know, understand and appreciate the world around us. And yet sometimes they become so automatic that we forget to notice them. In this space, you can take time to focus on each of your senses and write 5 things that you can see, smell, hear, taste, and touch right now that you enjoy. This is a simple tool that you can use to bring yourself back into your body and be mindful on your body inside its surroundings.



TIP: in moments of deep stress or anxiety you can do the 5 senses meditation exercise: breathe and focus on your senses one at the time, counting back from 5: what are 5 things you can see from where you are? 4 things you can hear? 3 things you can smell? 2 things you can touch? 1 thing you can taste? Repeat and mix up to slow your breathing down and come back into your body.

Story Time: Inspiring humans

Excerpts from: *Stories for Boys who Dare to be Different* and *Good Night Stories Rebel Girls*



TOM DALEY

(BORN 1994)

When Tom first glimpsed the divers gracefully leaping off high boards and arcing down into his local swimming pool, he knew that was what he wanted to do. He stopped his swimming lessons, quit judo and focused entirely on diving.

His first coach could see he had talent, but thought that Tom would never make it as a diver because he struggled to control his emotions. Sometimes, if Tom got angry or upset, they'd use a tactic he called 'Peter Pan', when Tom would have to go away and think happy thoughts until he could try again. It worked. He was soon crashing through the water at thirty-five miles per hour, performing daring flips, twists and tucks.

In 2008, at the age of only fourteen, Tom became Britain's second youngest ever Olympian at the Games, but, sadly, he and his diving partner, Blake Aldridge, finished last in the synchronized diving event. After that, Tom was bullied so badly that his father took him out of school. Despite the emotional upheaval he had been through, and his diving commitments, Tom got eight A*s at GCSE. He also spent his free time working with the National Society for the Prevention of Cruelty to Children (NSPCC), advocating for their ChildLine service, which offers

a phone number any child can call whenever they want help or support for anything they are going through.

Tom's training regime was gruelling and difficult to fit in around his studies. Eleven times a week, he trained for three hours at a time, with a session of ballet on top of that. His diet consisted mostly of egg whites, porridge, chicken and vegetables.

But the hard work paid off. Tom won two gold medals at the 2010 Commonwealth Games and a bronze at the 2012 Olympics, even though he was only just eighteen. On 2 December 2013, Tom posted a video on YouTube in which he explained that he had fallen in love with a man called Dustin Lance Black and that they'd been together since the spring. The video was viewed over ten million times. In June 2018, the two of them welcomed their first child into the world, and Tom is already back in training for the 2020 Tokyo games, where he hopes to win his first Olympic gold.



GROW: Goal-setting explained



Since all GCSEs and A-levels have been cancelled, as well as normal school routine, you might be struggling to focus and get the motivation to do anything. This GROW Goal-Setting exercise might help you set goals and look for ways to achieve them. The key to this is to take it easy!! There is no pressure for you to learn a new language or to play an instrument by the end of the lockdown, but just to set some simple daily goals that will make you feel good. Read it through and on the next page find the space to set your own GROW goals.

Goal Think of something that you want to achieve/focus on/do something about.

Example: I miss my friends and want to spend more time with them.

Reality Observe your current situation, the facts. Think of what is going well, what you struggle with, etc. to gain a better perspective on the whole picture.

Example: Schools are closed and I have to stay home, so I don't get to see my friends anymore to catch up, have fun, or share my feelings with them. I really miss them. I don't have enough credit on my phone to talk to them very often. I feel frustrated, angry and overwhelmed. On top of that things at home have been difficult.

Options Now think of what options you have to achieve the goal that you set and write them down. What are the advantages? What are the obstacles? Be as creative as you can, there are no right or wrong options!

Example: 1.I could create a group with my friends on a social media platform and set up a catch-up a few times a week. 2.I can journal about my life or be creative with stories/drawings/poetry. 3.I can spend time re-connecting with my family/loved ones.

Will This is the part where you break down your options into small steps to achieve your goals. Set yourself deadlines and a measurement of success.

Example:

Action/Next Steps	Target Date	Measurement of Success
Option 1: a. Create a group of close friends. b. Agree to a time/day to catch up. c. Start catching up as agreed.	By May 1 st 2020	Having fun with my friends on agreed days Playing games and catching up.
Option 2: a. Decorate a notebook to make it a journal. b. Write my thoughts in it everyday c. Get creative with it by drawing, scrapbooking, etc.	By May 10 th 2020	Having a positive outlet for my feelings and experiences and having fun being creative.
Option 3: a.I will set a meeting with my family/loved ones to discuss what we can do together. b.We will agree on who will oversee different activities	By May 20 th 2020	Reconnecting with my family/loved ones, doing activities together.

GROW: Goal-setting Exercise

My Goal is...

G

My Reality is...

R

My Options are...

1.

2.

3.

I Will...

W

Action/Next Steps	Target Date	Measurement of Success

The Control Room

Control is an interesting feature of life. If you think about it, anxiety, stress and fear can often be caused by the feeling of loss or lack of control over something. While calm and balance often come from accepting that there are so many things we cannot control. This is easier said than done. A good start is to create a clear picture of the things you can and cannot control. Here you can create your own Control Room, we gave a few examples to get you started. Think about how this is not all black and white: within the things you cannot control there are still things you can, for example, you can't control the current lockdown situation, but you control how you use this time.

I can control...

Self-Care

Being kind

Asking for help

I can control how I deal with...

Others' behaviours

Lockdown

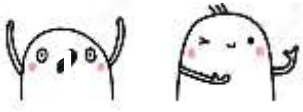
Mistakes

The past

The weather

Other people's minds

I can't control...



The feeling room



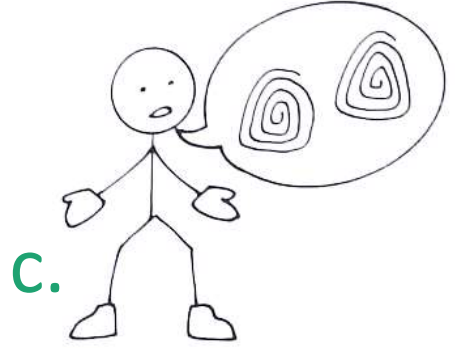
In these strange times, being confined in one space all the time, it can feel like there is simply not enough room for ourselves and our feelings. This can make our emotions difficult to manage. Below are some ways to deal with your bulkier emotions. Connect image and definition. Which ones do you use? Which ones are healthy/unhealthy?



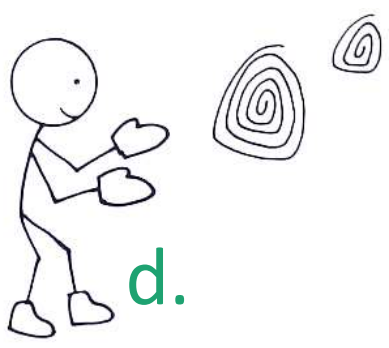
a.



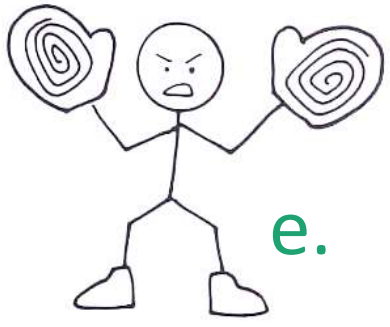
b.



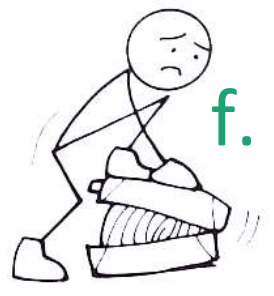
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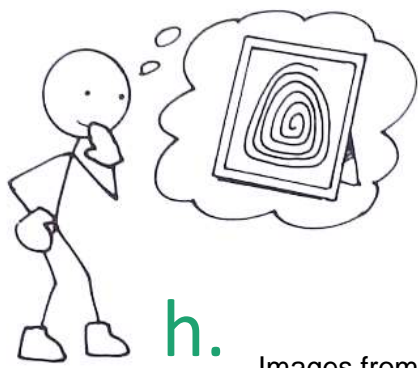
e.



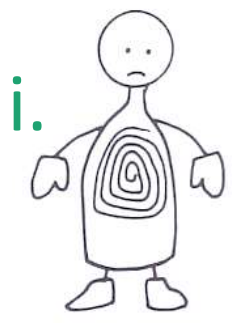
f.



g.



h.



i.

Images from Big Life Journal at biglifejournal.com

1. Suppressing: Locking your feelings away.
2. Dumping: Blaming others for the way you feel
3. Withdrawing: Hiding away
4. Letting go: When we have taken notice of the message our feelings bring, and release them.
5. Expressing: Acknowledging the feelings and letting them out safely
6. The swirl image in each illustration represents your feelings
7. Bottling up: Holding the feelings inside
8. Reflecting: Accepting feelings and thinking about them to resolve them
9. Acting out: Being taken over by the feelings and losing control

• SERENA WILLIAMS •

TENNIS PLAYER

any years ago, there was a taco stand in a city called Compton. The taco stand's owner was named Raul.

Every day, Raul would see a father and his two daughters go to the public tennis court right behind his stand. Sometimes, they would stop by and get tacos. The father's name was Richard and he taught himself how to play tennis. The daughters were called Venus and Serena. And every day, Richard and Serena's father would take a basket of tennis balls to the court and train his two daughters.

Serena was four years old and, when she was sitting on the bench, her feet couldn't even touch the ground. Still, her father registered her for a tennis tournament – and she won!

The city of Compton was very poor and filled with gangs who sometimes caused trouble. Still, even the members of the gangs would be fascinated by the passion and determination of Venus and Serena. They would go to the tennis court and watch them, inspired by their powerful play.

Venus and Serena would train every day, giving their all to tennis. By the age of 13, they won many competitions and their father told everyone that they were going to become the best players in the world.

And so they did! Serena Williams is the #1 Tennis Player in the world, while Venus is #12. Besides training hard and becoming the strongest athletes in the history of tennis, Serena and Venus also studied fashion design and launched their own lines of clothing.

They continue to make Raul, the taco stand owner in Compton, very proud.

SEPTEMBER 26, 1981 (AGE 34)
MICHIGAN, UNITED STATES

ILLUSTRATION BY
ERIN MARLOW

"I DON'T LOOK LIKE EVERY OTHER GIRL,
IT TAKES A WHILE TO BE OKAY WITH THAT.
TO BE DIFFERENT, BUT DIFFERENT IS GOOD."
– S. WILLIAMS

Story Time: Inspiring humans

Excerpts from: *Stories for Boys who Dare to be Different* and *Good Night Stories Rebel Girls*

The art of healthy relationships

This part of your journal is all about **healthy relationships**; how we can foster and encourage them in our daily lives in mentally and emotionally positive ways that help us look after ourselves in this uncertain time. It's important to make sure we have healthy relationships with our bodies, by paying attention to what we eat and drink. It is equally as important to look after our mental health and wellbeing, through how we communicate with people around us, how we self-care and positively speak to ourselves. You are worthy of love, respect and trust and the more you say that to yourself, the more you will come to believe it.

In this section, we're going to explore some creative activities that will inspire us to look for new ways to underline what 'healthy' may mean to us when we look at our friendships and family around us.

“Poetry is not only dream and vision, it is the architecture of our lives. It lays foundations for a future of change, a bridge across our fears of what has never been before....”

- AUDRE LORDE

1. Getting Inspired. Are there any poems or quotes that you've read or heard of before that inspire you? Write them here:



2. Creating our own poetry. This part is going to test your creative spark! Usually, the thought of writing poetry sounds daunting and to some, impossible. The truth is, it's very easy and therapeutic for us to do. As we write, we express ourselves, let go of negative feelings that may be bothering us, and we become more and more skilled in writing techniques. Below is a walkthrough writing poetry that speaks to you. If it doesn't work for you, feel free to use your own methods to help you figure out your thoughts!

- **Step 1:** Think about your topic- what do you want to write about? It could be anything from mental health, love, travelling and so on. Choose your topic and you're off! For example, I will choose the topic of love, keeping in tune with the idea of relationships.
- **Step 2:** This is about writing words associated with the topic you've chosen. As I've chosen "Love" for mine- here are some of the words I've come up with: Love! Appreciation, Intimacy, Friend.
- **Step 3:** With these in mind, you can start to map out your poem more simply. Line your words up side by side, and start to brainstorm words that rhyme with them, or are close to rhyming with the words you've chosen.
- **Step 5:** You are set. You have your words and a vague idea of how you'd like to get your point across. Don't worry about the words you didn't highlight, they helped you figure out what you wanted. You can also use them again, almost like you're recycling your thoughts for the next poem, or story or book...

Example:

<p>INTIMACY</p> <p>Legitimacy</p> <p>Ultimacy</p> <p>Summary</p> <p>Intracacy</p> <p>Minimally</p> <p>Muddy</p> <p>Traditionally</p> <p>Unconditionally</p> <p>Limitlessly</p>	<p>FRIEND</p> <p>Resend</p> <p>End</p> <p>Blend</p> <p>Co-depend</p> <p>Depend</p> <p>Suspend</p> <p>Transcend</p> <p>Befriend</p> <p>Boy/Girlfriend</p> <p>Dead-End</p>
<p>APPRECIATION</p> <p>Frustration</p> <p>Inspiration</p> <p>Admiration</p> <p>Station</p> <p>Action</p> <p>Cooperation</p> <p>Affiliation</p> <p>Affirmation</p> <p>Liberation</p>	<p>LOVE</p> <p>Above</p> <p>Dove</p> <p>Beloved</p> <p>Clove</p> <p>Curve</p> <p>Chose</p> <p>Hereof</p> <p>Thereof</p> <p>Whereof</p>

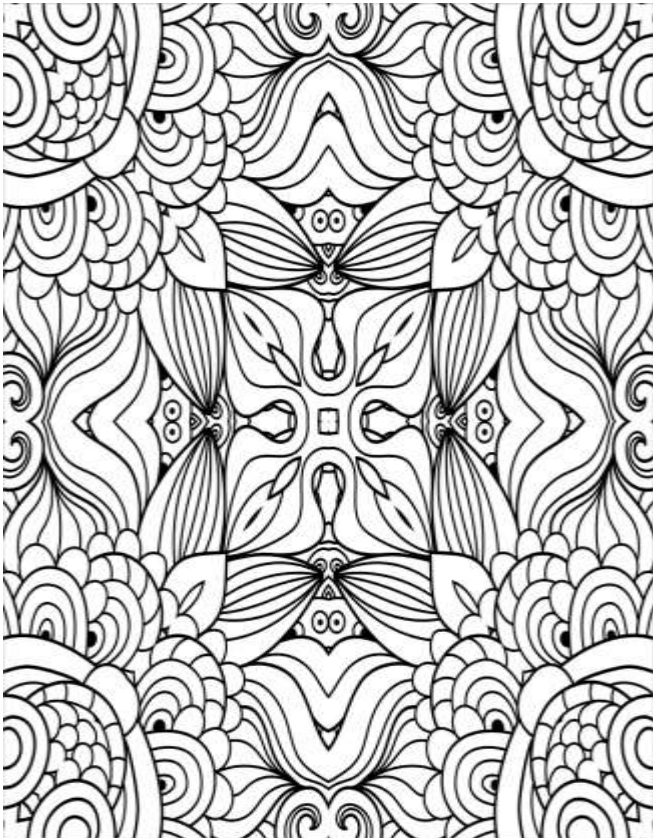
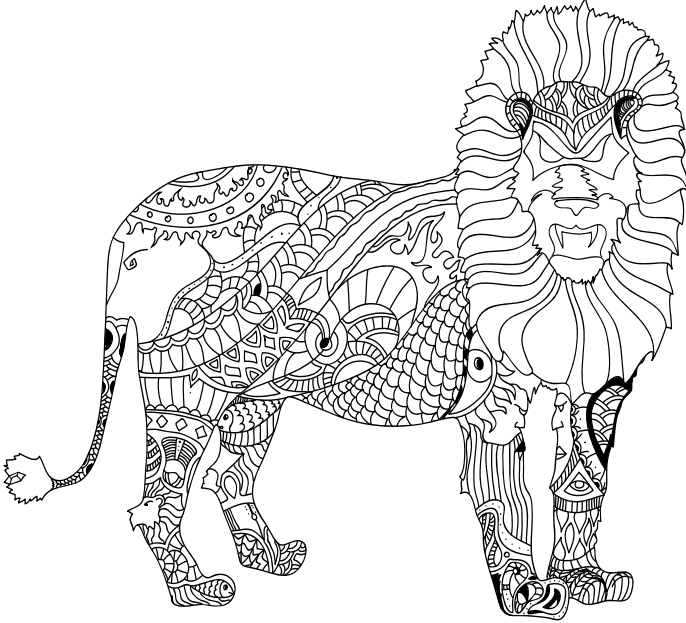
Love:

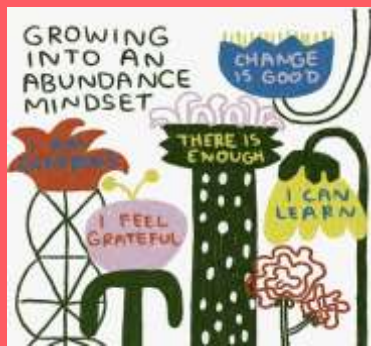
An emotion, a feeling, a friendship, a healing.
 It goes above our structured thoughts,
 Has beloved our deepest hurts.
 Embracing frustrations,
 Co-operating with us to share in inspirations,
 Affirms us in a path that brings liberation.
 An intimacy that is ultimately, legitimately,
 unconditionally
 Wholesome.
 The one you love is the one you befriend,
 that person you can
 Depend on.
 Because after all,
 Love is:
 An emotion, a feeling, a friendship, a healing.

Have as many verses as you feel you need and get started! There is no failure here, only practice. Whatever the result of the work, it is a creative piece that you designed so you should be very proud of it. Don't feel the pressure to share it with those around you, but it is completely up to you and how confident you feel in sharing your work! Others will learn and benefit from your poems, and you may just help them spell out their own emotions too.

Take a break with colouring

Simply colouring and working with your hands can be a very relaxing and mindful practice. If it sounds like your cup of tea: ready the colours, get set, go!





4. Abundance Mindset. Often, we can speak negatively to ourselves, believe lies already told and affirm qualities in us that are simply untrue. When we speak about healthy relationships, it's important to recognise just how important a healthy relationship with our own self can look like.

Activity: Draw the picture above into a journal, or on paper, ready to be put in a frame as a daily reminder! Or, better yet, have a go at designing your own creative artwork that symbolises positive self-speak, or words and phrases with beautiful outlines like these flowers next to them, that you feel would help you grow and affirm yourself. Use this space to jot down some compliments to yourself:



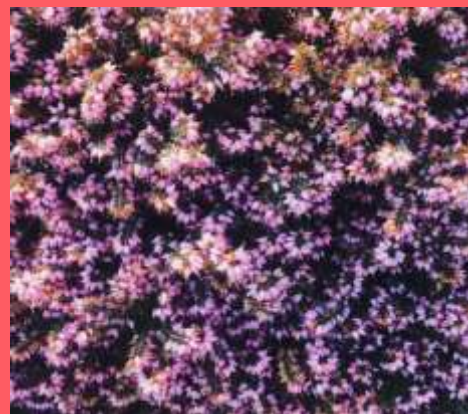
I feel....

I am...

I am talented at...

5. Nature Snap. Many of us have a sincere love and passion for photography. Taking pictures has become a hobby of many and with access to cameras being so easy, why not set yourself a challenge to snap up some beautiful Spring sceneries like the one here. Find flowers, blossoming trees, evergreen trees, bushes, birds and vegetables that have stunning colour combinations.

Then, once you get home, have a look at just how beautiful your camera roll will be. Plus, getting out in the sunshine (hopefully!) and fresh air is so healthy for us, especially in a time as unpredictable as this one.



Tip: If you're feeling very invested in this activity, you can download and use apps like PlantSnapp and FlowerChecker and much more to tell you exactly what kind of plants you're finding, and even the Latin names they have!

6. Closing Activity. With the positive attributes you outlined in all the activities above, write out some ways in which you could positively encourage someone in your household using these qualities. For example, how you could show that you love and appreciate someone?

Get crafty and creative and find ways to show how you can embody every single positive and healthy quality you came up with before.

Tip: To show love, design a card with a poem or words written inside telling the other person how much they mean to you. Alternatively, create an art piece, a picture, poetry, or anything you can think of to demonstrate how you feel about your loved ones. Kindness spreads faster than anything else!

• FRIDA KAHLO •

SURREALIST ARTIST

Once there was a Mexican girl whose name was Frida. When Frida was six, she became very ill. The disease she contracted was called Polio and she had to stay in bed for nine months.

After nine months, she recovered from her illness, but because of it, her right leg remained thinner than the left and she limped when she walked. Nevertheless, Frida's father encouraged her to play soccer, go swimming, and even wrestle! Frida recovered and became a joyful teenager.

When Frida was 18, she was riding a bus that collided with a trolley car. The accident left her with several fractures and, again, with a very long recovery in front of her. At the time, Frida was studying medicine.

Since she couldn't go to school, Frida began to paint. Her mother had a special easel made so that she could paint in bed and her father loaned her his brushes and oil color set.

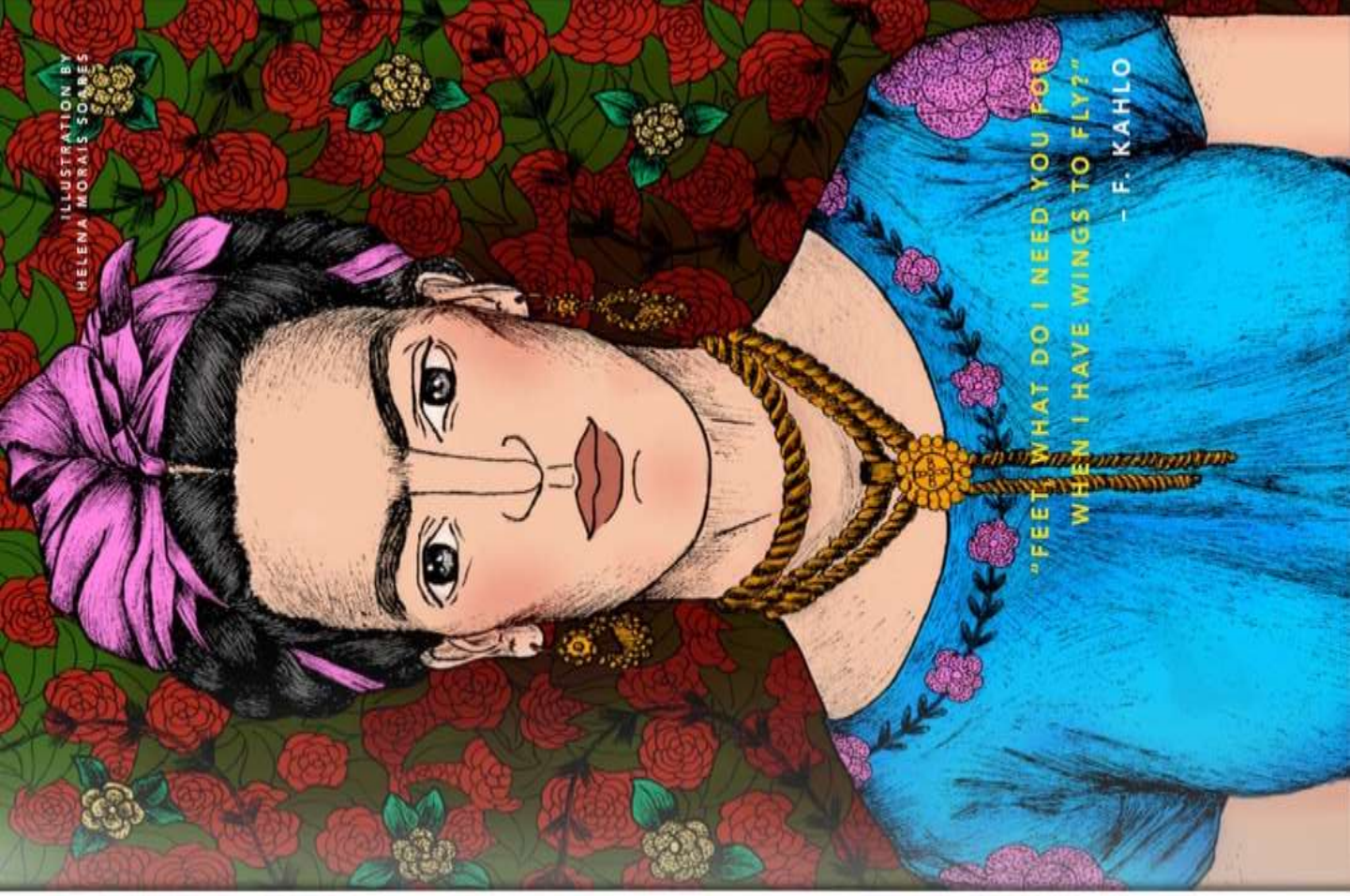
Frida became so good at painting that, when she recovered, she went to meet a very famous Mexican painter named "Diego Rivera" to show him her paintings and ask him if he thought she had talent. Diego Rivera was impressed by her work and encouraged her to keep painting.

Two years after their first encounter, Diego became Frida's husband and they traveled the world together, living in Paris, San Francisco and New York. Diego was very tall and had a big belly, while Frida was very short and thin. Because of this, people called the pair "the Elephant and the Dove".

Frida Kahlo created at least 140 paintings, 55 of which were self-portraits; and today, she is considered one of the most important painters of the 20th century.

JULY 6, 1907 – JULY 13, 1954

COYOACÁN, MEXICO



Self-care Word search

Solutions on page 41



Acceptable

Comfort

Humble

Management

Relaxation

Shower

Trusting

Accountability

Confidence

Hygiene

Memory

Respect

Sleep

Value

Awareness

Courage

Independent

Mindfulness

Self-Image

Social

Calm

Focus

Love

Plan

Self-Care

Supporting

What do these words mean to you? What are some more words that you link to self-care?



Self esteem journal



In this strange time, any accomplishment is a BIG accomplishment. Here you can record your daily accomplishments, big or small, it all counts! This small exercise can help you strengthen your self-esteem: as you write, pat yourself on the back: some days even brushing your teeth is a big accomplishment and you should be proud!

Monday	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
Tuesday	Today I accomplished...	
	Something I did for someone...	
	I had a positive experience with...	
Wednesday	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
Thursday	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
Friday	Something I did well today...	
	I had a positive experience with...	
	I was proud of someone when...	
Saturday	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
Sunday	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	

The Self-Care corner

While we are staying safe at home our self-care and emotional well-being are so important! Here are some **Self-Care tips**:

- Take deep breaths
- Drink a lot of water
- Hold something that is calming; be it a pet, a stone or something just special to you!
- Stretch, dance, move, or just be silly for a few minutes
- Open a window and get some fresh air!
- Notice and list things in your surrounding
- Sing or listen to your favourite song
- Research a role model that empowers you!

What TO DO during lockdown to protect your emotional well-being and self-esteem:

- Plan your time! Yes, that's right, plan your time! Being at home and not at school does not mean you can't plan. Have a diary/ reminder on your phone to do some self-care exercises (please see above).
- Keep in touch! Yes, you are self-isolating, but you can still keep in touch with your friends via zoom or other platforms where you can video call.
- Talk to people you trust and who can support you. There is nothing better than having the support of people you can talk to. So have a list of people you trust or charities that can support you.

What NOT TO DO during the lockdown to protect your inner peace:

- Don't expose yourself to the news! We are hearing and seeing so much on the news right? So, how do we protect our peace? Try to avoid watching the news so often; keep yourself updated, but don't get into too much.
- Avoid social media platforms that are constantly referring to the situation.

Dear Future self...

Who said writing is a thing of the past?

This is the best time to journal your thoughts! Our memory is an incredible thing, but there is so much we forget, it's good to have a space to record your thoughts feelings and experiences. This will both help you to better understand yourself, and also will create a sort of time capsule for your future self to open sometime from now. Write to your future self, tell them about how you were on lockdown and how you felt. Tell them about your bad and good days, the skills you discovered you had and the small things that brought you joy. Tell them how you built RESILIENCE through everything that was happening at home or in the outside world!

The space below is to speak to your future self, you can journal, draw, write poetry, or even record video or audio journals.

Dear Future Self....

Dear Future self...

The River of your Life

Throughout this journal, you have read stories about inspirational humans. But you are an inspirational human too! So it's time to write YOUR story. You can use the 'River of Life' concept: think of your life as a river, starting from a source (your family, your birth), and moving, unstoppable, to where you are today, and towards the sea. Draw a river and write your story on it. Where did you begin? What are the phases of your life? What did they feel like? What did you like/dislike? What has changed today? What are some stories/ anecdotes from your life? What are the twists and turns? Who are the people that changed the course of your river? Who are you, and what determined who you are today? What are you moving towards? Take time and space to capture each part of your river and write your story! (Use a larger piece of paper if needed!)



The compass of Self-care



The Compass of Self-Care points to your **Physical**, **Emotional**, **Social**, and **Mental** wellbeing. Check out our tips and create your own Compass of Self-Care on the next page!

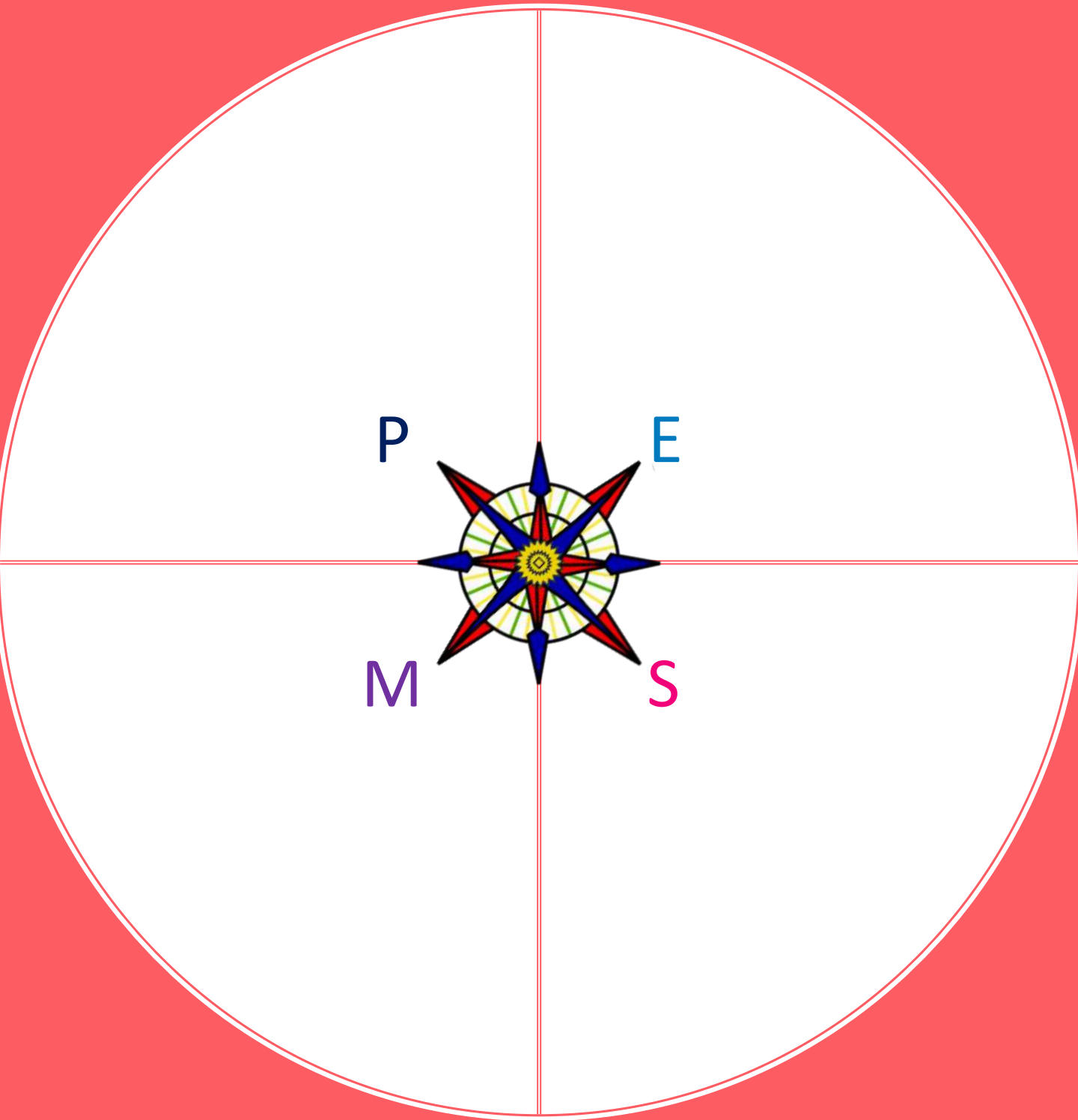




The compass of Self-care



The Compass of Self-Care points to your **Physical**, **Emotional**, **Social**, and **Mental** wellbeing. Follow the example on the previous page and create your own Compass of Self-Care with strategies for your wellbeing!





My happy place



Spaces and places have never seemed as important as they do now that our movements are limited. Here you can draw or describe your happy place, in as much detail as you can. What are the features of your happy place? What can you hear? What can you see? Is there someone there with you? Does your happy place have anything in common with the place you are now? Sometimes if we can't go to our happy place, we can make a happy place out of the place we are in!

Mindfulness & Meditation

Mindfulness is a form of awareness, a way of paying attention to one's experience that is deliberate, sustained and nonjudgmental. Meditation is a tool for mindfulness, the practice of focusing the mind and training awareness. Scientific studies have shown that these practices have so many benefits, including reducing stress and improving mental and physical health. Take some time out of your day to research mindfulness techniques and find one that suits you!

Visit ShamashAlidina.com for more Mindfulness tips



MEDITATE

A short few minutes feeling your breath to a full body scan, or yoga practice. Meditation means to pay attention to your thoughts, feeling, body, breath, or to connect with one of your senses for a length of time that you choose.



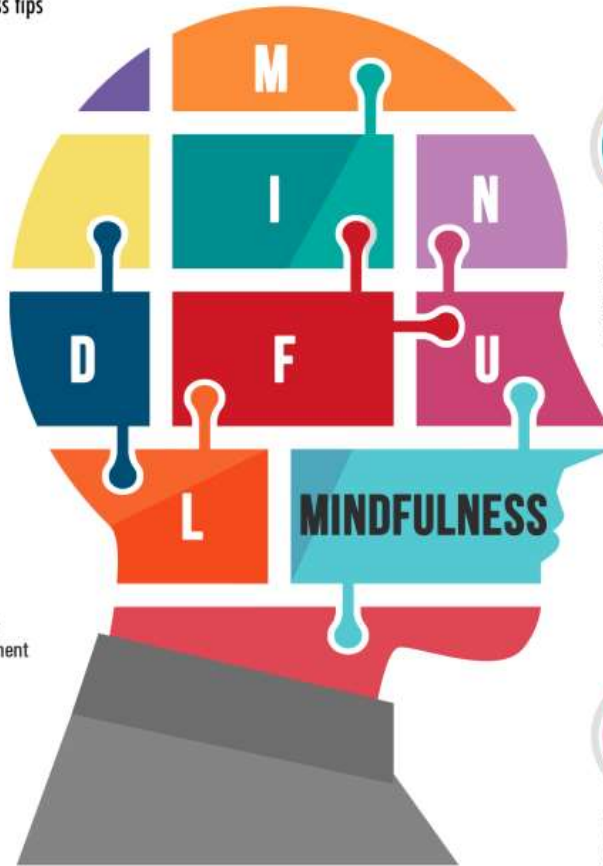
BE NONJUDGMENTAL

Don't judge yourself for being judgmental! It's a habit for minds to be judgmental - within your meditations, just notice and smile at any judgement you notice.



FORGIVE

Begin by forgiving yourself for the mistakes you've made. Then learn to forgive others. Holding on to grudges hurts you more than anyone else. Try taking a deep breath and as you breathe out, gently say to yourself 'let go'.



INTERPRET DIFFERENTLY

Change your attitude, your interpretation of events, to live a better life. Interpretation is about directing your attention to the positive, not just the negative. See the good



DISCOVER

Mindfulness is about discovering more about yourself and the world around you. Be like a child and enjoy having a fun sense of awe and wonder



URGE SURF

Urge surfing is the act of noticing when you have an urge to do something and deciding to just watch that urge rise up and fall instead of habitually fulfilling your desire.



LOVE AND LOOK AFTER YOURSELF

Looking after yourself with sufficient sleep, exercise, pursuing interests, socializing, having some fun, and meditating are all necessary for human functioning; they are not luxuries. This is essentially the practice of self-compassion and part of what I call Kindfulness.

tips

1

Choose a time and prompt

Research meditation videos and apps that you like and put a daily alarm on your phone.

2

Set a timer

Start small and build your self up to longer sessions.

3

Find a comfortable space and position

4

Pay attention to your body and posture

5

Take deep breaths

6

Direct your attention to your breath

7

Be kind to yourself

Don't be upset if your focus drifts or you fall asleep, it takes time to master the practice and some days may be easier than others.

Excerpts from: *Stories for Boys who Dare to be Different* and *Good Night Stories Rebel Girls*

SALVADOR DALÍ

(1904–1989)

At school, Salvador would always get angry or act strangely, and the other kids would make his life miserable. He looked and acted too different to be understood.

Things didn't get much better when he moved to art school either. There, Salvador spent most of his time daydreaming. Eventually, he was expelled for causing chaos.

Salvador travelled to Paris instead, to hone his craft among other artists. He made films, sculptures, and bizarre, dreamlike paintings, where clocks melted and elephants wandered through clouds on legs as tall as skyscrapers.

Everyone loved them. Just like Salvador, they were unlike anything anyone had seen before. The strange things he used to be bullied for ended up being the things that everyone celebrated in him. Now people were excited when Salvador acted strangely.

Once, he filled his car with hundreds of calliflowers and drove through the streets of Paris, handing them out.

Another time, he gave a lecture in a deep sea diving suit. As a pet, he kept an ocelot, which is a large cat, like a puma, but with stripes. Whenever he took it into restaurants, the other diners would always be terrified. He'd tell them not to panic, and that it was just a normal cat that he had 'pointed over'.

Salvador was so popular that all kinds of people, places and companies wanted his work. If you've ever had a Chupa Chups lollipop, then you've seen a piece of his art, because it was Salvador who designed the logo.

Ultimately, Salvador became one of the most iconic and best-loved figures in art history, all because he stayed true to himself.

What better way to fill the time than to play loads of games? Break out the cards and board games! You don't have any? No problem! Here are 10 game ideas, to play on your own or with your family, that only require pen and paper. You can also check the Resources page for some online and multiplayer games.

Charades

2+ People  Pen & Paper

Tip: Before the game starts, agree on gestures with your team, e.g. a gesture for 'book', 'movie', etc.

1. Write movies, books, concepts, and people on small pieces of paper, fold them and place them in a bowl.
2. If you are less than 4 people, you can all be in the same team, otherwise divide in teams of at least 2 people each.

3. Each person takes a piece of paper and has 1 minute to act out what is on their paper without using words or sounds and their team has to guess. At the end of the game, the team that guessed the most wins!

Squiggle

1+ People  Pen & Paper

Tip: You can make all your squiggles into stories or comic strips.

1. Play on your own or with someone else.
2. Close your eyes and draw a random squiggle on the paper, let your hand go free without thinking about it.

3. Open your eyes and you (or the other person if you are playing with someone) look at the squiggle from all directions and figure out what it looks like to you.

4. Now add to the squiggle to fully make it into the shape that you saw.

Pictionary

2+ People  Pen & Paper

Tip: After the game, you can make your drawings into stories or comic strips.

1. Write movies, books, concepts, and people on small pieces of paper, fold them and place them in a bowl.
2. If you are less than 4 people, you can all be in the same team, otherwise divide in teams of at least 2 people each.

3. Each person takes a paper and has 1 minute to draw what is on their paper without using sounds, letters or numbers, and their team has to guess. At the end of the game, the team that guessed the most wins!

Memory

1 Person  Pen & Paper + Scissors

Tip: Challenge yourself by setting a timer or counting your moves!

1. Cut up your paper into little cards. You will need an even number, the

higher the number, the more challenging the game!

2. Divide the cards 2 by 2 and for each couple draw or write the same thing (2 cards can have butterflies, 2 can have the letter B, etc.). Building your deck can be as fun as the game itself!

3. Once your deck is done, shuffle it and place all the cards face down in front of you. Uncover 2 at the time, memorize their content/position and then cover them again. The goal of the game is to match all the couples in the shortest amount of moves.

Name, city, animal

1+ People  Pen & Paper

Tip: You can add as many categories as you want!

1. At the top of a piece of paper, create a table as follows:

Letter	Name	City	Animal	Thing	...

2. Draw a letter at random. You have one minute to write something that starts with that letter for each category.
3. If you are playing alone challenge

yourself with more categories or shorter time.

4. When the time is up, score your answers, 10 pts per answers, 5 pts if someone else got the same answer and 0 if you left it blank.

5. Now move on to another letter. At the end, the highest score wins!

The Game room

What better way to fill the time than to play loads of games? Break out the cards and board games! You don't have any? No problem! Here are 10 game ideas, to play on your own or with your family, that only require pen and paper. You can also check the Resources page for some online and multiplayer games.

20 questions

2+ People 🎮 Your imagination!

Tip: This, along with some of the other games here, can also easily be played on the phone/video call!

1. Think of a thing or person and keep it in your mind. This can be anything at all that can be described in one word.
2. The other person or people will ask up to 20 YES or NO questions in order to guess what you thought.

3. If they guess within the 20 questions, they get a point, if they don't you do.
4. Now switch places and repeat!

Who am I ?

2+ People 🎮 Pen & Paper

TIP: You can also write the names of your friends and family as characters, so long as everyone knows them.

1. Write the name of a famous character on a small piece of paper without showing it to anyone.
2. Each player sticks the paper they have written on the forehead of the player to their right. In this way everyone will be assigned a character that only they cannot see.

3. The object of the game is to figure out which character is written on your forehead by asking YES or NO questions to the other players. On each turn, if the answer to your question is 'yes', you can ask another question, if it's 'no', you pass the turn.

Song quiz

1+ People 🎮 Music player/your voice

Tip: This, along with some of the other games here, can also easily be played over the phone/video call!

1. Play or sing 5 seconds of a song then pause it (you can play/sing from any point of the song).
2. The other players have to guess the song (10pts), or artist (10 pts), or both (20 pts).

3. If you are playing alone, just set a playlist on shuffle and pause/mute each song after 5 seconds. You can challenge yourself by reducing the time to 3 seconds, and so on.

Frantic Phrases

2+ People 🎮 Pen & Paper

1. Each player has pen and paper. The object of the game is to create funny stories together.

2. On each turn everyone writes the answer to one of the questions in white without showing anyone. Then you fold the paper and pass it to the player to your right, and move on to the next turn. Ex. On the first turn everyone writes the 'who' of their story, then fold and pass the paper, on the second turn, everyone writes the 'with whom', then fold and pass, etc.

1st turn: WHO, 2nd turn: WITH WHOM, 3rd turn: WHEN, 4th turn: WHAT DO THEY DO? 5th turn: HOW? 6th turn: WHY? 7th turn: HOW DOES IT END?

3. After the final turn you unravel the stories and read them out (you should have as many stories as players and for each story everyone will have contributed at least a turn).

Fishbowl

2+ People 🎮 Pen & Paper

1. This game is a mixture of the games Taboo, Password, and Charades. Write movies, books, concepts, people, etc on small pieces of paper, fold them, and place them in a bowl.

Example: The word on the paper is Pizza. 1st Turn: 'This is a typical Italian food with sauce and cheese', 2nd Turn: 'Italian.', 3rd Turn: mime cutting a pizza, and eating a slice.

2. If you are less than 4 people, you can all be in the same team, otherwise divide in teams of at least 2 people each.

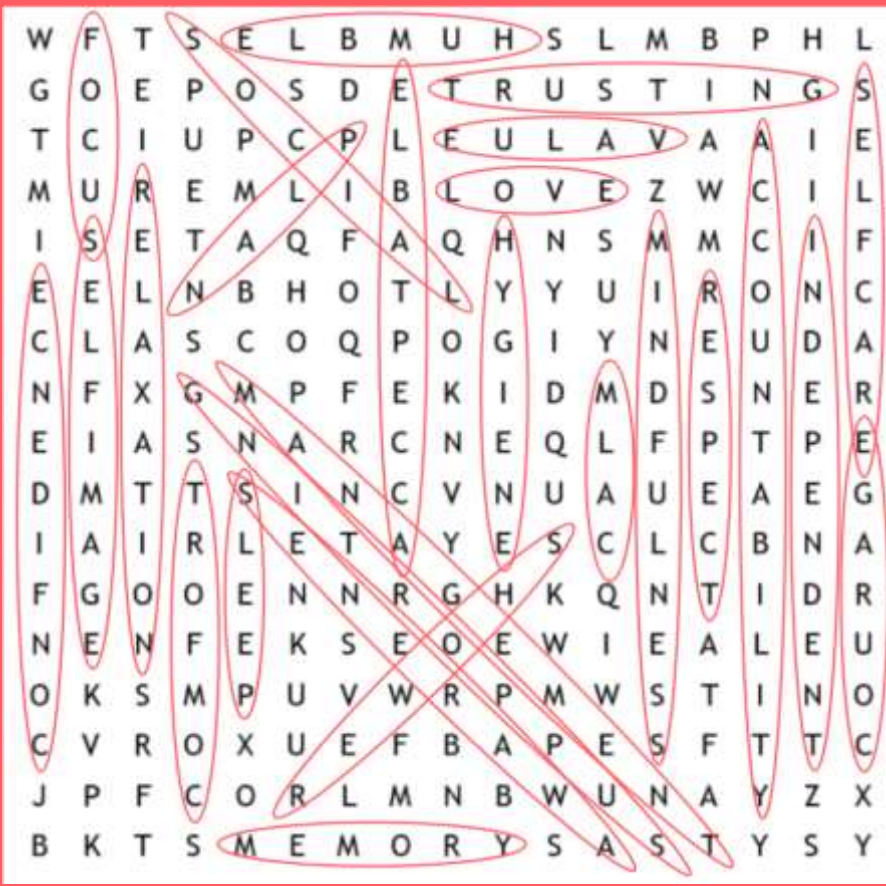
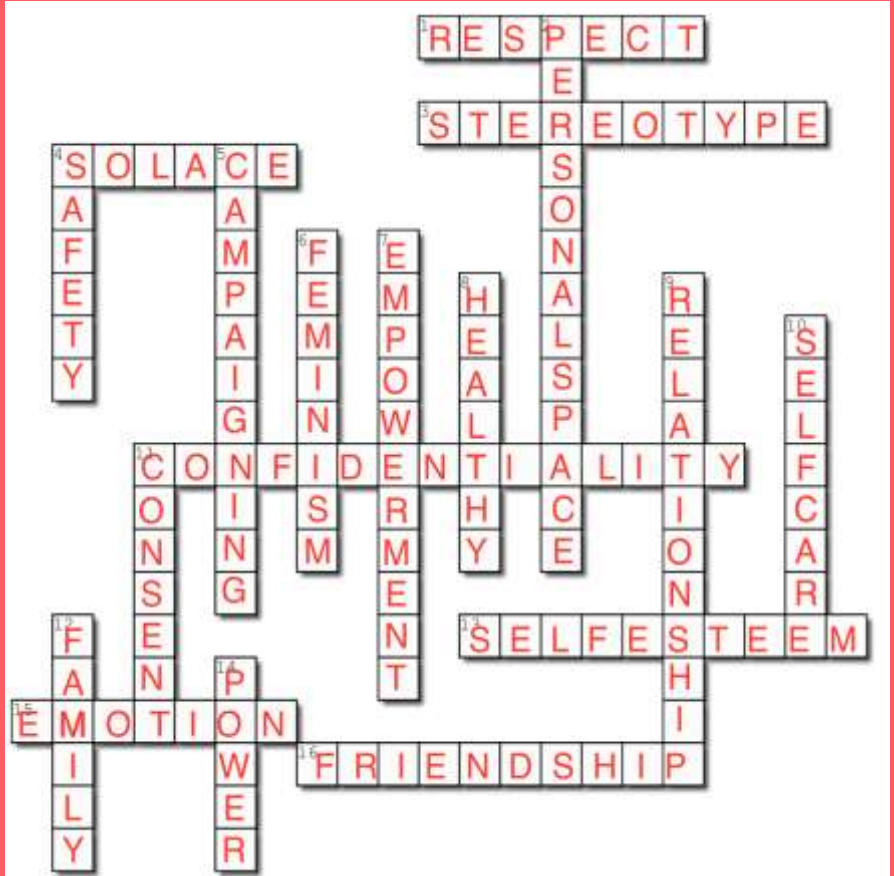
3. In the 1st 'Taboo' round, each team has 1-minute rounds for each player to pick a piece of paper and explain it by using only words (as many as necessary), while their team has to guess. The round finishes when all the papers have been guessed. The team with most guesses wins the round.

4. Place all the papers back in the bowl. The 2nd 'Password' round, works exactly like the first, except players are now allowed to use only one word to describe their paper. It's important to pay attention to the words used in the previous round to use as a hint.

5. The 3rd 'Charades' round, is like the first 2, except now players can only mime their paper without words. The team with the highest number of guesses across rounds wins!

Solutions

Crossword puzzle
Page 14



Word search
Page 28

Links

➤ Support

www.hestia.org/brightsky

www.mind.org.uk

www.111.nhs.uk/covid-19/

www.solacewomensaid.org

www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

➤ Self-Care

www.bbc.co.uk/food/recipes

www.calm.com

www.countryliving.com/food-drinks/g648/quick-easy-dinner-recipes/

www.mindfulnessforteens.com/guided-meditations/

www.shethepeople.tv/blog/self-care-lockdown-tips-feel-good

➤ Games

www.elitedaily.com/p/8-online-games-to-play-with-friends-for-a-virtual-hangout-22698821

www.matadornetwork.com/life/boardless-cardless-games

www.ravereviews.org/features/best-board-games-of-all-time/

Watchlist/Reading-list

➤ Literature

Anne Bronte, Tenant of Wildfell Hall

Emma Donoghue, Room

Daphne Du Maurier, Jamaica Inn

Bernardine Evaristo, Girl, Woman, Other

Paula Hawkins, The Girl on the Train

Alice Sebold, The Almost Moon

Trent Shelton, The greatest You

➤ Video

Unbelievable

When They See Us

The Mind Explained

Sex Explained

Drawn Out (Youtube)

Shiro's Story (Youtube)

References

Excerpts from: Stories for Boys who Dare to be Different and Good Night Stories Rebel Girls

Crossword maker teacherscorner.net

Feelings BigLifeJournal.com

GROW Goal-setting: White Heart Coaching Training

Mindfulness illustration: ShamashAlidina.com

Self-esteem journal TherapistAid.com

#Solace Self-Care Challenge



And how do YOU #selfcare ?

We want to know !

Solace is launching the **#solaceselfcare** challenge on Instagram for everyone to share their Self-Care practices.

In this strange and difficult time, it is so important to look after our wellbeing. We want to feel connected, inspire and empower one another, share our story... And have fun!

The challenge:

Take time out of your day to practice selfcare every day for a week and document your practice with a picture or short video. Get as creative and original as you can!

Spread the word and nominate your friends and family to join the challenge.

Self-Care is anything that you spend time doing to enhance your physical/emotional/mental wellbeing: exercise, colouring, writing/reading, meditation, creative projects, activities from this journal, all is fair game!

If you are under 18:

To participate: Email CYPsocialmedia@solacewomensaid.org with a picture of the consent form (on the next page) signed by your parent/guardian. This is very important as your safety is our main priority.

To Post: Send your self-care pictures/videos to CYPsocialmedia@solacewomensaid.org with your name, age, IG handle (if you have one), and a short description/story about your self-care journey. We will monitor the content, to make sure it's safe, and post it for you!

If you are over 18:

Simply post your picture/s, with your name, age, and description of your self-care with the hashtag **#solaceselfcare** and tag us **@solacewomensaid**.

Be mindful:

- 1) Social media is a wonderful tool to connect, learn, and socialize, but, like all tools, it should be used in the right way, otherwise it holds great risks for safety and wellbeing. So, please be mindful in assessing and monitoring any risks this might represent for you. You can avoid sharing personal information, including your face in the photos/videos, or send us the material so we can post it for you.
- 2) Any inappropriate/offensive/risky content will not be posted or taken down.

I confirm that I have read and understood the guidance on the Solace Self-Care Challenge on Instagram.

I authorize my child/ward _____ to participate in said challenge and for the contents they will send to CYPsocialmedia@solacewomensaid.org to be posted publicly on the Solace Instagram account.

I agree for my child/ward to assess and monitor any and all risks connected to a social media presence, and to take precautions (e.g. not including faces/personal information in the posts) to minimize these risks.

I understand that safety is a paramount concern and that Solace reserves the right to edit or not post content that is deemed to be a safeguarding risk, and/or that is in any way inappropriate or offensive.

Print parent/carer name: _____

Parent/carer signature: _____

Date: _____



solacewomensaid.org

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