



safety net

issue #1

YOUNG SAFETY NET E-ZINE

Activities

Advice

working out my worries

Information

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Keeping children & young people safe



Why might I be feeling worried?

★ We tend to feel safe when we have a choice about something.

For example, when we have the **choice** to join in an activity or not. We also feel safe when we have **control** in a situation. This is because we know there aren't going to be any unwanted surprises. Finally, we feel safe when we know there is a **time** limit to an event. This means that we know that it's not going to last forever.

★ So what happens when we don't have a choice, control or even a time limit?

For example, during lockdown we might not feel we have any of these things.

We're probably going to feel worried, or even anxious, but did you know that these are completely normal reactions to uncertainty? This doesn't mean it's not uncomfortable though. Our body sends us different signals to let us know we're feeling anxious; for example butterflies in your tummy or perhaps a headache. We call these **Early Warning Signs**. They might not feel very nice, but anxiety itself is not a bad, or wrong feeling. In fact, it can be really helpful to recognise when we're feeling anxious because then we can do things to help ourselves feel calmer and safer.

What can I do about it?

Top tips

★ Our Young Volunteers have shared their top tips on what helps them when they're feeling worried....

Millie says... "Art makes me feel really relaxed. Being creative is great because it can distract you or help you express how you're feeling."



Lennon says... "When I'm worried I start to bite my nails and overthink things. I like to sit alone for a bit, then talk to my Mum, or if at school, a teacher. I also like cuddling my dog, Clay!"

Albie says... "I like to listen to music when I'm feeling worried. Usually it's music from video games. Playing games is a good distraction at the moment!"



playdough power!



If you're feeling worried or anxious, try this simple, mindful playdough activity...

★ All you need is a ball of playdough!

★ **Before you do anything, take the playdough out of its container, and take a moment to notice it.** What does it look like? Do you think it is cool to touch, or warm? Can you smell it? Do you recognise the smell? Are your fingers twitching to get hold of it and squeeze, or are you a bit unsure about touching the playdough? Just notice all these feelings and try to describe them to yourself or whoever is with you. See if you can get up to 5 deep breaths before you grab it!

★ **Using only your right hand, squish the playdough as tightly as you can, take a long slow breath in while you do.** When you need to breathe out, bring your other hand in, and streeeeetch the playdough as long and thin as it will go - be gentle, it needs to last as long as your out breath without snapping! Now start again with your left hand.

★ **Gently and slowly, roll the playdough out into a sausage shape,** making sure to use every little muscle and joint in each hand, and all the way up to your wrist, and even forearm if it feels nice. Its like a mini massage!

★ **Squeeze the playdough into a ball shape, and then roll into a short, fat sausage.** Loop the ends of the 'sausage' round to touch each other, into a loop. Keeping your fingers nice and straight, place them inside the loop, and slowly, slowly streeeeetch your fingers out as wide as they will go, until the playdough breaks. Keep breathing nice and deeply as you do so.

★ **Break the playdough into small balls and roll them nice and neat, they can be different sizes.** Try balancing them on top of each other, how many can you balance before they tip? Can you make a few mini towers? Have fun squishing and rolling them all back into one big ball - as smooth as you can get it.

★ **Break the playdough into two equal lumps - one for each hand.** If it feels ok to do so, lie flat on the floor or your bed (if not, sit back on a comfy chair). With your eyes closed, place your hands either down by your sides, or straight out so you are in a 'T' shape. For as long as you feel comfy, breathe long slow breaths in this position, squeezing the playdough with the in breathe, and releasing it with the out breathe.

We love this sensory playdough from @Organisedchaoswithkids especially, but any is great to use! You can even make your own.



Time Capsule Activity!

★ A time capsule is a container that holds items from the present, such as photos, newspaper articles, letters and more. It's then hidden away for your future self to open. What you put in it, and how long you leave it for are up to you!

★ First you'll need to **choose your container**. Shoe boxes, plastic containers and large jars are all great ideas. If you're going to be keeping it outdoors somewhere, make sure it's weather proof!

★ Next, **decorate the container**. You could include a label with your name and the date you want to open it.

★ Finally, **fill it up!** Here are some ideas of what you could put inside....

You could use a jam jar or a shoe box



Pet and family pictures

Heya! I miss you! Here are some (nut free - don't worry) chocolate-chip cookies I made to hopefully cheer you up a bit in this strange time. I hope you're coping ok 😊. You're a legend.

Encouraging note for your future self



Newspaper cuttings

Artwork

A list of all your favourite things

★ We found ideas on www.personalcreations.com/blog/time-capsule-ideas

★ **What else would you like to remember about this time?**

This is a great activity that can help us process difficult emotions we may be experiencing. Putting it together allows us to reflect on fond and meaningful memories which may also help us feel more in control.

helping others

How can we help when other people are feeling worried?

Our young people share their experiences and ideas.

Sharing is caring!

Check the Little Acts of Kindness we've been doing on social media and follow along!



#SAFETYNETACTIVITIES

You could make a lovely card to cheer up someone special!



Albie says...
"If you see someone looking upset or worried, ask them if they're okay and they'll listen to them when they're speaking to you."

Millie says...
"Reassurance is really important. Tell them you understand, make sure you know that you're there for them, that we're in it together!"

Vincent T says...
"Once when my sister was getting really stressed about her exams, I didn't know how to help her. I did something I thought she would just laugh at, but in the end she really liked it. I gave her a picture of a superhero and said "here, this will give you power". She got quite emotional and said it was sweet. I found out that she kept it with her all the way through her mocks. I was really surprised!"

Stay connected

Our young volunteers have shared their **favourite ways to stay connected** during the last month...

SHARE THE FUN!

Check out what we've been doing on social media and follow along!

#safetynetactivities
@safetynetbtn



"We have a group chat and then ask on that if anyone is free to facetime"

"Me and my friends video call each other when we're doing school work which makes it more fun."



"MY USUAL CLUBS HAVE BEEN USING ZOOM! IT'S REALLY NICE TO SEE EVERYONE ON THE SCREEN!"



"Me and a friend will sometimes do the same activity and then show each other the results!"



"Sometimes just a text message or whatsapp will work wonders"

"SENDING LETTERS IN THE POST IS GREAT- I LOVE GETTING MY OWN POST TOO!"



★ Keeping busy

So, it's time to get creative in the kitchen and join in on our competition, where you could win a **Fatto A Mano voucher*** for delicious pizza! We're challenging you to bake fresh scones!

Below is an easy to follow ten step recipe that teaches you to make 8 tasty plain scones in under 30 minutes! If you're feeling experimental you could add cheese or sultanas... but maybe not both at the same time!

Our young volunteer
Millie says:

"My new favourite way to take my mind off things when I feel worried is to get baking."

★ Ingredients

- 350g self-raising flour, plus more for dusting
- ¼ tsp salt
- 1 tsp baking powder
- 85g butter, cut into cubes
- 3 tbsp caster sugar
- 175ml milk
- 1 tsp vanilla extract
- beaten egg, to glaze
- Jam and clotted cream, to serve

These delicious scones are so easy to make!



1. Heat the oven to gas mark 7 / 220°C / fan 200°C
2. Tip 350g self-raising flour into a large bowl with ¼ tsp salt and 1 tsp baking powder, then mix.
3. Add 85g butter cubes, then rub in with your fingers until the mix looks like fine crumbs, then stir in 3 tbsp caster sugar.
4. Put 175ml milk into a jug and heat in the microwave for about 30 secs until warm, but not hot.
5. Add 1 tsp vanilla extract
6. Make a well in the dry mix, then add the liquid and mix it all together.
★ FUN TIP: If you feel like adding some flavour to your scones, it's at this point you need to add the extra ingredients! For example, add grated cheddar cheese, to make delicious savoury scones. Or, adding sultanas would make a batch of fruity scones that are perfect to serve with jam and cream!
7. Scatter some flour onto the work surface and tip the dough out. Cover the dough and your hands with a little more flour, then fold the dough over 2-3 times until it's a little smoother. Shape into a round about 4cm deep.
8. Take a 5cm cutter and dip into some flour. Cut into the dough, then repeat until you have four scones. You may need to press what's left of the dough back into a round to cut out another four.
9. Brush the tops with a beaten egg, then carefully place onto a pre-warmed baking tray.
10. Bake for 10 minutes until risen and golden on top. Serve warm, or cool with jam and clotted cream

***Good luck! Don't forget to share your yummy creations with us for a chance to win - tag us in your pictures on Instagram @SafetyNet81n or email pictures to ruth.davey@safety-net.org.uk**

EXTRA HELP

If you are feeling worried during this time, know that you have the right to speak to someone about it. Your worry is not too big or too small to talk about.

Childline are available to contact by phone (0800 1111) or online with a 1-2-1 counsellor between 9am and midnight, or by email (which may take a little bit longer). All you have to do is create an account on their website, and you are able to contact them in whichever way you feel comfortable.

Think Ninja - for Covid19 related worries this app provides you with the tools to manage anxiety and create coping methods; as well as giving you advice on isolation struggles, worries about family members, mental strength and many other topics.

Worrinots is a secure app that creates a space for you to share fears and anxieties with your chosen Worrinots character.

YoungMinds has created a list of questions and answers related to Coronavirus and social distancing, and a bank of information surrounding managing anxiety that is easily accessible.

The Mix is the UK's leading support service for young people. They have provided many articles and blogs online about coping with Covid-19; covering topics from anxiety, to managing relationships during lockdown.

★ This issue of our Young Safety Net E-zine wouldn't have been possible without contributions from **Millie, Vincent T, Lennon and Albie**... Plus all the children and families joining in with our **#safetynetactivities** on social media.

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