

YOUTH EMPLOYABILITY SERVICE GUIDE TO LOCKDOWN LIFE

*Ideas & activities to
keep you happy and
healthy, and your mind
occupied during lockdown*

Hello!

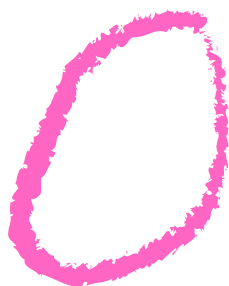
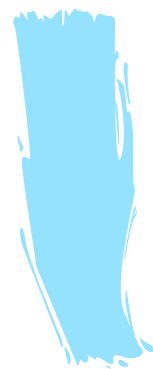
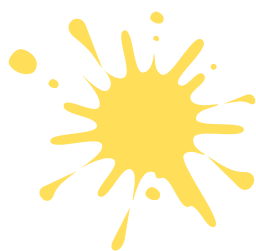
How are you? We hope that you are safe and well. We have designed this activity book to support you through your lockdown experience. We know that this is a worrying time for lots of reasons, and we hope that the activities we have chosen to include here will help you to keep calm, focused, occupied - and hopefully give you a giggle too! Our service is here for you - we will get through this, together. If you try any of the activities please tell us about it! If you share what you are doing online please tag #YESLockdownLife so we can see!

At the back of this booklet, there is a list of support services you can access with links to all their websites, just in case. Remember, your YES Adviser can always support you to access other services if you need them.

Stay safe,
YES



Turn our paint splodges into a page of characters by giving them arms, legs and faces!



Mindfulness

5-4-3-2-1

5 THINGS YOU CAN SEE
4 THINGS YOU CAN TOUCH
3 THINGS YOU CAN HEAR
2 THINGS YOU CAN SMELL
1 THING YOU CAN TASTE



I AM POEM



Create your own poem by finishing the sentences!

- | | |
|---------------------|---|
| I AM | (TWO CHARACTERISTICS) |
| I WONDER | (SOMETHING YOU ARE CURIOUS ABOUT) |
| I HEAR | (AN IMAGINARY SOUND) |
| I SEE | (AN IMAGINARY SIGHT) |
| I WANT | (SOMETHING YOU DESIRE) |
| I AM | (FIRST LINE OF YOUR POEM REPEATED) |
| I PRETEND | (SOMETHING YOU PRETEND TO DO) |
| I FEEL | (A FEELING YOU HAVE) |
| I TOUCH | (AN IMAGINARY TOUCH) |
| I WORRY | (SOMETHING THAT BOTHERS YOU) |
| I CRY | (SOMETHING THAT MAKES YOU SAD) |
| I AM | (FIRST LINE REPEATED) |
| I UNDERSTAND | (SOMETHING YOU KNOW IS TRUE) |
| I SAY | (SOMETHING YOU BELIEVE IN) |
| I DREAM | (SOMETHING YOU DREAM ABOUT) |
| I TRY | (SOMETHING PUT EFFORT INTO) |
| I HOPE | (SOMETHING YOU HOPE FOR) |
| I AM | (FIRST LINE OF YOUR POEM REPEATED) |

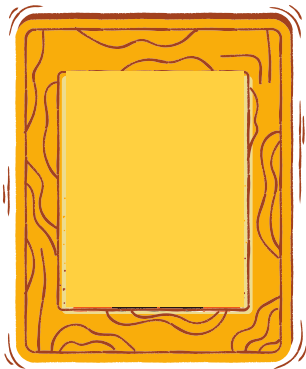


DATE

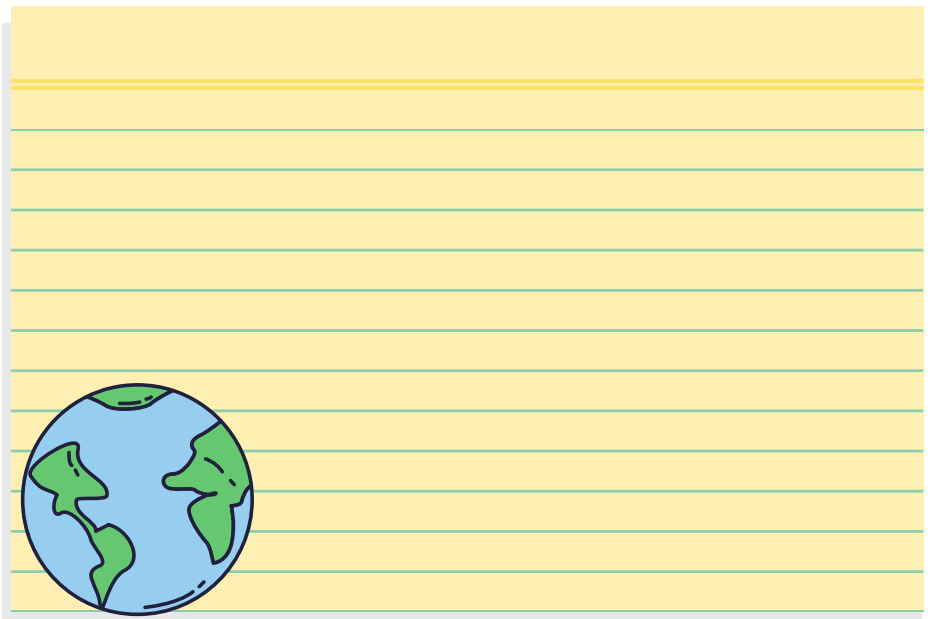
COVID-19 TIME CAPSULE

FILL IN THIS PAGE FOR YOUR FUTURE SELF TO LOOK BACK ON

A picture of you



Top 3 things you want to do when this is over!



What you are doing to feel connected and have fun



Draw the people you are isolating with at home

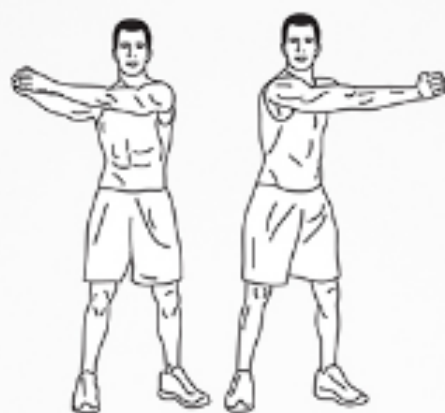
standing abs

repeat 5 times | up to 2 minute rest between sets

© neilarey.com



20 knee-to-elbows



20 side-to-side chops



10 cross chops



20 high knees



20 twist jumps



10 side leg raises



YOU, AT YOUR BEST

STEP 1

TRY TO REMEMBER A SPECIFIC OCCASION WHEN YOU THINK YOU WERE AT YOUR VERY BEST. IT COULD BE A PROBLEM OR DIFFICULT TIME THAT YOU OVERCAME SUCCESSFULLY, OR WHEN YOU ACCOMPLISHED SOMETHING YOU WERE PROUD OF. IT SHOULD BE A SITUATION IN WHICH YOU FELT POSITIVE, PROUD AND ENERGISED.

STEP 2

NOW WRITE THE STORY OF THAT MEMORY. REMEMBER WHAT HAPPENED, HOW YOU FELT, WHAT YOU DID AND BROUGHT TO THE SITUATION, YOUR STRENGTHS AND PERSONALITY TRAITS. BE AS DESCRIPTIVE AS YOU CAN

STEP 3

READ BACK THROUGH YOUR STORY, HIGHLIGHT EVERY TIME YOU SAY SOMETHING POSITIVE ABOUT YOURSELF

HERE ARE SOME POSITIVE WORDS YOU COULD INCLUDE IN YOUR STORY:

HELPFUL, KIND, BRAVE, HAPPY, CONFIDENT, SHARING, RELIABLE, DEPENDABLE, ORGANISED, CALM, CARING, LEADER, ADVENTUROUS, CONSIDERATE, LOVING, THOUGHTFUL, GENEROUS, OPEN-MINDED, CREATIVE, FUNNY, DECISIVE, POLITE, RESOURCEFUL, GENTLE, HARDWORKING



Self Portrait

Create a self portrait in one continuous line. Don't take your pen/finger/cursor off the paper/screen at any point!

I have always wanted to

I'm secretly afraid of

This week, I will enjoy doing

I often look forward to

I feel something that the future holds for me is

I get my strength from

One person I would like to talk to is

I would never

Complete the sentences. Keep revisiting them - do your answers change over time? How do they make you feel?

SELF ESTEEM SENTENCES

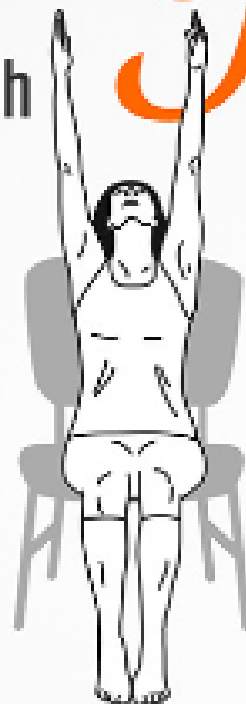
3-minute seated Yoga

www.nhs.uk
NHS
choices

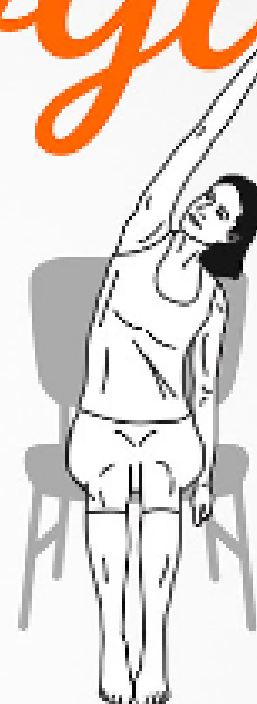
OFFICE-FRIENDLY WORKOUT
© darebee.com
30 seconds each



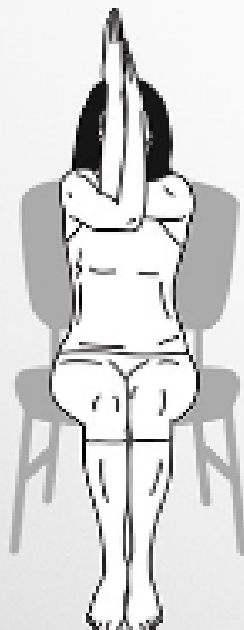
body fold



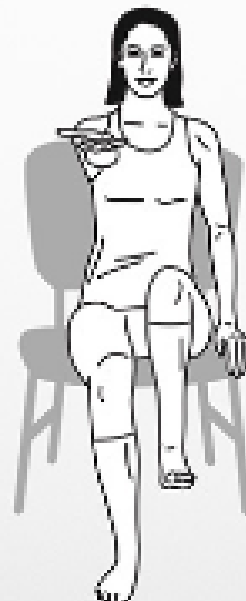
stretch up



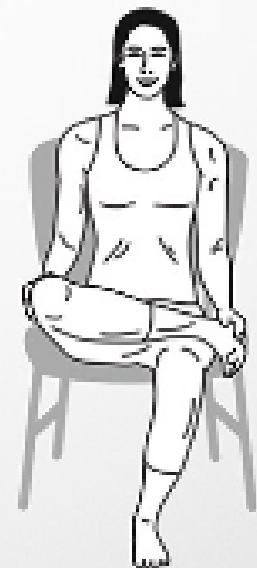
alternating side stretch



alternating lotus twist



alternating lift & reach



alternating half lotus

SPRING CLEAN YOUR SOCIAL MEDIA

WITH LOCKDOWN BRINGING EVERYONE ONLINE EVEN MORE THAN BEFORE, THERE'S NEVER BEEN A BETTER TIME TO GIVE YOUR SOCIALS A GOOD CLEAN UP!

1. Start with a google search - google your full name + your location. Then try googling any usernames you regularly use, then try your email address and phone number.

ANY SUPPRISES?? MAKE A NOTE OF ANY SITES WHICH YOU ARE NO LONGER ACTIVE ON

2. Repeat the above step but do an image search - if you find a picture of yourself you would rather not, make a note of where you found it.

3. Now you know what content you want removed, work through each site deleting profiles / information. We can help you with this if you get stuck!

4. Now refresh! Make sure the content on the social media sites you still use is up to date and that your security settings are as you want them to be going forward.

YOUR YES ADVISER WILL HAPPILY SUPPORT YOU WITH A SOCIAL MEDIA SPRING CLEAN!

ISOLATION

Challenge

25 Star Jumps 20 points	Sing a nursery rhyme 5 points	Count to ten in another language 10 points	Find 5 red things 20 points	Cook something 50 points
Tell a joke 5 points	Call someone 10 points	Message someone and get a reply 10 points	Recreate an album cover 100 points	Put on fancy dress 50 points
Put on a hat 5 points	Do an impression 10 points	Give a hug 10 points	Do 5 keepy uppy's with a toilet roll 15 points	Draw what you can see out of your window 50 points
Read a page of a book outloud 10 points	Write a poem 50 points	Sing a karaoke song 100 points	Balance something on your head for 10 seconds 20 points	Draw a face on something 5 points
Juggle 30 points	Do a magic trick 50 points	Do a tik tok dance 50 points	Whistle a tune 5 points	Play air guitar 15 points
Do a yoga pose 40 points	Do a yoga pose 40 points	Spell your name out with objects around you 30 points	Draw your best friend 20 points	Bring something from outside, in 5 points

You have ten minutes! Choose your tasks, set your timer and see how many points you can achieve!

LETTER TO MYSELF

Write your future self a letter. Tell yourself how you are feeling right now, what life is like, and what you hope for yourself in the future.

Dear me,

Sincerely,

Me

FURTHER SUPPORT

Request urgent support for yourself or someone else
due to Covid-19

Youth Service Directory

Mental Health

Domestic Abuse

Drugs & Alcohol

Samaritans

Adult Careers Service

Housing

Money & Benefits