

WF-I-CAN

www.wf-i-can.co.uk is a website for 8-19 year olds in the Wakefield District.

Our online Drop in and Chat service is available:
Tuesday - Thursday 7-9pm

Please note WF-I-Can is not a crisis service.

Childline:
www.childline.org.uk
Call 0800 1111

Kooth:
www.kooth.com

Shout:
Text 'SHOUT' to
85258



4-7-8 Breathing



Take a deep breath in for a count of 4.

Hold your breath for 7 seconds.

Breathe out for a count of 8 seconds.

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Take a Break!

5 Things You Can SEE



4 Things You Can HEAR

3 Things You Can TOUCH



2 Things You Can SMELL

1 Thing You Can TASTE



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Managing BIG Emotions

- 1** Remind myself that its not okay to hurt other people.
- 2** Count to 10 or take three deep breaths.
- 3** Use my words in a positive way.
- 4** Ask for help when I need it.
- 5** Take time to calm down.



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3 ways to feel good!

Take care of yourself

Do things you enjoy, eat healthily, get some exercise and get plenty of sleep.



Set realistic goals

Do something you've been putting off, like calling a friend, tidying your room or anything positive that involves you making a decision that you can achieve.



Be happy!

Spend more time with those who make you laugh, feel good and valued!

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Sleep



On average you need 9 hours sleep a night!

- Turn off devices 1 hour before bedtime. Blue light keeps us awake.
- Do something calming on an evening to help you relax. Why not try reading, drawing or doing a puzzle?
- "Sleepy foods" help improve our sleep. Some examples are: milk, fish, fruits and vegetables.

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Squeeze and Breathe

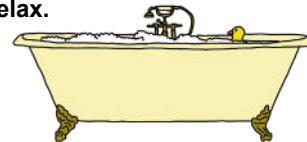
1. Scrunch your toes tightly for a second then relax.
2. Bend your feet up so your toes leave the ground then relax.
3. Push down on the floor with your feet so your calves tense up then relax.
4. Tense your thighs then relax.
5. Clench your bum cheeks together then relax.
6. Tense your tummy muscles then relax.
7. Squeeze your arms into your sides then relax.
8. Hunch your shoulders then relax.
9. Clench your fists then relax.



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Top tips for worry

Have a bath or shower, this helps you relax.



Put your headphones on and listen to your favourite music.



Write down all your worries/ things on your mind and put them in a jar.



Read a good book.



Create a safe/ happy space. Do things in here that you enjoy.



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Exercise

Exercise can reduce stress and worries and can be a lot of fun!

Go outside for a walk, get some fresh air or kick a ball about on a field.

You could ride your bike, or do a dance in your bedroom.

Even doing some stretches and focusing on your breathing is a great way to keep yourself fit and healthy.



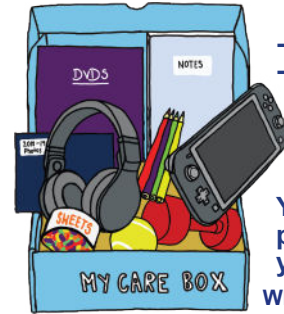
Happiness Box

Fill your box up with things that make you happy!



This could be

- Photos
- Games
- Self-care items
- Notebooks
- Memories



Your box is personal to you!

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Notes to self:

1. Focus on good things!
2. Spend some time outside every day.
3. Do things that you enjoy doing.
4. Love yourself and who you are.
5. Keep going and always be brave.



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WF-I-Can is full of top tips from children and young people in the Wakefield District.

You can read and download activities, quizzes and information on all of these topics and more.

There are even weekly challenges and colouring!

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