

# M – Managing Relationships

## HOW COULD YOU CONNECT WITH PEOPLE?



Organise to meet one friend for a socially distanced takeaway hot chocolate

Organise a family fun games night of board games

Take 5 mins out of your day to talk to one of your parents about their day

Write a letter to a friend/family who might live abroad

Sign up to run a specific distance for a charity you feel passionate about and raise money for a good cause, whilst improving your fitness

Look into joining a new Co-curricular club at School

Organise a form 'fun' lunchtime full of games and laughter for all

Pick up the phone and ring/FaceTime an old friend and reminisce about old times

Research in your local community who is collecting for the food bank and make helpful donations

## CONNECT WITH PEOPLE – RELATIONSHIPS MATTER

People with strong and broad social relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support and increase our feelings of self worth. Broader networks bring a sense of belonging.





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HIGH SCHOOL

Tell your sister/  
brother how  
proud you are  
about what they  
have achieved  
recently

Reflect on a situation  
that made you feel  
negative emotion.  
Think about how you  
tackled that task and  
be proud of what you  
achieved to do this

Be thankful  
for living in a  
lovely part of  
the world.

Go out for a 30  
min brisk walk  
and take in the  
beauty round  
you

Write a to do  
realistic to do list  
and be proud every  
time you complete a  
task – tick it /cross  
it off with pride

Look for the positive/  
funny side of a difficult  
situation e.g self isolating  
due to COVID might seem  
negative but it means  
you might get extra sleep  
as you do not need to  
commute to school

Tell your sister/  
brother how  
proud you are  
about what they  
have achieved  
recently

# E- Emotions

## LOOK FOR WHAT IS GOOD

## POSITIVE VIBES ATTRACT POSITIVITY

Positive emotions such as joy, gratitude, contentment, inspiration, happiness and pride are not just great at the time but it has shown that positivity attracts positivity, if you are positive then other around you will be too. So, although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.

Write down  
3 things that  
you really  
appreciate in  
your life

Plan a countryside  
walk with your  
family and set a  
date to go and  
explore this new  
area

Ask a friend/family  
member to talk  
to you about their  
hobbies and interest  
and see if you have  
an interest in it too

Plan a cycle ride  
around your  
local park and  
complete it





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Mistakes are all part of learning, do not beat yourself up about it. Instead, think I know how I would do it differently next time. Have a think when this has happened before and how you would act different next time

Embrace what makes you unique – look in the mirror and tell yourself why you are unique and how this adds value to you

Think positively and speak kindly to yourself – do not compare yourself to others

It's important to take care of yourself by eating right, sleeping enough and exercising regularly.

# A – Acceptance

## BE COMFORTABLE WITH YOU ARE



## SELF – ACCEPTANCE

No-one's perfect. But so often we compare our insides to other people's outsides. Learning to accept and appreciate that each and everyone of us is unique and amazing is a huge step to improving happiness, improve wellbeing and improve resilience.

Consider a few things you can do to treat yourself and spend quality time on your own (e.g. taking a warm bath, going for a walk in nature, etc)

Ask a friend what they love about you and accept their answer by saying 'thank you'

Write down 3 things that you are good at or love to do e.g. sports, music, design etc

Let go of things you cannot change – write yourself a letter go of things you cannot change and welcoming in things you love about yourself







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Teach your  
dog/pet a  
new trick.



Learning some  
basic first aid  
skills, think how  
you could help  
yourself and  
others in the  
future

Research a new blog  
or podcast that could  
help you learn about  
something new. It  
could be history based  
or about a different  
culture around the  
world. The possibilities  
are endless

See if you could  
learn to touch  
type – think  
how helpful this  
would be for your  
future

# N – New things

## KEEP LEARNING NEW THINGS



Learning affects our well-being in lots of positive ways. New ideas help us stay curious and excited. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn, from friends, online courses, from family and friends and even through formal qualifications.

As your Mum or  
Dad to teach you  
to cook a new  
recipe

Research a new book  
and start reading,  
maybe it could be  
learning about a  
historical event.

Consider  
learning to grow  
vegetables or  
flowers

Do you like  
taking photos?  
Consider join  
a photography  
course or a book  
to guide you

Learn a new word  
a day by using a  
daily vocabulary  
builder app

Consider trying  
to complete the  
couch to 5k App  
challenge

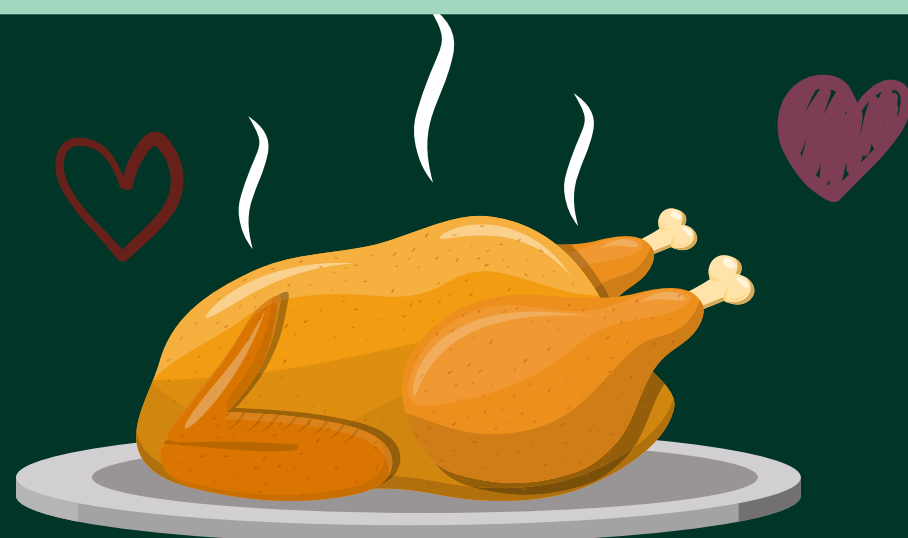
Why not try a  
Pilates or Yoga  
class?





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# Involvement

## BE PART OF SOMETHING BIGGER



To be involved and involve others in everyday life can provide a purpose, feeling of happiness and prevent stress, worry and anxiety. We might all have different ways to feel involved, so try out one of the ideas around the outside of this box or if you can think of anything similar, then set yourself a goal to pursue it.

Does your family have any traditions? Why not start one if not and create and organise a family day full of what your family enjoys the most

Is there a school project you could be part of? It could be helping the local community or putting yourself forward for a form responsibility

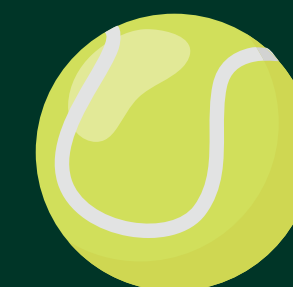
Organise and plan a run/jog with your friends

Why not take responsibility for a task at home? Could you be in sole charge of the weekly shopping list, for unloading the dishwasher or taking your dog for a walk every day?



Join a sports club in school or even consider looking at local sports clubs close to you. Is there a sport you have always wanted to try?

Help a sibling to tackle a difficult homework task or question



Go and kick a football around with your brother/sister/dog/friend in the park for 30 mins

Do you have a religious belief? Are you part of a religious community? If not, research into if you could join a local community surrounding your belief







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# N – Need

## WHAT ARE YOUR NEEDS, EXERCISE, CONNECTING WITH NATURE OR TIME?

Complete a  
HIT workout  
online



Visit a local park  
and take in 5 natural  
things around you e.g  
trees, birds, the smell  
of grass, flowers and  
the blue sky



Complete  
multiple 'Just  
Dance' songs on  
YouTube

What is your  
favourite thing to do?  
It could be anything.  
However busy you  
are, make the time  
for this activity

Create a bedtime  
routine if you do not  
have one already. Be  
screen free for 30  
mins before sleep.

Pick up your  
skate board/  
scooter or bike and  
head down to the  
park for 60 mins

Go out for a  
walk for an hour  
and see how far  
you can walk in  
that time

## MAKING TIME FOR OURSELVES

Our body and minds are connected and being active can help make us happier and is good for our physical health. Making time for ourselves is also extremely important to boosting our mood and improving our well-being. This can include making sure we have enough sleep, eat nutritional meals and relaxing away from technology. Connecting with nature can be a perfect way to do this. Try to make time for you 3 times a week for 60 mins. What will you do with this time?

Take your lunch  
or dinner outside  
(weather permitting)  
and absorb some  
vitamin D

Bring nature  
indoors and  
pick a lovely  
houseplant to  
have in your  
room.

Create a bedtime  
routine if you do not  
have one already.  
Be screen free for  
30 mins before  
sleep.





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# G – Giving

## WHAT ACT OF KINDNESS COULD YOU DO TODAY?

Smile at everyone you pass today

Let someone special know everything you appreciate about them

Help your parents cook dinner tonight

Suggest going for a walk with a neighbour/friend/relative

Help someone with their homework

Hold the door open for someone

Help with the chores at home

Ring an elderly relative to see how they are

Pick up some litter in the park

Walk a friend's dog

Make a small donation to a charity

Bake a cake for someone

Volunteer at a local charity/event

## GIVING IS GOOD FOR YOU

When we give to others it activates areas of the brain associated with pleasure, social connections and trust. It's not all about money - we can also give our time, ideas and energy. So, if you want to feel good, do good! What act of kindness could you do today, tomorrow, this week and beyond.

