

WAKEFIELD YOUNG CARERS Lockdown Activities & TOP TIPS for Under 11's

DON'T LET LOCKDOWN GET YOU DOWN - Keep LEARNING, be ACTIVE and ask for HELP when you need it

LOCKDOWN IS TOUGH - ASK FOR HELP & CHAT TO SOMEONE ONLINE



NEED A CHAT?

Talking can be a way to cope with a problem or share a worry, and can improve how you feel.

Talk to someone

WE'VE GOT
YOUR BACK!!

IF YOU'RE FINDING THINGS PRETTY TOUGH AT THE MOMENT, DON'T WORRY, YOU'RE NOT ALONE.

We have a Drop in and Chat Service where you can chat to someone who will listen to you.

GO TO

WWW.WF-I-CAN.CO.UK

We are here to help you.

ALSO, discover...

- Fun games and activities
- TOP TIPS from other young carers
- Ideas for looking after yourself in lockdown
- Information on finding help

Drop in and Chat Service
Monday – Friday
1pm – 5pm & 7pm - 9pm
Weekends - TBC

STAYING HEALTHY DURING LOCKDOWN

The lockdown has changed all of our usual routines and it's normal to feel a little worried and fed up. It's hard to find things to do and it's easy to sit on the sofa all day...but doing exercise and keeping our minds active is important for our bodies and brains. We all need to look after our HEALTH, especially if we are looking after people in our family.

Doing exercise improves our physical health & helps boost our positive mental health* (*when we feel GOOD!)

KEEP ACTIVE

It doesn't matter what you choose to do but just MOVE and find your own ways to be ACTIVE!
SKIP, DANCE, JUMP, RUN or WALK!!

AIM for at least 1 HOUR of EXERCISE every day!

EXERCISE & DANCE VIDEOS

Check out these FUN websites for great exercise ideas!!

There are so many great ways to exercise and get your heart pumping. Check out these Youtube channels and websites made especially to get you up and moving!

P.E WITH JOE WICKS
DANCE WITH OTI
COSMIC KIDS YOGA
SUPERMOVERS

Daily exercise for kids - Search 'PE WITH JOE' on Youtube
Learn dance moves with Oti Mabuse. Search 'DANCE WITH OTI' on Youtube
www.cosmickids.com
www.bbc.co.uk/teach/supermoovers
Yoga made fun for kids
Move and sing while learning cool stuff



DID YOU KNOW??

Since lockdown lots of children have started to do more jobs at home to help and look after their family.

You might be doing more jobs than you want to - Tell someone that you need help!

Wakefield has a Young Carers Service to help children who are carers and helpers at home.

Every school will soon have a Young Carer's Champion - this will be a special person who will listen to all young carers and make sure they get extra help in school if they are caring for people at home and are worried about their family.

Tell someone you trust in school that you help or care for someone in your family.

WE NEED YOU!

GET CRAFTY & CREATIVE!

Don't forget to check out our separate ACTIVITY WORKSHEET containing fun ideas to keep kids entertained in lockdown.

Why not get creative at home and build:

- a den
- a space rocket
- a doll's house
- a robot



GET INVOLVED in the Wakefield Young Carers Youth Forum

TELL US WHAT YOU THINK!

We need children like YOU (with experience of being a helper and caring for people at home) to help us to MAKE THINGS BETTER for all Young Carers in Wakefield. We would like to hear your ideas and opinions!!

If you would like to find out more about the projects you could help us with please contact the Wakefield Young Carers Team on: youngcarers@wakefield.gov.uk

