A digital wellbeing guidebook to support children ages
7-12 years old brought to you by Happy Space and Now and Beyond

"Let's start an epidemic of happiness"

We can t help everyone. but everyone can help someone.

- Ronald Reagan

Hello and welcome to the Happy Space Digital Wellbeing Guidebook made especially for you!

We are Happy Space UK, a mental wellbeing charity, and we have teamed up with Now and Beyond to create a mental wellbeing toolkit for members of our family (like you!).

We understand that happiness is not always straightforward. Especially lately, being away from our friends and learning from home, it may feel somedays like there is bad weather in your head. You might feel panicky, a bit sad, lonely, or just plain exhausted. We want to help young people to recognise these feelings, and use tools and techniques to make them feel better! That's why we've packed this digital Guidebook with our top tips and tricks, videos and activities that you can do at home, to help you look after your mental wellbeing and find your own Happy Space.

We hope you'll enjoy exploring this digital Guidebook and that you'll find it very useful. However, if you are feeling low now, or at some stage in the future, we tend to think that talking out loud to someone - like a parent, guardian or teacher - can really help.

You can also buy a physical version our full Wellbeing Guidebooks online here

Want to know more about Happy Space? Watch our video here.

Dear friend,

I am so excited that you are reading this book.

It is the book that I wish I would have had when I was younger. I started struggling with my mental health as a little boy but I never understood anything about it. Instead, I hid my suffering out of shame and embarrassment, and eventually became very unwell.

Today I am in a better place because I now have a box of tools to help me manage my mental health. It is my hope that this book will give you the tools, encouragement and support to really take care of your wellbeing.

As a result of the pandemic, it is now more important than ever before that we look after not just our physical health, but our mental health too. Taking care of our minds is just as valuable as taking care of our bodies. Please take your time working through this book. Remember it is always here to refer to whenever you need it.

Thank-you to Happy Space for creating such a wonderful resource which I am so proud my charity Beyond has partnered on.

And thank-you to you, the reader, for choosing to prioritise your mental health today. Happy Space and Beyond want everyone to grow up with happy and healthy minds. It is our mission to make sure your mental health has the potential to be the best it can possibly be.

Best Wishes,

JONNY BENJAMIN MBE
Founder of Beyond

Happy Space

PARENT SECTION

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.

1. 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!

2. 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.

3. 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.

4. 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)

PARENTS
DO NOT ENTER
BEYOND THIS POINT

Mind

Talking Mental Health

CLICK HERE TO WATCH A HELPFUL VIDEO BY Anna Freud NCCF

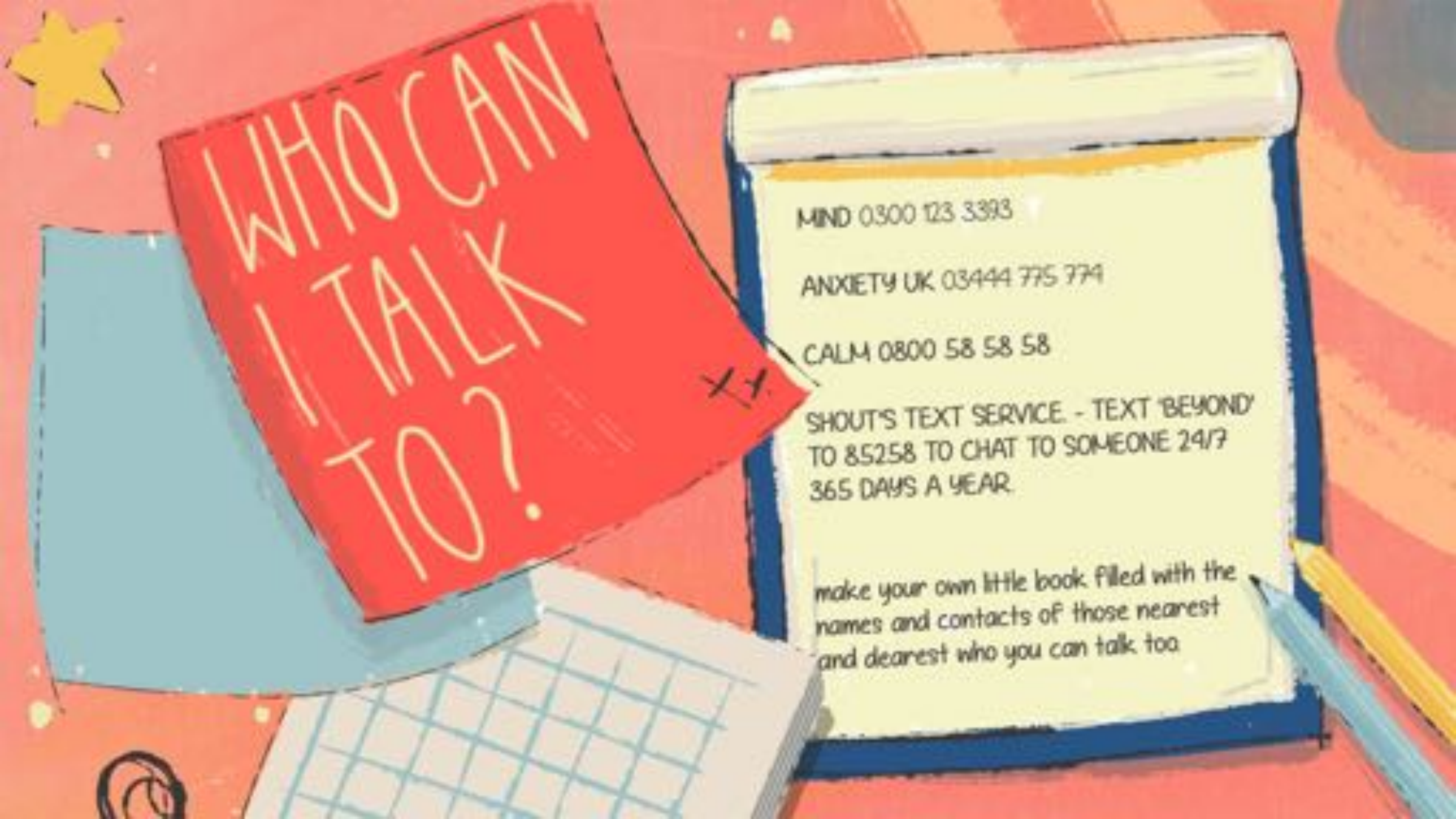
Positive and negative thoughts

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 imagine that positive thinking is like 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.

Below is a list of positive thoughts that you can think about every day. 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 often as you can for one week and notice the changes, perhaps in the way you feel and behave and the way other people seem and behave around you.

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 blessings in my life.
- If I keep trying at something, I will get better, and 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.


WHO CAN I TALK TO?
MIND 0300 123 3393
ANXIETY UK 03444 775 774
CALM 0800 58 58 58
SHOUT'S TEXT SERVICE - TEXT 'BEYOND' TO 85258 TO CHAT TO SOMEONE 24/7 365 DAYS A YEAR
make your own little book filled with the names and contacts of those nearest and dearest who you can talk too

SQUASH THOSE ANTs!

We all have ANTs popping up in our minds Before we start getting confused - We are not talking about the ants you find in the garden! Instead, ANTs stands for Automatic Negative Thinking We're talking about those negative, sad, unhelpful thoughts that can appear in our heads from nowhere! But we think it's time we stop squash those pesky ANTs

There are nine different types of ANT Lets meet them now

ANT #1: Black and White Thinking

Using words like "always," "never," and "every" is the distinctive feature of this ANT Catch yourself the next time you say to yourself "I'm never going to get a good grade," "I'm always late," or "Everybody understands this except me

ANT #2: Focusing On the Negative

This ANT involves dismissing the good and only focusing on the negative As someone once said, "We can complain because rose bushes have thorns, or rejoice because thorns have roses"

ANT #4: Mind Reading

Another activity best left to the psychics is mind reading. With this ANT, you think you know what another person is thinking. It's usually about you, of course, and it's usually not good.

ANT #5: Thinking with Your Feelings

This occurs when you have negative feelings without questioning them. You may be in a situation where you feel stupid, for example. It's easy for that feeling to morph into the thought that you are stupid, though this is not true.

ANT #6: Being Ruled by "Shoulds"

Using words like "should" or "have to" is what is called "guilt beatings". Ouch! Guilting yourself (or others) into changing or acting a certain way is rarely productive.

ANT #7: Labeling

Eliminate negative labels like "fat", "lazy", "stupid", or "loser" from your mental vocabulary. Don't label others and don't label yourself either. Labels can become a self-fulfilling prophecy for you and can damage your relationships with others.

ANT #8: Taking Things Personally

When others don't treat you as well as you'd like, don't take it personally. This might be hard to hear if you are prone to this ANT, but the world doesn't revolve around you. People are not thinking about you as much as you imagine! If a class-mate seems grumpy, it's probably because they had a bad night's sleep or is worrying about something that has nothing to do with you.

ANT #9: Blame

This last one is rather straightforward. Don't blame others for your own problems. Realise that you are responsible for your own actions, thoughts, and attitudes. But also don't blame yourself for things that are out of your control!

While you can't expect to completely stop having automatic negative thoughts, you can rob them of their power by refusing to believe that they are true. The first step to challenging your automatic negative thoughts is to recognise them when they occur. The second step is to challenge their validity. This means that when you catch yourself having an automatic negative thought, you can ask yourself questions like:

Is this thought true?

Is having this thought helpful?

Is there another explanation or another way of looking at things?

What advice would I give someone else or a friend having this thought?

How to support a friend or family member who is struggling with their own mental health

CLICK HERE TO WATCH A HELPFUL VIDEO BY PSYCH2GO

HOW TO BE A LITTLE MORE PRODUCTIVE

Maybe being "productive" is something you haven't thought about too much yet, but the older you get, you might find you care more and more about the art of productivity. In short, it just means using your time as smartly as you can to make as much progress as possible, with whatever you are working on or doing. Basically, the more things you tick off your to-do list, the more productive you are being. It's not usually quite that simple though, especially during lockdown and working from home, so Happy Space wanted to give you some top tips for being that little bit more productive. The more you work a few of these tips into your routine now, the better equipped you'll be around exam time to revise productively.

Write a to-do list and prioritise

Creating a simple to-do list can help you remember the tasks you need to get done. Plus, especially when lockdown days can seem to blur into each other, it can help you see what you have accomplished and it is also extremely satisfying to tick or cross things off the list when you complete them! Happy Space has learned that a good idea is to write down the three most important tasks that you most want to focus on. Tackle the hardest task first, and then it will be a downhill battle and you'll have enough energy to finish the easier tasks later in the day.

Take mind breaks and use time blocks

It's so important, especially when living and working at home, that you find a structure that helps you be most productive. Use blocks of time, like 30 minute slots, to create a plan for your day. This will help you to manage your time, track your work and avoid getting distracted. But because the time slots aren't too long, you should be able to stay focussed and get your task done! Whatever you do, make sure you always include little gaps for 'mind breaks' e.g. going for a short walk or getting a snack and a glass of water. Mind breaks can help you to recharge and jump back into your work with renewed focus and better energy.

Have a morning routine

In all honesty, morning routines can be tricky to crack! Simply becoming a morning person might not feel possible, especially when your eyes are stuck together with eye goo and your head's all fuzzy. However, happiness researchers have found that waking early and creating a morning routine can help stabilise you and prepare you for stabilise you and prepare you for a productive day. If you don't already, try waking up with enough time to fit a few basic steps into your morning routine, such as making your bed, washing your face and eating some breakfast... (even better if you have time to set out breakfast for your family as a little act of gratitude! Plus, massive brownie points for you.)

Avoid interruptions

This is a big one! When you sit down to start working, make sure you have hidden any potential distractions. If you have a phone, turn it off. If you have Facebook, turn it off. If you have a cute little dog, turn it off! Okay, just kidding about the dog. But, if you can, try to find a space to work where you can focus for your time blocks, without interruption. We think this is super important, because researchers have figured out that there comes a time during studying where you can enter a state of mind called 'flow' and this is when you do your best work and you feel the most focussed. 'Flow' probably won't happen if you're constantly distracted.

Reflection

At the end of the day, try to think of tomorrow as another opportunity for you to be productive and you definitely shouldn't beat yourself up if you don't manage to tick everything off your to-do list or to enter the flow state. Just transfer the tasks you didn't get around to to tomorrow's to-do list, and keep going being productive your best shot.

Feeling and expressing gratitude turns our mental focus to the positive, which can compensate for our brain's natural tendency to focus on perceived or actual threats, worries and other negative aspects of life. In other words, gratitude can help to enhance positive emotions, like joy, love and contentment, which research shows, can help negate the grip of negative emotions.

Try thinking of the people and things that you are grateful for. Expressing, or even just acknowledging gratitude for the smallest things might help to improve mood.

For instance, being grateful for getting a seat on the bus that morning (win!), for getting the chance to listen to your favourite music on the way home, or for having a mate who listens to you, might help to reduce negative emotions and increase feelings of happiness.

Try writing out the things you are grateful for and putting them all into a jar at home.

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.

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!

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.

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

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

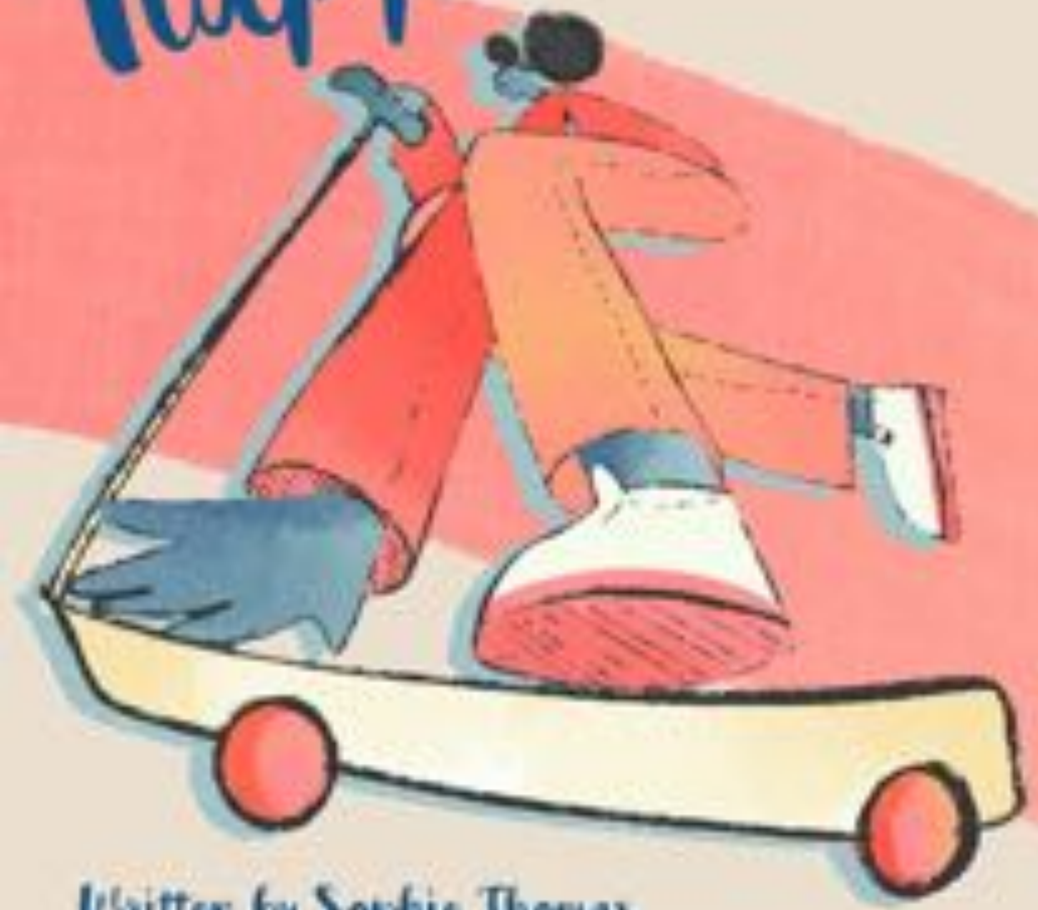
IT'S IMPORTANT TO CREATE A ROUTINE OF THINGS YOU DO BEFORE YOU GO TO SLEEP. YOU COULD HAVE A WARM BUBBLY BATH, BRUSH YOUR TEETH WITH YOUR EYES CLOSED OR READ FOR TWENTY MINUTES. WHATEVER IT IS, TRY TO KEEP IT CONSISTENT EVERY NIGHT, AND THIS WILL HELP IN PREPARING YOUR BRAIN FOR A RESTFUL NIGHT.

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!

Exercise & happiness



Written by Sophie Thomas

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!

Yoga? What's that all about?

You may have seen members of your family getting ready for yoga in their multi-coloured leggings and a rolled-up mat under their arm. You may have never really thought much about it until they reappear from their class with that 'happy look' on their face. The whole evening is wonderful after they have practised yoga. It's like they're the most happy, relaxed and FUN version of themselves!

So what happens in a yoga class? What's it all about?

Yoga means "union" or "togetherness". It started way back in India thousands of years ago. That's right it's an OLD thing that's been going on for centuries.

In yoga we learn how to breathe deeper and to bring our mind and body together in union. You can think of it like this:

Sometimes you may have experienced feeling sad or tired but then once you're in the company of a great friend you completely forget all about it and spend hours talking and laughing! How did this happen?

It happened because your mind was focused on something else! Namely, being with your friend! In yoga we learn how to do this, even without your best friend around.

Yoga is a practice that teaches us how to focus on the things we really want to focus on. Like joy, happiness, love, kindness, Forgiveness, compassion etc. etc.

With this ability to focus on these positive things, you'll learn how to handle or overcome difficult situations in your life without feeling like you just can't do it! Yoga makes you realise how strong and how courageous you really are.

Now back to the beginning. Yoga, what's that all about?

In a yoga class you will learn different physical shapes or poses called "Asanas" (some of them have cool names like dancer's pose, scorpion, crow or dolphin). They help us to create strong, flexible and healthy bodies.

Dream big and more importantly to keep on going even when the going gets tough!

Yoga moves to try at HOME!!

Written by Josephine McGrail

1. Bridge Pose

(Setu Bandha Sarvangasana)

This rejuvenating backbend gives a great stretch to the spine and thighs

Benefits: Stretches and opens the shoulders, thighs, hips and chest portion, strengthens the back and hamstrings, increases the flexibility of the spine

2. Tree Pose

(Vrksasana)

Vrksasana teaches you the grace of a tree, standing tall and maintaining balance

Benefits: Improves balance and concentration, strengthens the thigh muscles, calves and ankles whilst stretching the legs and the chest

3. Bow Pose

(Dhanurasana)

Bend the back like a bow, and open up the chest and shoulders with the bow pose

Benefits: Stretches and strengthens the back, shoulders, chest and legs; brings flexibility to hip flexor function, and regulates the digestive system

Food

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. Here are some examples of happy food you could include in your diet if you are feeling low.

1. 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.

2. 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.

3. Nuts and 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.

5.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.

EATING FOR HEALTHY BODIES AND HAPPY MINDS

LET'S TALK ABOUT FOOD!

AT THE MOMENT IT'S LIKELY THAT YOUR PARENTS/GUARDIANS DECIDE MOST OF WHAT YOU EAT. HOWEVER IN THE FUTURE YOU WILL TAKE CHARGE OF THIS AND IT IS IMPORTANT THAT YOU KNOW HOW TO FEED YOURSELF. TOGETHER WE'RE GOING TO TALK ABOUT WHY WHAT WE EAT IS IMPORTANT, WHAT WE SHOULD AIM TO EAT AND HOW TO MAKE EATING FUN. SO LET'S GET STARTED!

WHY DO WE EAT?

WHAT WE EAT IS INCREDIBLY IMPORTANT FOR OUR PHYSICAL AND MENTAL HEALTH. FOOD IS FUEL AND GIVES US THE ENERGY TO HAVE THE MOST OF OUR DAY. EATING WELL CAN HELP US FEEL HAPPIER AND GIVE US MORE FOCUS, NOT EATING ENOUGH FOOD OR ENOUGH OF CERTAIN TYPES OF FOOD CAN MAKE US SAD AND TIRED. OVEREATING OR EATING TOO MUCH OF THE WRONG THINGS CAN AFFECT BOTH OUR PHYSICAL HEALTH AND OUR MOOD TOO.

WHAT SHOULD WE EAT?

CARBOHYDRATES ARE SUGARS, STARCHES AND FIBRES AND ARE YOUR ENERGY SOURCES. THE AIM IS TO EAT CARBOHYDRATES THAT GIVE A 'SLOW RELEASE' OF ENERGY. FOODS THAT ARE HIGH IN REFINED SUGAR (SUCH AS SWEETS, CAKES AND FIZZY DRINKS) WILL GIVE A VERY QUICK BOOST IN ENERGY AND MOOD, BUT THIS IS FOLLOWED BY A SHARP FALL IN ENERGY WHICH CAN LEAVE US FEELING TIRED AND IRRITABLE. FOODS THAT GIVE A 'SLOW' RISE IN ENERGY WILL HELP US FEEL MORE READY TO ENJOY AND MAKE THE MOST OF OUR DAY. EXAMPLES OF THESE TYPES OF GOOD CARBOHYDRATES INCLUDE:

- WHOLEGRAIN BREAD
- BROWN RICE
- PASTA
- LEGUMES (LENTILS, BEANS, PEAS)
- OATS
- QUINOA
- SOMEDAY YOU'LL BE ABLE TO EAT POTATOES, SWEETCORN, CORN!
- BUCKWHEAT

PROTEINS ARE IMPORTANT FOR THE GROWTH AND REPAIR OF OUR ENTIRE BODIES. GOOD SOURCES ARE MEAT, SKINLESS CHICKEN/POULTRY, FISH, SOY NUTS AND BEANS, HOWEVER, THERE'S EVERY SIGN IN BROCCOLI AND NUTRITIONAL YEAST TOO.

INCLUDE A VARIETY OF SOURCES IN YOUR DIET TO HELP PROVIDE DIFFERENT PROTEINS FOR THE DIFFERENT THINGS WE NEED THEM FOR, INCLUDING STRONG MUSCLES, SLEEP AND EVEN THE HAPPY CHEMICALS IN OUR BRAINS.

FAT IS AN IMPORTANT NUTRIENT, AS IT'S REQUIRED FOR THE USE OF CERTAIN VITAMINS AND IS ESSENTIAL FOR HAIR AND HORMONES. IT'S RICH THAT WE EAT THE 'RIGHT' TYPES OF FAT THOUGH.

UNSATURATED FATS ARE THE GOOD FATS THAT LOOK AFTER OUR BODIES AND HEARTS. THESE CAN BE FOUND IN OLIVE OIL, NUTS, AVOCADO, NUTS, SEEDS AND FISH OILS. OMEGA 3 FATTY ACIDS ARE UNSATURATED FATS THAT CAN HELP TO BUILD A HAPPY BRAIN AND ARE FOUND IN FOODS SUCH AS OILY FISH (SALMON, MACKEREL) AND SUNDRIES, WALNUTS, AND

VEGETABLE OILS. ALL OF THESE ARE FOODS WE SHOULD AIM TO EAT TO INCREASE OUR INTAKE OF GOOD FATS.

IN ORDER TO LOOK AFTER OUR PHYSICAL HEALTH AND HOPEFULLY BE SLENDER, **SATURATED AND TRANS FAT** MEANS THIS MEANS NOT EATING TOO MUCH OF FOODS SUCH AS BUTTER, CHEESE, CREAM, FATTY MEATS, CAKES OR FRIED FOOD. A LITTLE OF THESE FOODS IS OKAY, BUT A LOT SHOULD BE AVOIDED.

FRUIT AND VEGETABLES ARE FANTASTIC SOURCES OF FIBRE, VITAMINS, MINERALS, CARBOHYDRATES AND EVEN SOME PROTEIN! FRESH, TINNED, DRIED, FROZEN AND JUICED ALL COUNT. TRY NOT TO DRINK MORE THAN ONE GLASS OF JUICE A DAY AS FRUIT JUICES CAN BE VERY HIGH IN SUGAR AND CAN DAMAGE OUR TEETH IF DRUNK IN LARGE QUANTITIES. ADDITIONALLY, WHEN A FRUIT OR VEGETABLE IS JUICED, IT LOSES ITS FIBRE, WHICH IS THE PART THAT'S IMPORTANT FOR OUR TUMMIES. VARIETY IS KEY TO ENSURE THAT YOU GET MAXIMUM BENEFITS FROM FRUIT AND VEGETABLES. A GOOD TACTIC IS TO TRY AND EAT AS MANY DIFFERENT COLOURS OF FRUIT AND VEGETABLES AS POSSIBLE. EACH DAY, TRY EATING AT LEAST ONE, AND IDEALLY 5 PORTIONS OF FRUIT AND VEGETABLES AT EACH MEAL, AND USE THEM FOR HEALTHY SNACKING THROUGHOUT THE DAY.

EATING FOR HEALTHY BODIES AND HAPPY MINDS

VITAMINS AND MINERALS ARE REQUIRED FOR HEALTH AND WELLBEING. ENSURE YOU HAVE A VARIED DIET FULL OF FRUITS, VEGETABLES AND HEALTHY PROTEINS AND CARBOHYDRATES TO GET A GOOD RANGE OF THESE.

WATER IS EXTREMELY IMPORTANT, ESPECIALLY BECAUSE HOW HYDRATED WE ARE AFFECTS OUR ENERGY, MOOD AND CONCENTRATION. REGULARLY SIP ON WATER AND AIM TO DRINK 6-8 LITRES A DAY, INCLUDING THIS WHEN IT'S HOT OR IF YOU'RE HAVING A PARTICULARLY ACTIVE

HOW MUCH SHOULD WE EAT?

SOMETIMES IT CAN BE PRETTY TRICKY TO WORK OUT HOW MUCH WE SHOULD EAT. HAVE A LOOK AT SOME OF OUR TOP TIPS!

PORTION OF FRUIT/VEGETABLES = THE AMOUNT THAT COULD FIT IN THE PALM OF YOUR HAND
PROTEIN PORTION = THE AMOUNT THAT COULD FIT IN THE PALM OF YOUR HAND
CARBOHYDRATE PORTION = THE SIZE OF YOUR FIST
PORTION OF CHEESE = THE SIZE OF YOUR THUMB

LOOK AT OUR PLATE HERE FOR AN IDEA OF WHAT YOUR LUNCH AND DINNER PLATE SHOULD LOOK LIKE!

HOW OFTEN SHOULD WE EAT?

WE SHOULD AIM TO EAT 3 GOOD MEALS A DAY, FOLLOWING THE PLATE STRUCTURE ABOVE, AND INTERSPERSED BY TWO HEALTHY SNACKS A DAY. TRY TO MAKE SURE YOUR SNACKS ARE LOW IN ADDED SUGAR. HERE ARE SOME GOOD EXAMPLES OF SNACKS YOU CAN TRY - CAN YOU THINK OF ANY...

- PORTION OF FRUIT OR VEGETABLES
- MALT LOAF
- WHOLEMEAL ROLL WITH SOME CHEESE OR PEANUT BU...
- GLASS OF MILK
- SMALL POT OF HUMMUS WITH CARROT STICKS
- GREEK YOGHURT WITH SOME MUESLI
- PLAIN RICE CRACKERS
- GREEN CHICKPEA COOKIES (TURN OVER FOR OUR RECIPE)
- BANANA ICE CREAM (TURN OVER FOR OUR RECIPE)

THINKING ABOUT WHAT WE HAVE TALKED ABOUT, WHY DON'T YOU HAVE A GO AT FILLING OUT THE TABLE OF WHAT FOODS YOU THINK YOU SHOULD EAT EVERY DAY AND WHICH ONES SHOULD BE EATEN OCCASIONALLY AS TREATS? IF YOU GET STUCK, SEE IF A FRIEND OR FAMILY MEMBER CAN HELP YOU!

EATING FOR HEALTHY BODIES AND HAPPY MINDS

TIPS FOR MEALTIMES

MEALTIMES ARE A GREAT OPPORTUNITY TO SPEND TIME WITH YOUR FRIENDS AND FAMILY HERE ARE SOME TRICKS TO HELP YOU MAKE THE MOST OF THEM

- **NO ELECTRONICS AT THE TABLE** USE THE TIME TO FOCUS ON HOW YOUR FOOD TASTES AND MAKES YOU FEEL, AND WHAT YOUR FRIENDS/FAMILY HAVE TO SAY
- **TALK ABOUT YOUR DAY** WHAT WAS GOOD, WHAT IS WORRYING YOU, WHAT YOU ARE EXCITED FOR
- **PLAY THE SILLY STORY GAME** (OUR FAVOURITE AT KINPIN SPACE) WHERE EACH PERSON SAVE ONE SENTENCE FOLLOWING ON FROM WHAT THE PERSON BEFORE SAID THY THESE STARTERS
  - ONCE UPON A TIME, THERE WAS A GIRL WHO COULD HEAR EVERYONE'S THOUGHTS
  - IN A FARAWAY LAND THERE LIVES A CRAZY CUCUMBER NAMED COLIN
  - LONG AGO, A RAINY DINOSAUR TRIES TO LEARN TO BACKFLIP
- **PLAY 20 QUESTIONS** ONE PERSON THINKS OF A FOOD AND EVERYONE ELSE AT THE TABLE HAS 20 QUESTIONS BETWEEN THEM TO GUESS WHAT IT IS. WHO CAN THINK OF THE FOOD THAT IS HARDEST TO GUESS?

CAN YOU...

EAT A RAINBOW OF COLOURS EVERY DAY?
EAT 5 PORTIONS OF FRUIT AND VEGETABLES EVERY DAY?
COOK YOUR FAMILY A DISH (TRY SOME OF OUR RECIPES BELOW)?
TEACH YOUR FAMILY OR FRIENDS HOW TO EAT HEALTHLY AND WHY IT IS IMPORTANT?
GO FOOD SHOPPING WITH YOUR FAMILY AND CHOOSE YOUR MEALS FOR THE WEEK TOGETHER?
DRAW 10 FRUIT AND VEGETABLES - CAN YOU THINK OF ANY UNUSUAL ONES?

HEALTHY RECIPES THAT TASTE GREATER

LEARNING TO COOK FOR YOURSELF IS A REALLY IMPORTANT SKILL. HAVE A GO AT SOME OF THE RECIPES BELOW WHICH USE GREAT INGREDIENTS TO MAKE DELICIOUS TREATS A LITTLE HEALTHIER. SEE IF THEY INSPIRE YOU TO RETHINK SOME OF YOUR OTHER FAVOURITE DISHES. REMEMBER TO ASK AN ADULT FOR HELP WHEN USING SHARP KNIVES OR MIXER PIECES AND WHEN USING HOT OVENS.

RAINBOW PIZZA

- PREHEAT THE OVEN TO 150 DEGREES CENTIGRADE
- CUT A WHOLEMEAL BAGEL IN HALF
- SPREAD 1 TEASPOONS OF TOMATO SAUCE ON EACH HALF
- SPRINKLE A LITTLE GRATED CHEDDAR CHEESE ON TOP OF THE SAUCE
- ADD YOUR FAVOURITE VEGETABLES - WE LIKE TOMATOES, RED ONIONS AND SPINACH
- BAKE UNDER THE OVEN FOR APPROXIMATELY 10 MINUTES UNTIL THE CHEESE HAS MELTED

OTHER TOPPING IDEAS
SWEETCORN
PEPPER - WHAT'S YOUR FAVOURITE COLOUR?
MUSHROOMS
CHOOSES
BROCCOLI
CONGRESS
DEFLECTIVE SOURCE
ANY LEFTOVER VEGETABLES WHOM WEST

BANANA BREAD

- PREHEAT THE OVEN TO 150 DEGREES CENTIGRADE AND PLACE 12 CASES INTO A CUPCAKE TRAY
- USING A FORK, MASH 3 DRY BANANAS IN A BOWL
- MIX IN THE FOLLOWING INGREDIENTS
  3 EGGS
  1/2 CUP OF PLAIN YOGURT
  1/2 CUP OF HONEY
  1 TEASPOON VANILLA ESSENCE
- UNCE MIXED, ADD 1 CUP OF FLOUR AND 2 TEASPOONS OF BAKING POWDER
- MIX WEST AND THEN POUR THE MIXTURE EVENLY INTO THE 12 CUPCAKE CASES
- BAKE FOR APPROXIMATELY 20 MINUTES OR UNTIL THE TOPS ARE GOLDEN AND THE MIDDLES ARE CHOOSED
- ENJOY WARM OR STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE

GOOD LUCK AND HAPPY EATING

Finance

WHY MONEY MATTERS

At Nebula, we ensure that every young person has a sound grasp of basic economics, personal finance, and long-term investment.

WE ALL KNOW THAT MONEY IS HIGHLY IMPORTANT – BUT WHY SHOULD YOUNG PEOPLE CARE ABOUT FINANCE, SAVING... AND WHAT EVEN IS ECONOMICS?

LEARNING HOW TO MANAGE YOUR MONEY IS ONE OF THOSE LIFE LESSONS THAT WE ALL NEED TO TEACH OURSELVES AT SOME POINT AND, UNLIKE MANY OTHER SELF-TAUGHT SKILLS, MANAGING MONEY WELL IS SOMETHING THAT LITERALLY PAYS US!

Better now than later

Unfortunately, most people only start thinking about money in their mid-to-late 20s, when they are expected to be fully financially independent. After all, in school, most teenagers have their costs covered by their parents. Even at university, students often rely on their parents again because student loans don't always cover living costs.

As young adults leave home and enter the world of work, it can be a huge adjustment to start to handle all of their living costs themselves. For example, most of their wages will be taken up by rent, then in addition to this they have to make their wages stretch to cover train tickets, groceries, car insurance and petrol.

And of course we all want money left over for the fun things, like socialising, shopping or even a gym membership. As a result, any thoughts of saving money are pushed aside. Many young adults are so caught up in scrambling to meet their costs that they often really lose control of their finances.

Money and mental wellbeing

Money can't buy happiness. However, not having enough control over your finances can easily become a major source of worry. Whether it's realising that you have less money than you expected in your account, or having to ask your parents for cash again, we all experience that sinking feeling in our stomachs from time to time.

However, it's important to know that money is one area that we can exert lots of control over. Often, money worries can boil down to two key problems. Firstly, the world of finance can be confusing, which is why we must educate ourselves on the basics of economics and finance. Secondly, spending is a lot easier than saving, which is why it's vital to set yourself a budget. Although you may think that you don't need to think about this just yet, it's never too early to develop a responsible attitude to spending and start saving towards your dream purchase!

Lasting benefits

Developing a sensible, sustainable attitude to money at a young age will lead to enormous benefits when you leave school and beyond. We've put together some tips at the end of this so how parents and teenagers can work together to achieve the outcomes.

Good habits can last a lifetime, so why not develop these now?

Find out more at **nebulalearning.co.uk**

Top Tips for Financial Success

Three Things You Can Do

1. Track your spending

Even if you don't have a job or a regular income, it's a good idea to start tracking your expenses. Doing this will give you a sense of how much your lifestyle costs and will make you think about whether your spending decisions represent good value. You may realise that you spend a lot in one area, which, if you have a set monthly allowance, may mean you have to cut back on something else.

You can track your expenses on a simple app like Notes, or Google Sheets if you want to be more thorough. This is a really simple exercise but one that'll help you build your confidence with managing money and take control over your finances.

2. Brand loyalty costs big bucks

Many parents often don't realise how much pressure there is on young people to buy the latest clothes and gadgets. Not only are we bombarded by adverts on social media and the internet, you can hardly watch a television show without spotting product placements!

Branding is a very powerful tool that companies use in order to build customer loyalty. Ever wondered why one company can charge more than another for essentially the same product? Brand power. Companies can always rely on people who love their brand to pay more for their goods.

So, instead of basing your shopping decisions on the brand name, try seeing whether the product is of a high enough quality for the price. You may find that you can buy the same item - or a better one - for less if you look around a bit more. This would leave you with more money to spend elsewhere or to save.

3. Save - even if it's a little!

One of the best things we can do to improve our financial skills is to start saving. You may only get money from an allowance or during birthdays and Christmas, but try setting aside a little bit every now and then.

Set yourself a goal to save towards. It doesn't need to be anything particularly long-term or significant. It can be something like a day out with friends or a pair of trainers that you've had your eye on. By saving towards a goal - even if it's small - you will build financial discipline, which is really invaluable... and you have the added bonus of buying yourself that treat!

Three Things Parents Can Do

1. Open your child a bank account and let them spend

These days, banks offer current accounts to children as young as 11. That might sound crazy but the average age that kids start to buy things online is 10 - and that statistic is from way back in 2009!

Ultimately, we all make purchases we later regret. However, unless kids feel a sense of ownership over the money they spent, they won't appreciate its value and learn to rein in frivolous spending later on when it counts. Besides, would you rather your kids made purchases from your account or theirs?

In our experience, it's the kids who weren't given responsibility over their bank accounts (or never had one) while growing up who end up the worst at managing their finances at university and beyond.

2. Open up about household finances

If there's one thing that makes the average Brit squirm, it's the prospect of talking about money. Although money is a highly sensitive topic, discussing family finances behind closed doors could deprive your child of valuable life lessons. Openly discussing the household income and outgoings will help to raise financially-savvy children who appreciate the value of money.

3. Let kids earn their money

The best way for anyone to appreciate the value of money is to have earned it themselves. There's nothing like looking at a potential purchase, calculating how many hours of work it represents, and then asking yourself whether it's really worth it. This isn't just an exercise in frugality though. Buying things with money that you've earned yourself always generates a sense of achievement and pride.

Of course, earning money doesn't only mean getting a part-time job; you could pay your child for washing the car, tutoring their younger sibling or financially reward them for getting the grades they were studying hard towards at school.

Nebula

Art

Activities to do at home instead of sitting on your phone or watching TV

After a hard day of homeschooling, it's important to make time everyday to take a break, unplug and switch-off! Here are some things to do instead of sitting on your phone or watching TV - Send us pictures @happyspaceUK of you having a fun time!

Bake and decorate some cupcakes (get a grown up to give you a hand!) Find some recipes here

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 I suggest tomatoes for a starter plant

Learn a magic trick and try it out on your family

Learn the alphabet in sign language

Make a scrapbook out of magazines and photos

Play a board game with a friend online - games can be found here

Make up a secret language and practise with a friend

Call a family member and try and fit in the word "banana" into your conversation ten times

Turn on the radio and dance

Create a time capsule and write a letter for your future self

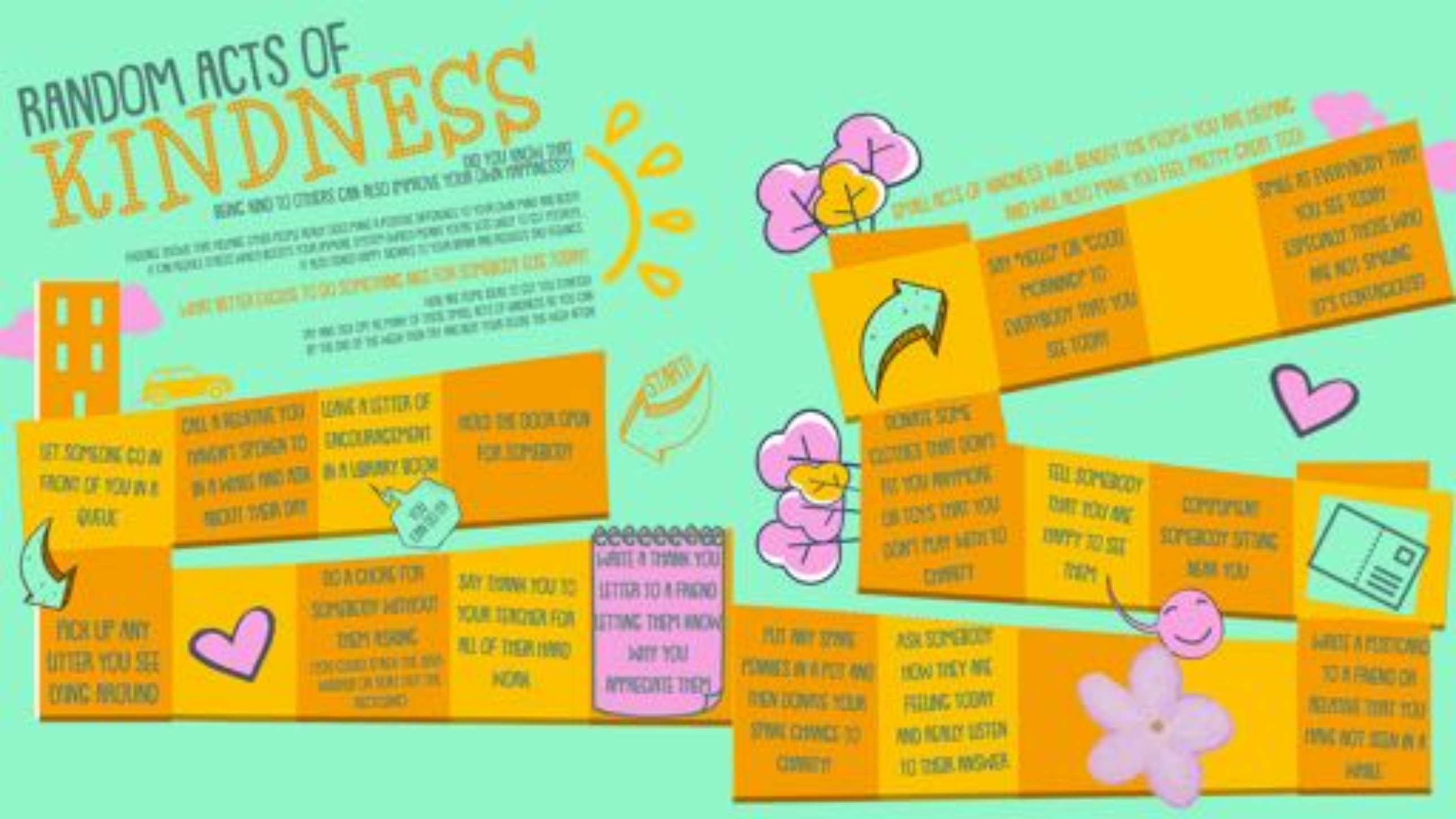
Make some greetings cards (and send them to your friends!)

Camp in your garden and watch the stars at night

Host a movie night for your family - 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

Start a journal


RANDOM ACTS OF
KINDNESS
DID YOU KNOW THAT
BEING KIND TO OTHERS CAN ALSO IMPROVE YOUR OWN HAPPINESS?
WHAT BETTER EXCUSE TO DO SOMETHING NICE FOR SOMEBODY ELSE TODAY?
START
LET SOMEONE GO IN FRONT OF YOU IN A QUEUE
CALL A RELATIVE YOU HAVEN'T SPOKEN TO IN A WHILE AND ASK ABOUT THEIR DAY
LEAVE A LETTER OF ENCOURAGEMENT IN A LIBRARY BOOK
HOLD THE DOOR OPEN FOR SOMEBODY
PICK UP ANY LITTER YOU SEE LYING AROUND
DO A CHORE FOR SOMEBODY WITHOUT THEM ASKING
SAY THANK YOU TO YOUR TEACHER FOR ALL OF THEIR HARD WORK
WRITE A THANK YOU LETTER TO A FRIEND LETTING THEM KNOW WHY YOU APPREDATE THEM
SMALL ACTS OF KINDNESS WILL BENEFIT THE PEOPLE YOU ARE HELPING AND WILL ALSO MAKE YOU FEEL PRETTY GREAT TOO!
SAY "HELLO" OR "GOOD MORNING" TO EVERYBODY THAT YOU SEE TODAY
SMILE AT EVERYBODY THAT YOU SEE TODAY ESPECIALLY THOSE WHO ARE NOT SMILING (IT'S CONTAGIOUS!)
DONATE SOME CLOTHES THAT DON'T FIT YOU ANYMORE OR TOYS THAT YOU DON'T PLAY WITH TO CHARITY
TELL SOMEBODY THAT YOU ARE HAPPY TO SEE THEM
COMPLIMENT SOMEBODY SITTING NEAR YOU
PUT ANY SPARE PENNIES IN A POT AND THEN DONATE YOUR SPARE CHANGE TO CHARITY!
ASK SOMEBODY HOW THEY ARE FEELING TODAY AND REALLY LISTEN TO THEIR ANSWER
WRITE A POSTCARD TO A FRIEND OR RELATIVE THAT YOU HAVE NOT SEEN IN A WHILE

Happy Space

THANK YOU FOR SUPPORTING HAPPY SPACE!

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