



Find Your Feet

Pupil Resource



Introduction

YoungMinds is leading the fight for a future where all young minds are supported and empowered, whatever the challenges. They're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The activities you are going to complete are part of our national Find Your Feet programme, which is funded by the Asda Foundation.

Find Your Feet is about change and focussing on the transition from primary to secondary school.

Learning about change and how to cope with it will help you with this particular transition, as well as helping you to recognise the strengths you have to deal with and prepare for many other changes and challenges you will face in life.

Today, we'll be focussing on change and how it can affect our mental health and where you can go for help.

It is important for you to have a chance to try out different coping skills and methods and find the ones that work for you.

Whether you are getting ready to start secondary school in September, or you've already started, this activity pack can help you to understand how to get through this new part of your life and how to look after your mental health at the same time.

The Asda Foundation has funded this Find Your Feet resource for schools.





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What is mental health?

Everyone has mental health.

Our mental health is about how our minds grow and learn and about how we overcome the struggles we face, so that we can make the most of our strengths and succeed in life.

The way we feel, behave and cope may change and sometimes we need to find support or an adult we can trust to help us.

Good mental health helps us with things like:

- Having good friendships
- How positively we see ourselves and the world around us
- Our ability to learn
- Being able to do the things we enjoy
- Setting goals for ourselves and reaching them

Just like we can all look after our bodies, we can also all look after our minds. Mental health includes all the feelings we have - good and bad, and is different for every person. Sometimes you might feel really happy and positive, and other times you might feel sad or worried. How you feel can change all the time, and this is all a part of your mental health.

Going through a new change can sometimes create new feelings that we might not know how to deal with. Thinking about how we can look after our mental health can help us to manage these feelings before they get too big.

Facts about mental health

“We all have mental health, just like physical health”

“You can go to a doctor for your mental health”

“People with mental ill health can often get better or learn to manage their condition”

Let's get started!

Activity 1:

My support network

What is a support network?

A support network is a group of people (or pets!) who we have in our lives, who provide support, advice, or sometimes just listen to us when we need someone to talk to. Talking to them can help us to solve a problem, or just makes us feel better.

Why is this important?

Sometimes when we go through a new change, or have feelings we might not completely understand, it can feel very lonely. Identifying people in our support network can remind us that there are people in our lives to support us, and we can reach out to them when we need to.

Activity:

- Using the diagram on page 6, choose one of the options below to fill in the small circle:
 - find a photo of yourself, cut and carefully stick it into place (check with an adult first to make sure it's ok to use, or if you need help)
 - draw a picture of yourself (stickmen are welcome!)
 - write your name
- Use the big circle to write the names of all the people you can think of that you can include in your support network. This can be anyone you trust or anyone that cheers you up – even your pets! Remember to use the tips on the right if you get stuck.
- If you want to add some more colour to your support network, try out the extension activity on the right.

Time:

10 - 15 mins



Resources:

- My support network handout (page 6)
- Pens/pencils
- Photo of you (optional)
- Scissors – if using a photo
- Glue/blu tack/sellotape – if using a photo
- Colouring pencils/markers (for extension activity)

If you get stuck:

Try and think about all the different places where you have people you can talk to. These can be:

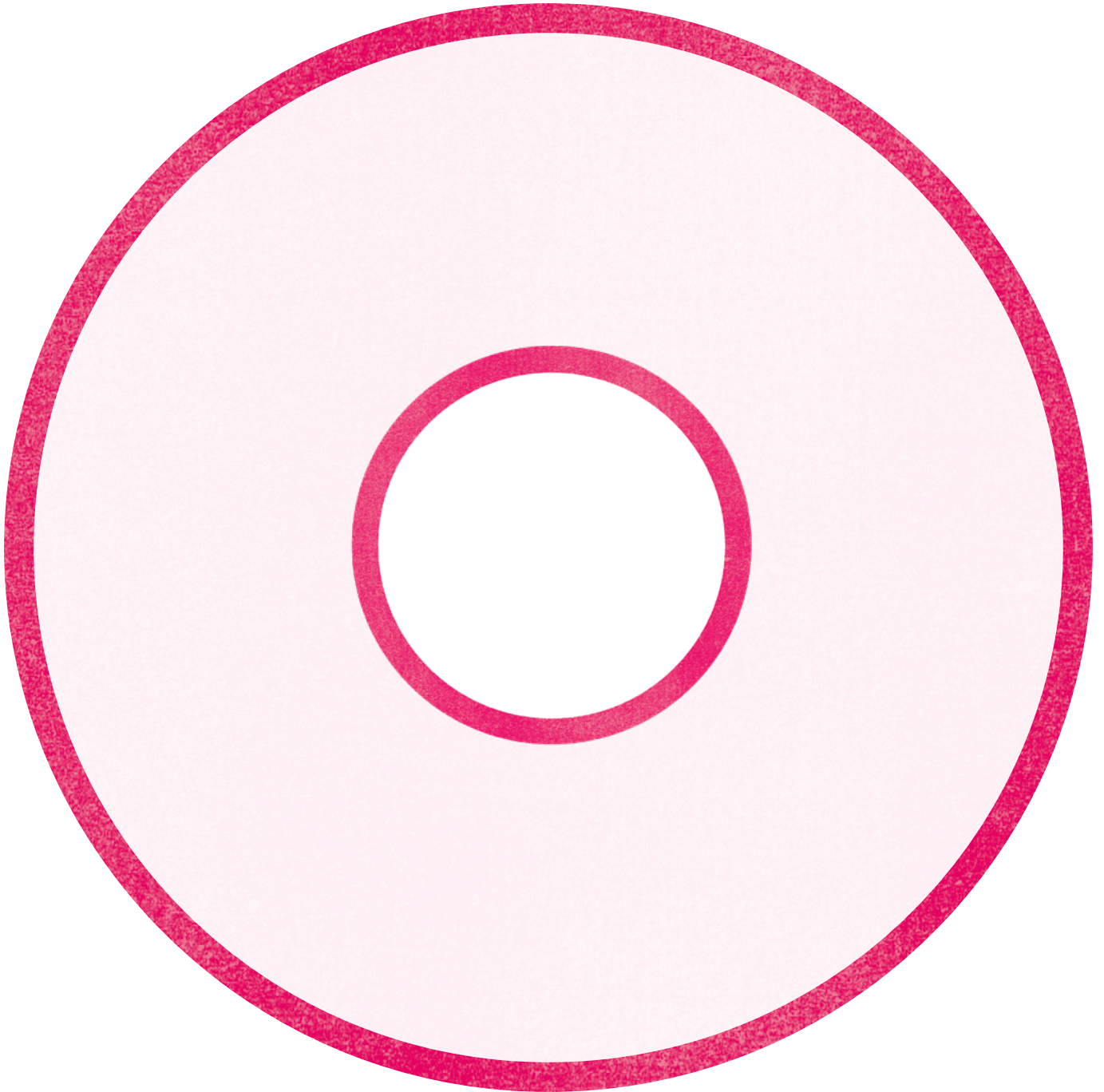
- At home
- At school
- At youth/activity clubs
- Charities/helplines

Extension activity:

If you want to, you could add some colour to your support network! Why not try grouping the different people you've named into different colour categories, for example:

- Family in green
- Friends in blue

Activity 1: My support network



Activity 2:

Personal strengths

What are personal strengths?

Our personal strengths are the things we are good at, whether that's because of a natural ability or through lots of learning and practising. They can be creative activities, or sport related. They can also be simple things, such as being a good friend, or a good listener – we are all good at something!

Why is this important?

It can be difficult to think about what we are good at sometimes because we don't often take enough time to appreciate ourselves and our strengths. Understanding our strengths helps us to be better prepared for dealing with change, and the feelings that come with it.

Activity:

- Using the speech bubble on page 8, write down something that you think you are good at on the blank line – have a read of the tips on the right if you find this activity tricky! Below are some examples you can use if you get really stuck:
 - Being a good friend/listener
 - Sports, i.e. football, dance
 - Arts, i.e. drawing, singing
- On page 9 there are some “because” stars, which will need to be cut out carefully (ask an adult to help if needed). On each star, write a reason/skill that makes you good at the personal strength you have written in your speech bubble, for example:



- Stick your 3 stars onto your speech bubble.

Time:

15 - 20 mins



What you will need:

- Personal strengths - Speech bubble (page 8)
- Personal strengths - Stars (page 9)
- Pens/pencils
- Scissors
- Glue/blu tack/sellotape
- Extra paper (for extension activity)

If you get stuck:

Try and think about what your friends/family might say you are good at, or ask them if they are nearby!

Think about what skills you use/need to be good at this.

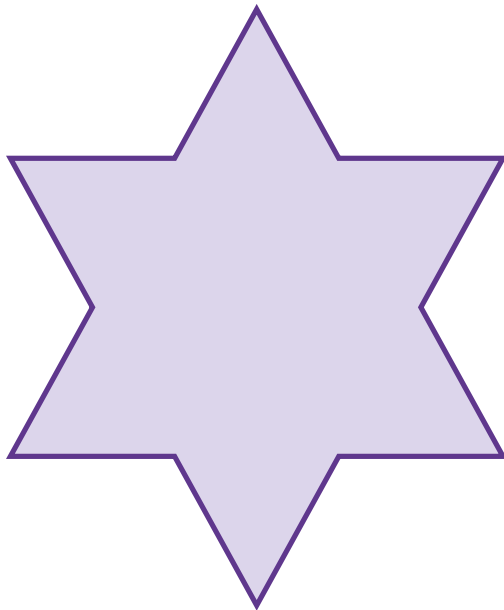
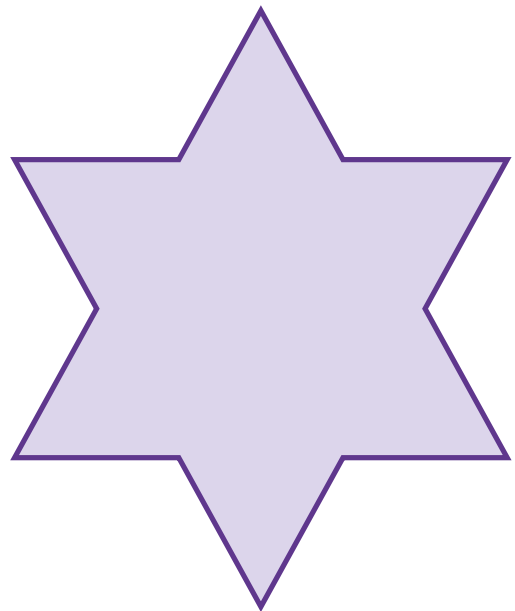
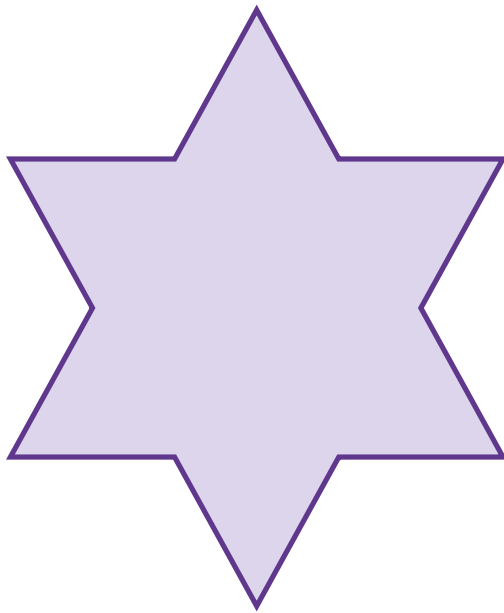
Extension activity:

Have a go at thinking about two more personal strengths, and what you think makes you good at them. You can draw your own speech bubbles on a piece of plain A4 paper, and write the reasons on the back.

Tell a friend or family member what you think they are good at and why.

I am good at

because...



Activity 3:

Worries and excitements

What comes to mind when we think about this?

For many of us, the move to secondary school will be the first big change or transition that we are experiencing. Change can bring lots of different feelings with it, but this activity will show us that although we may have worries, there are also things to be excited about too!

Why is this important?

Being aware of how the move to secondary school makes us feel can help us to understand how to look after ourselves and our mental health. Looking at things that we are worried about, as well as the things we are looking forward to, can help us to see that change can bring positive experiences too!

Activity:

1. Using the handout on page 11, think about all the things you may be worried about when considering the move to secondary school, and write these in the section that says "What are you worried about?" Here are some examples to get you started:
 - Homework
 - Getting lost
2. Using a different coloured pen (if you want to), now think about all the things that you are looking forward to at secondary school, and write these in the section that says "What are you excited about?". Here are some examples to get you started:
 - New subjects
 - Making new friends

Time:

10 - 15 mins



What you will need:

- Worries and excitements handout (page 11)
- 2 different coloured pens/pencils (optional)

If you get stuck:

If you are finding it hard to think of things that you are worried about/excited about, try thinking about some things that your friends might be worried/excited about.

You can also ask your family and friends about the things they were worried/excited about when they went through this transition themselves.

Extension activity:

Look back at all the worries and excitements you have listed, and have a think about which ones are more worrying or exciting than others.

Try numbering them in order of what is most worrying/exciting for you, i.e. if you are most worried about homework you would number it like this:

1. *homework*
2. *getting lost*

Activity 3: Worries and excitements

What are you
excited about?



What are you
worried about?



Activity 4:

My strategies

What is a strategy?

A strategy is a plan to do something. When we know something is coming up that might worry us or it's a change from what we are used to, it helps to make this plan to overcome any challenges!

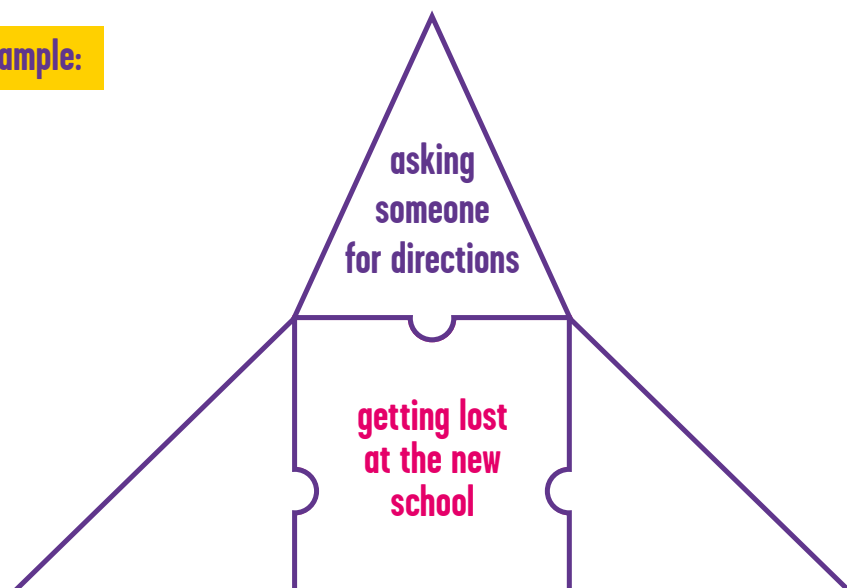
Why is this important?

Sometimes when we feel sad or worried, it can be hard to think of ways to make ourselves feel better. Having a strategy or a plan can help us to feel to more in control of a situation, and gives us a way to cope with the feelings that may come along with it.

Activity:

1. Look at the worries you wrote down in Activity 3 and choose **one worry** to think about.
2. In the "Worry" piece on page 13, write the worry you have chosen, for example, "getting lost at the new school".
3. Then think of a possible strategy or solution that would help you to manage this worry, and write this in the puzzle piece labelled "Strategy 1" on page 14. An example would be "asking someone for directions".
4. Repeat this for the other 2 pieces, thinking of 2 more strategies/solutions to your worry.
5. Carefully cut out your 3 strategy puzzle pieces (ask an adult for help if you need to), and stick them into place on page 13 to make a complete shape!

Example:



Time:

10 - 15 mins



What you will need:

- My strategies handout - Worry (page 13)
- My strategies handout - Strategies (page 14)
- Pens/pencils
- Scissors
- Glue/blu tack/sellotape
- Extra paper (for extension activity)

If you get stuck:

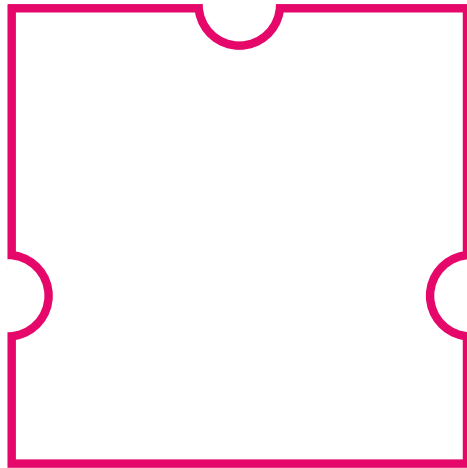
If it's a situation you can't change such as "amount of homework" then think about an attitude you can adopt to help you manage. These can be:

- Getting homework done early
- Asking someone to help you
- Create your own timetable for homework deadlines

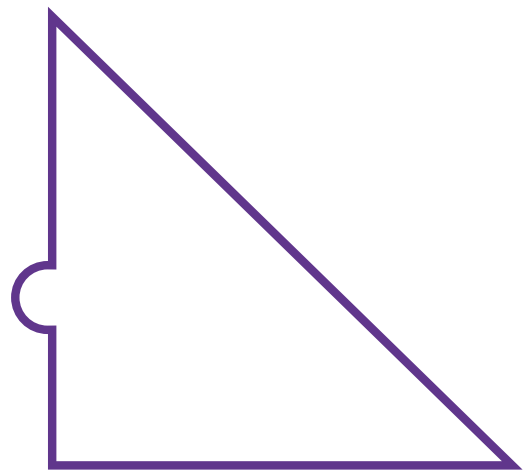
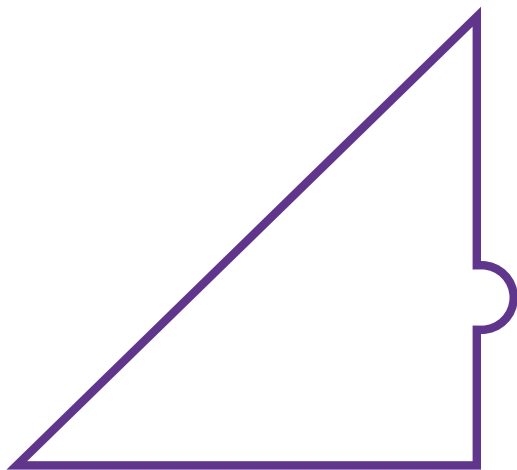
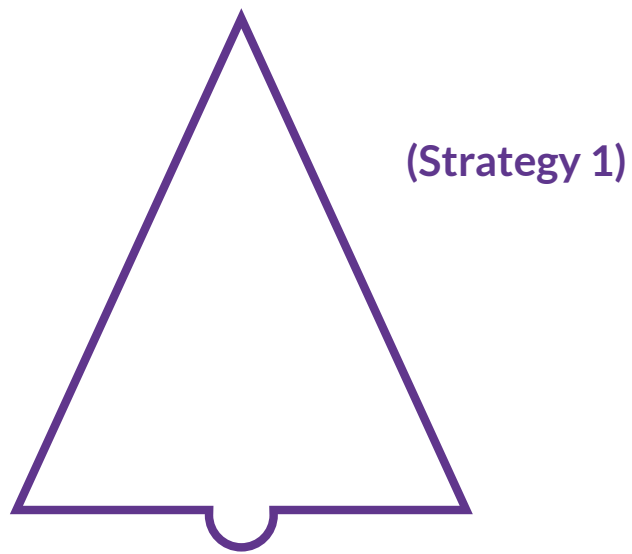
Extension activity:

Create your own puzzle to put together!

Once you have your puzzle, choose another 2 worries from your list and think of 3 different ways to solve this.



(Worry)



Activity 5:

Resilience shop

What is resilience?

Resilience means our ability to bounce back from things when they get hard. To bounce back from difficult situations, we may reach out to those in our support networks, use the things we are good at, or think about the strategies that might help.

Why is this important?

There are lots of things which we already do to build up our resilience without even knowing it! This activity helps us to understand what we are already doing to help ourselves, as well as some new things we can do. Building up our resilience can help us to better look after ourselves and our mental health.

Activity:

1. Carefully cut out the basket on page 16 (ask an adult for help if you need to).
2. Imagine you are going into a supermarket, and your basket only has space for **4 items**.
3. Have a look at the shopping items on pages 17 and 18, and choose 4 things that you would like to put in your basket. These can be things you already have/do, or they could be new things that you would like to try.
4. Carefully cut out the 4 items you have chosen, and stick them onto your basket.

Time:

10 - 15 mins



What you will need:

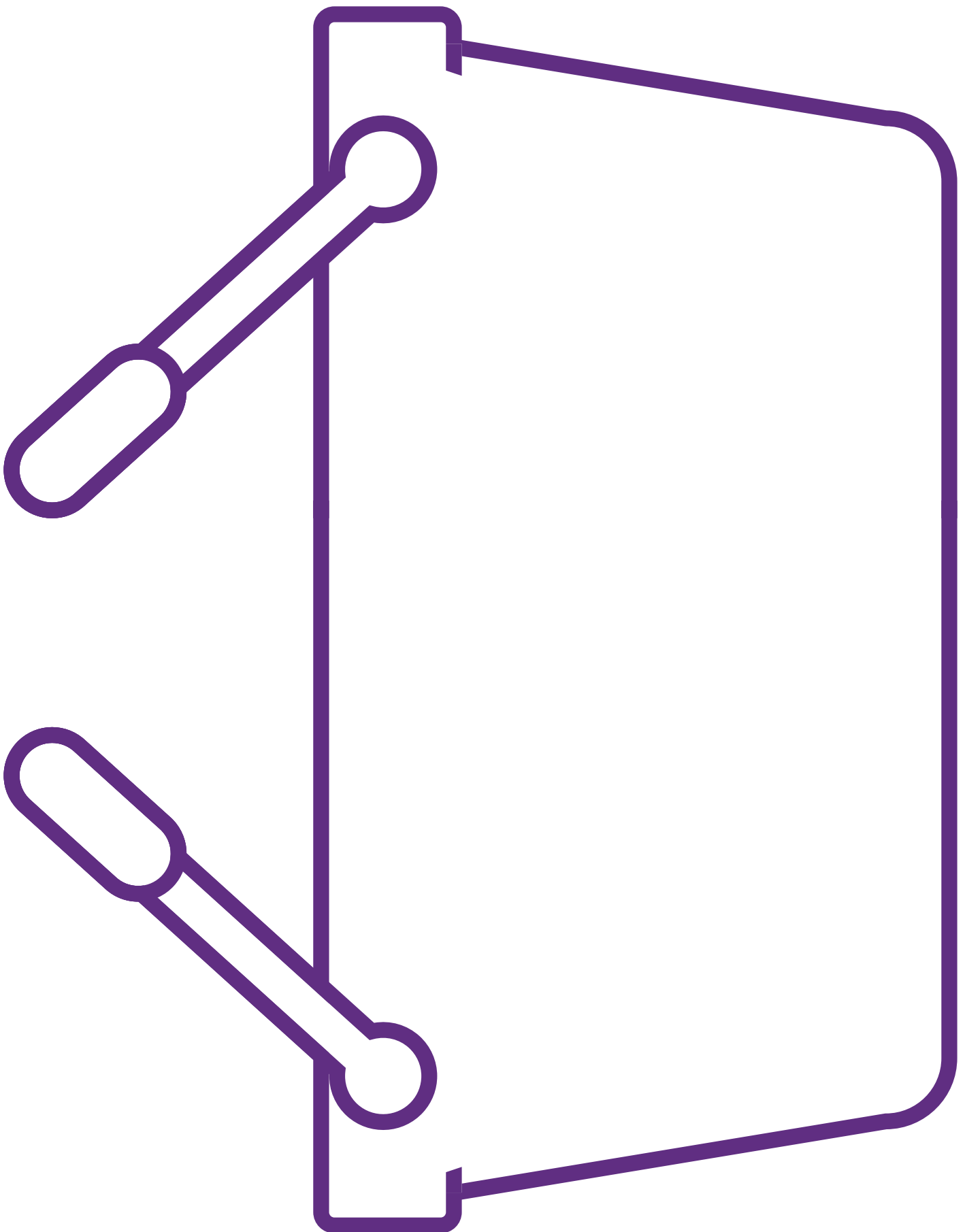
- Resilience shop handout - Shopping basket (page 16)
- Resilience shop handout - Shopping items (pages 17 and 18)
- Pens/pencils
- Scissors
- Glue/blu tack/sellotape
- Extra paper (for extension activity)

If you get stuck:

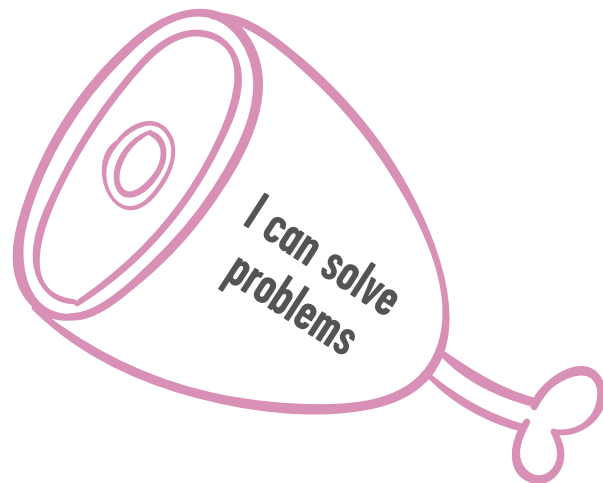
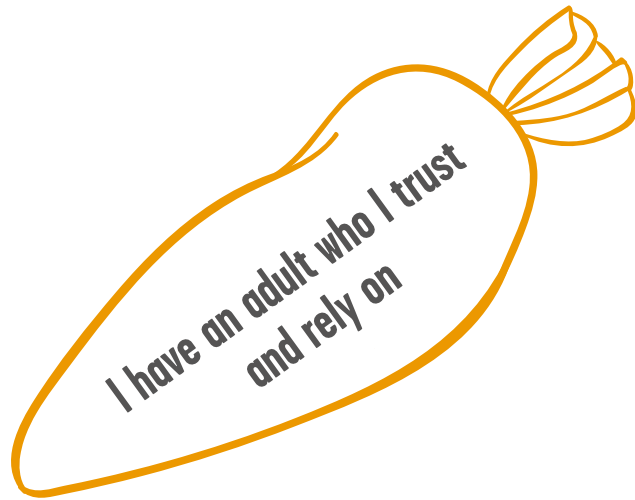
Remember to choose the items with the skills or actions that you would like more of, or don't have at the moment and would like.

Extension activity:

Look at each of the items that you have chosen, and think about why they are important for your resilience and mental health. Write down your answers in the blank spaces on your basket.







Reflections and resources

Well done for completing these Find Your Feet activities!

We hope that going through this pack has helped you to:

- Identify who you can talk to if you need more support
- Be aware of your own personal strengths
- Understand it is completely normal to have worries about change
- Think about ways in which you can solve these worries, and
- Learn how to build up your resilience

Having all these skills will not only help you to feel more prepared to cope with the move from primary to secondary school, but also shows you how to look after your mental health at the same time. These activities are for you to hold on to as a reminder of some of the things you can do if you feel worried about this transition, so keep them safe and look back at them when you need to!

Remember, **everyone has mental health**, and just like we look after our bodies, we also have to look after our minds. Check out some of the advice from other young people like you, as well as some handy top tips on the next page!

If you want to find out more about young people's mental health and other ways in which you can look after yourself, have a look at the links below:

YOUNGMINDS

YoungMinds

Information on mental health and wellbeing for young people, parents and professionals

youngminds.org.uk

YoungMinds Crisis Messenger

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.

Text YM to 85258

All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



MindEd

Free educational resource on children and young people's mental health for all adults.

Minded for Families is a resource specifically for parents.

www.minded.org.uk

Advice
from other
students...

“
Don't try and
change yourself,
instead be yourself”

“
Getting information
can help stop the
flow of worry”

“
Secondary
school isn't
as hard as
you think”

“
If you are scared about
getting lost or travelling to
school, ask for help and tips
about how to get around”

“
You're allowed to feel upset or
scared. You might not be the
only one who feels this way”

“
Getting your feelings out can
help – whether that's writing,
drawing or talking to someone
you trust”

“
You may be nervous and scared
but its okay. At first it may be
rocky but it gets better”

“
If you're worried about
everything being different in
secondary try to get advice
from people you know that
are in secondary school”

“
Find out what works for you
to get through bad days”

Find
Your
Feet
YOUNGMINDS
stepping up. moving up. growing up

TOP TIPS

If you're worried,
you can try...

Counting
to 10...



Breathing

Getting rest



Listening to
music

Going
somewhere
quiet



Talking to
someone
you trust

YOUNGMINDS

Telephone 020 7089 5050

Parents Helpline 0808 802 5544

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