

THE TOGETHER PROJECT

Hampshire CAMHS recognises that the last 12 months have been incredibly challenging for our young people which, as a result, has impacted on their anxiety, experiences, connectivity and learning. This unique, strange, and unprecedented event will have undoubtedly created significant potential for increased levels of loneliness and uncertainty about how to connect with others again. Therefore, we are looking to run a time limited project over the summer called, “The Together Project”. We are hoping that the resources and ideas will be helpful, and a useful platform for conversations with young people.

Please find attached a PDF of ideas and sources of information and resources, to get started with the young people in your school, or youth organisation.

Please let us know how you get on.

The logo for 'The Together Project' is set against a dark teal background with a white speckled pattern. The text 'THE' is in a small, white, sans-serif font. Below it, 'TOGETHER' and 'PROJECT' are written in a larger, white, sans-serif font, separated by a vertical white line. The entire text is overlaid on a series of dark teal diagonal stripes that sweep upwards from left to right.

THE
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What's involved?

Within this document are different ideas to help young people.

- 1) Identify how they are feeling;
- 2) Activities to try to match their mood;
- 3) Ideas for generating activities to try which will build confidence, help to manage mood, and to build connections with others.

There's no obligation, it's up to you how much you want to get involved.

THE
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The Projects

- **21 in 21**

21 different activities to try then incorporate into everyday life.

- **Virtual Activity Planner**

When boredom sets in and you're not sure what to do, use this virtual activity planner to give you suggestions on what to do and new things to try.

- **Emotions Diary and Mood Regulating Activities**

Rate your feelings and find an activity to dial up or down your energy.

- **Connecting the Dots**

A fun and creative activity to express your individuality and connect with others to form a collaborative art installation.

- **Top Tips Sheets**

Some suggestions on how to manage aspects such as friendships, coping with boredom, feeling lonely and staying safe.

- **The Kindness Toolkit**

Some suggestions of developing kindness and compassion to oneself and others.

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Connecting the dots

Have you ever done a dot to dot picture? By connecting up the individual dots, beautiful pictures emerge.

We are all individuals with our own unique experiences, but we have and can create, connections to others, and in doing so create something beautiful with our shared experiences and perspectives. Our 'Connecting the Dots' project is about showcasing our individuality whilst finding connections to others, and using these connections to contribute to a collective piece of art.

Use the attached template to cut out a "dot". Use this space to creatively express "what are the things in life that are important to you?" You can write, draw, paint, or use any medium that you'd like to complete the task!

The completed dots can be sent to Hampshire CAMHS, as we may potentially be able to create something from this, based on responses.

Please send FAO Helen Dove, Avalon House, Chesil Street, Winchester, SO23 0HU
Please mark the back of your dot with your name/age/school/contact details.



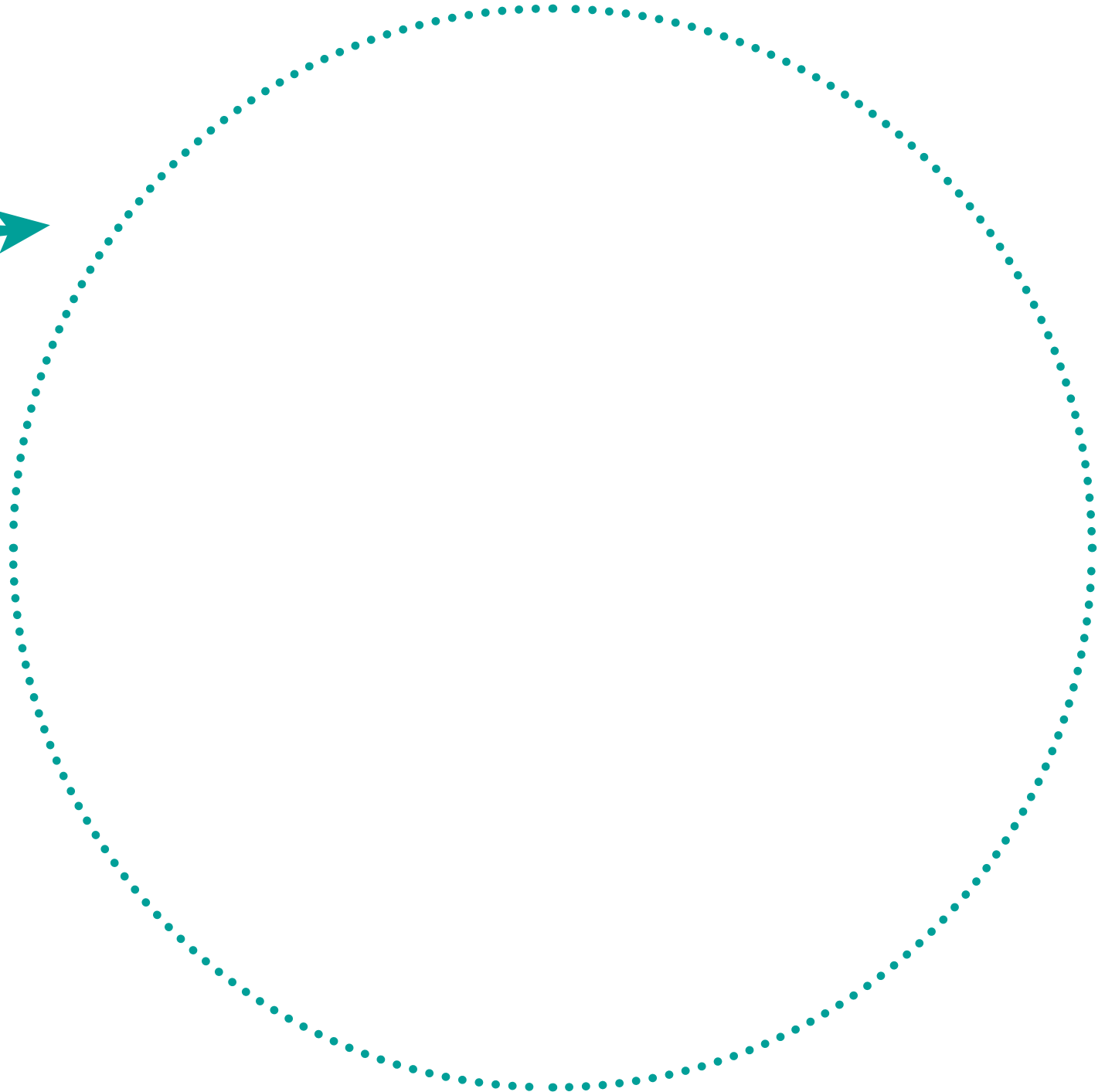
**Hampshire Child and Adolescent
Mental Health Services**

Cut your dot out around this line



Get creative with designing your dot
to answer the question:

WHAT ARE THE THINGS
IN LIFE THAT ARE
IMPORTANT TO YOU?



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Mental Health Services

Top Tips; Being Active

- Being active doesn't just mean exercise, or doing sports; it's about movement. There are many different ways to be active; going for walks, playing at the playground, cycling or scooting around the park, kicking a ball around with some friends, doing yoga, gymnastics or dance, as well as sports such as swimming, tennis, basketball or cricket.
- Try to get out everyday; fresh air is like pressing the re-set button for your mind.
- Do it because it's fun, not because you feel like you should, or must.
- There's no such thing as bad weather, only wrong clothing choices, so even if it's cold or rainy, wrap up warm, and if it's hot, make sure you apply sunscreen.
- Make sure you fuel up before and after any activity, and stay hydrated throughout. Like making sure your mobile phone is charged up, you need to make sure you have enough energy by having regular snacks and drinking water.

Trying new activities

- One of the best things about being active is that everyone can be active. You don't have to be the quickest, strongest, or best at any sport or activity to join in.
- When we try new things, you can expect to make mistakes or find it challenging. The more you do it, the better you'll become, so don't worry if you struggle at first.
- Remember that it's ok not to win a game or match, taking part and having fun are important.
- Try not to compare yourself to other people; we're all good at different things and some people will have had more or less practice than you.
- It's ok to ask for help if you're not sure of how to do something, or if you need some reassurance when you're starting out.
- Check out our Activity Planner and '21 in 21' for new activities to try.

Top Tips; Connecting With Others

Making Friends

- Treat other people the way you would like to be treated.
- Try not to judge others based on their appearance, or on your first impression. You can only judge whether you get on with someone once you have spent time with them, and have spoken with them.
- Try to find common interests with other people. Talk about the things you enjoy, and be curious about what other people have to say.
- Saying hello and smiling at others lets them know you are friendly, and would like to interact.
- If you see someone is on their own, invite them to sit with you, or join in with you and your friends.
- Sit next to, or talk to people you might not have sat next to, or spoken to before at school.

Managing Boredom

- Boredom is often linked to a lack of connection, so communicate, speak face to face or on the phone with someone. Connecting with someone can often break the boredom cycle.
- Have a routine; getting up at the same time, eating meals and going to bed at the same time can help you to plan your days. Try to have at least one thing planned a day.
- Keep a to-do list; a mix of things you need/should do (eg, tidy your room, do school work) and things you'd like to do (eg, see friends, play games, listen to music). Pick two from the 'need/should' list, and two from the 'like to do' list. You might be able to combine the two, eg, listening to music whilst you tidy your room.
- Offer to help someone do something, or invite someone to do something with you.
- Set yourself goals of things you want to achieve, and break these goals down into smaller steps to help you get there.

Managing Feelings of Loneliness

- Manage your expectations; we all have quiet times with no plans and nothing exciting going on. Be careful not to compare yourself to others, particularly on social media where it can feel like everyone has more exciting lives than you.
- Let people know how you feel. Chances are, some of your friends and family members feel this too. You could schedule in regular calls or meet ups.
- Make new connections; joining a club or group is a good way to meet people with similar interests. There are many online communities and virtual groups which are running too.
- If you are old enough, getting a part time job or volunteering can be a great way to occupy yourself, and meet new people.
- Seek support from a helpline; Call Childline on 0800 1111 (free phone, 24 hours 7 days a week).

Top Tips; Giving

- Behaving kindly and compassionately towards others is good for us, and for other people. Treating other people how we would like to be treated ourselves is important to hold in mind. Respect, honesty and kindness are qualities and values that we can expect from other people, and give to others in return.
- Even though we would hope others would show kindness and compassion towards us, we should behave kindly and compassionately to everyone, even if they are not always kind to us.
- Just because someone might seem happy and confident, you never know what challenges or difficulties they may be experiencing, so it's important to be kind.
- There are many ways of showing people you care, and different people will have different preferences in terms of how they show others that they care about them. Watch this short film about the Five Languages of Love to think more about your own preferences for giving and receiving love and care; https://youtu.be/2F_neejm5Zw

Giving

- Remember you are part of a wider community and part of society. If you see something that needs doing (eg, litter picking up), don't assume, expect, or wait for someone else to do something about it yourself.
- Take responsibility for being a good citizen; role model to your friends and those around you how to behave responsibly and appropriately.
- Have a look at our Kindness Toolkit for more ideas on how to develop compassion for yourself and other people.

Top Tips; Learning

- There are so many fun and creative ways to learn new things; reading books, watching TV/ films/ YouTube videos, TED Talks, listening to the radio or to podcasts, joining a new club or group, talking to and copying other people, and just trying something new and practicing.
- We're all learning all the time. Why don't you learn a new skill together with someone in your family. Learning with someone can be lots of fun, you can help each other and keep each other motivated too.
- Set yourself goals of things you'd like to achieve and learn how to do. You can break down big goals into smaller steps, and tackle each step one at a time.
- To learn more about how to look after your own mental and emotional health, visit our website to watch videos or listen to podcasts about many different aspects of our mental, and emotional health; <https://hampshirecamhs.nhs.uk/videos-podcasts/>

Top Tips; Noticing

- Noticing means being aware of, paying attention to, and being in the present moment. Noticing how you feel (emotionally and physically), and what is going around you.
- You can practice the art of noticing and being in the present moment by trying this grounding exercise using your five senses; https://youtu.be/rGpZ_r3c1PU
- Playing games and activities such as 'Eye Spy', wildlife spotting (eg, birds, bugs and trees), geocaching, foraging and treasure hunts are fun ways of connecting with, and being in the present moment, and noticing your surroundings.
- Paying attention to, and looking after your body is important. Noticing how you are feeling; whether you are hungry, thirsty, too hot/cold, tired, in pain, etc, and responding appropriately. You can practice doing a body scan to see how your body is feeling. Here is a short film on body scanning and muscle relaxation; <https://youtu.be/Li6BNa75TQw>
- Whatever is going on for you, be aware that moments come, and moments go, whether good or difficult. Try not to judge, change, or wish away moments; practice accepting moments as they are, knowing that they will come and go.

GIVING TO OTHERS

Why not do a daily "Random Act of Kindness".
You can pick from the list below or think of your own:

☐ TIDY YOUR ROOM
WITHOUT BEING ASKED

☐ WASH SOMEONE'S CAR

☐ POST SOMEONE A LETTER, CARD OR POSTCARD TO
LET THEM KNOW YOU'RE THINKING OF THEM

☐ FEED YOUR PET OR CLEAN OUT THEIR
CAGE WITHOUT HAVING TO BE TOLD

☐ PICK SOME FLOWERS FOR A PARENT/
CARER, FAMILY MEMBER OR NEIGHBOUR

☐ HELP UNPACK THE
GROCERY SHOPPING

☐ PAINT ROCKS WITH PRETTY PICTURES OR POSITIVE
SAYINGS AND HIDE THEM IN YOUR NEIGHBOURHOOD
FOR OTHER CHILDREN TO FIND

☐ HELP WITH AN ORGANISED LITTER COLLECTION OR
ORGANISE ONE WITH FRIENDS! OR JUST PICK UP
LITTER AND THROW IT IN THE BIN WHEN YOU SEE IT

☐ SPEND TIME WITH AN ELDERLY
RELATIVE OR NEIGHBOUR

☐ DONATE TOYS, BOOKS OR CLOTHES
THAT YOU DON'T USE TO CHARITY

☐ BAKE A CAKE FOR A FRIEND,
FAMILY MEMBER OR NEIGHBOUR

☐ WHEN YOU GO SHOPPING WITH YOUR PARENT/CARER,
CHOOSE AN EXTRA ITEM OF FOOD TO DONATE TO A
FOOD BANK (IF YOUR PARENT AGREES TO THIS TOO)

☐ OFFER TO WALK YOUR NEIGHBOUR'S DOG
FOR THEM (ONLY IF YOUR MUM AND DAD
SAY IT'S OKAY AND WILL GO WITH YOU).

☐ PICK UP
LEAVES

☐ MAKE BOOKMARKS TO GIVE OUT AT SCHOOL
OR DONATE TO YOUR LOCAL LIBRARY

☐ WRITE HAPPY NOTES IN CHALK ON THE
PAVEMENT TO BRIGHTEN SOMEONE'S DAY

☐ WRITE THANK YOU/APPRECIATION
NOTES TO PEOPLE WHO HAVE
HELPED YOU OR BEEN KIND TO YOU

☐ READ YOUR LITTLE
BROTHER OR SISTER
A BEDTIME STORY

☐ SHARPEN ALL THE COLOURING
PENCILS SO THEY ARE READY
TO BE USED BY SOMEONE ELSE

☐ MAKE A FRIENDSHIP
BRACELET FOR A FRIEND

☐ OFFER TO MAKE SOMEONE A
CUP OF TEA/GET THEM A DRINK

☐ LET SOMEONE GO AHEAD
OF YOU IN A QUEUE

☐ HOLD THE DOOR
OPEN FOR SOMEONE

☐ HELP TIDY
AWAY

☐ OFFER TO PLAY WITH SOMEONE WHO DOESN'T
HAVE ANYONE TO PLAY WITH AT SCHOOL

☐ HELP SET THE
TABLE FOR DINNER

☐ LOAD THE
DISHWASHER

☐ HELP MAKE
DINNER

☐ DRAW A PICTURE TO
BRIGHTEN SOMEONE'S DAY

☐ DONATE THIS WEEK'S POCKET
MONEY TO A GOOD CAUSE

☐ PICK SOMETHING UP IF
IT'S FALLEN ON THE FLOOR

SHARE WITH OTHERS WHAT KINDNESS MEANS TO YOU

Fill in and decorate our
kindness hearts. You can do
this on your own or in a group
and create a kindness collage
of all the things kindness
means...



WHAT KINDNESS MEANS TO ME...

PRACTICE KINDNESS TOWARDS YOURSELF

Self-compassion and kindness towards oneself if really important; it benefits our physical, mental and emotional wellbeing.

It's not always easy being kind to ourselves or putting our needs first but with practice this will help you to feel healthier and happier.

Here are some ideas of self-care activities to practice. See if you can practice every day of Mental Health Awareness Week and hopefully by the end of the week you will want to build it into your everyday routine:

CAN YOU THINK OF ANY OTHERS?

HAVE A BATH OR
SHOWER EVERY DAY

MAKE SURE YOU HAVE
BREAKFAST EVERY DAY

GET SOME FRESH AIR
OR GENTLE EXERCISE

LET SOMEONE KNOW/ASK FOR
HELP IF YOU ARE STRUGGLING

BE SILLY, DO THINGS
THAT MAKE YOU LAUGH

LIMIT THE AMOUNT OF TIME
YOU SPEND ON YOUR PHONE/
USING SOCIAL MEDIA

MAKE A POSITIVE BOARD; THINGS
THAT MAKE YOU SMILE, MOTIVATE
YOU OR THAT MAKE YOU FEEL GOOD

TIDY AND SORT OUT YOUR ROOM
(CLEAN AND ORGANISED SPACES CAN
HELP MAKE US FEEL CALMER)

ACCESS SELF-HELP IF YOU
ARE STRUGGLING:
WWW.HAMPSHIRECAMHS.NHS.UK

WATCH A FAVOURITE
FILM, READ A GOOD BOOK

MAKE
A DEN

GO TO BED EARLY AND GET
A GOOD NIGHT'S SLEEP

WASH
YOUR HAIR

SPEND TIME
WITH A PET



LOOK THROUGH PHOTOGRAPHS OF
FUN TIMES WITH FRIENDS AND
PLAN THINGS TO DO WITH THEM

MAKE YOURSELF A SELF-
SOOTHE COPING BOX;
[HTTPS://YOUTU.BE/0YFGDSSDV4](https://youtu.be/0YFGDSSDV4)



SPEND TIME DOING
ACTIVITIES THAT HELP RELAX
YOU (E.G., LISTEN TO MUSIC)

PLAN THINGS
TO LOOK
FORWARD TO

CREATE A DAILY ROUTINE;
GET UP AND GO TO BED AT
SIMILAR TIMES EVERY DAY

WRITE DOWN HOW
YOU ARE FEELING
(E.G. DIARY, BLOG)

HAVE AN AFTERNOON/
NIGHT OFF FROM STUDYING

BAKE OR COOK SOMETHING WITH
A FRIEND OR FAMILY MEMBER

CONNECT
WITH FRIENDS

TRY SOMETHING NEW THAT YOU'VE ALWAYS
WANTED TO DO (LEARN A NEW SKILL OR HOBBY)

UNFOLLOW OR DELETE
ACCOUNTS/APPS THAT
MAKE YOU FEEL RUBBISH

SET YOURSELF SOME GOALS TO
ACHIEVE (MAKE SURE THEY ARE
REALISTIC AND ACHIEVABLE)

WRITE A LIST OF YOUR POSITIVE
QUALITIES OR THINGS YOU ARE PROUD
OF; CELEBRATE THE UNIQUENESS OF YOU

SPEND TIME DOING A HOBBY
OR INTEREST THAT YOU
HAVEN'T DONE FOR A WHILE



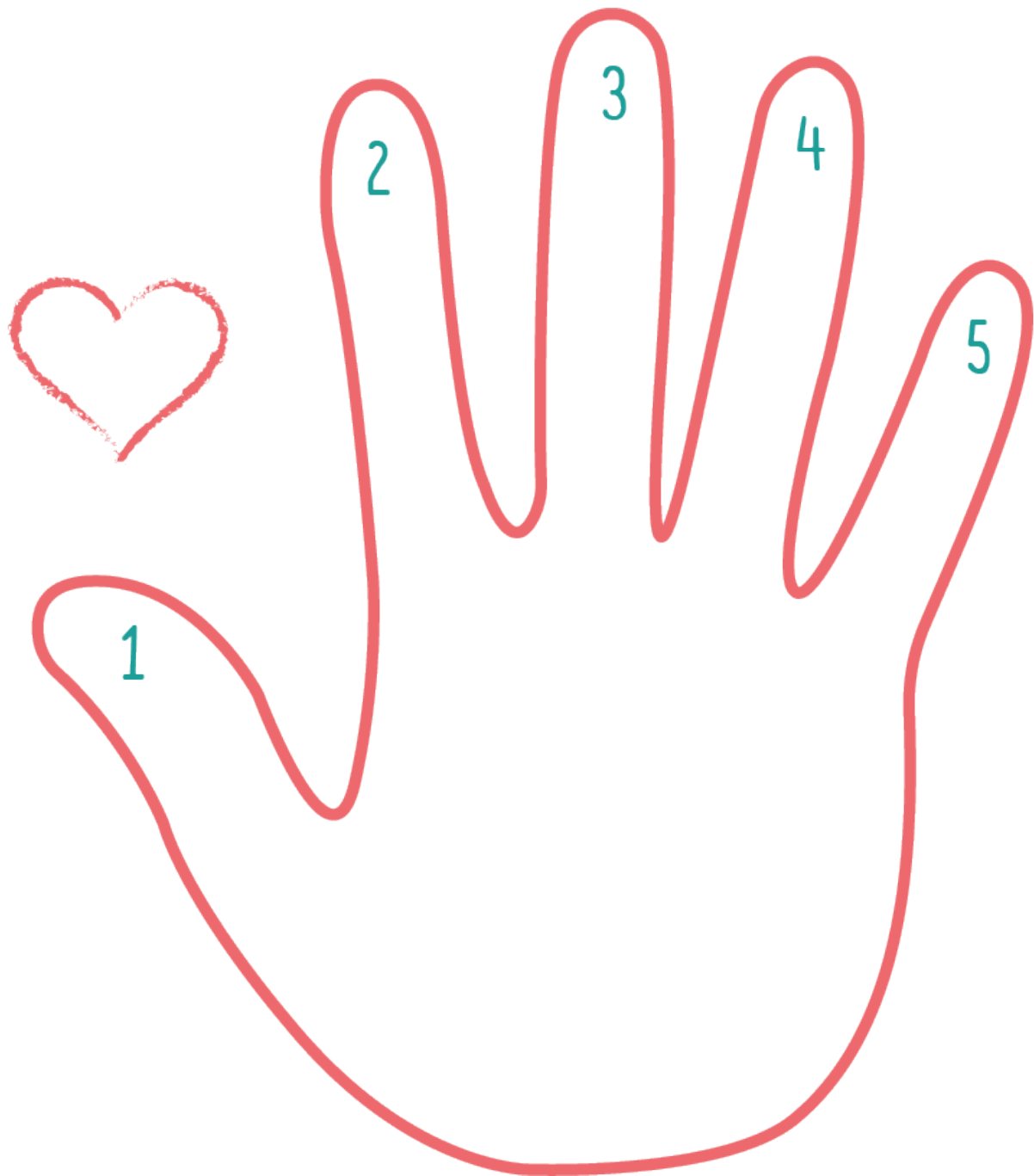
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FIVE FINGER POSITIVITY CHALLENGE

Every day, practice identifying and saying out loud five strengths and positive qualities that you possess.

You could adapt this and think of different things each day; five qualities that make you a good friend, five of your life goals, five things you enjoying doing, five things you are proud of, five things that make you unique etc.



21 IN 21

Research shows there are five simple things you can do as part of your daily life – at work and at home – to build resilience, boost your wellbeing and lower your risk of developing mental health difficulties.

The Five Ways to Wellbeing are:

- Connect
- Be Active
- Keep Learning
- Give
- Take Notice

They help people take care of their mental health and wellbeing. Regularly practising the Five Ways is beneficial for everyone – whether you have a mental health difficulty or not. Hampshire CAMHS are setting the **21 in 21** challenge to encourage young people to try new things and incorporate these steps into everyday life.

Throughout 2021 try doing each of these suggested activities at least once. Then give your self a tick when you have done it.



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☐ **CAMP OUT**

Date: / /



☐ **REARRANGE YOUR BEDROOM**

Date: / /



☐ **GO AND FEED THE DUCKS**

Date: / /



☐ **COOK AN ENTIRE MEAL YOURSELF**

Date: / /



☐ **LEARN A CARD GAME**

Date: / /



☐ **LEARN TO USE CHOPSTICKS**

Date: / /



☐ **GROW SOMETHING FROM SEED**

Date: / /



☐ **MAKE A COLLAGE OF YOUR DREAMS AND GOALS**

Date: / /



☐ **ORGANISE A ZOOM CHAT/QUIZ WITH FRIENDS OR FAMILY**

Date: / /



☐ **MAKE A KITE AND FLY IT**

Date: / /



☐ **TRY YOGA**

Date: / /



☐ **GO BERRY PICKING AND MAKE SOMETHING WITH THEM**

Date: / /



☐ **START A SAVINGS ACCOUNT**

Date: / /



☐ **WRITE A STORY OR POEM**

Date: / /



☐ **TAKE A VIRTUAL TRIP AROUND A MUSEUM**

Date: / /



☐ **GO AND WATCH THE SUN SET**

Date: / /



☐ **CREATE A MEMORY BOX**

Date: / /



☐ **TRY AN ONLINE CLASS**

Date: / /



☐ **LEARN A MAGIC TRICK**

Date: / /



☐ **MAKE SOMETHING WITH YOUR HANDS**

Date: / /



☐ **RUN A 5K**

Date: / /



THE VIRTUAL ACTIVITY PLANNER

Use this simple calculation to help you work out an activity to do!



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Choose a number between 1 and 9



Multiply it by 3



Add 3



Multiply it by 3 again



Add the two digit number you get together



The number you get will be
the activity you will be doing!










1. Try an online class
2. Write a letter to someone and post
3. Bake something
4. Listen to some new music
5. Play a game with family/household
6. Watch your favourite film

7. Start a diary/journal
8. Go for a long walk
9. Plant something/grow some herbs from seed
10. Read the book you have been meaning to read
11. Phone a friend for a chat
12. Try meditation

13. Cook something new
14. Try something artistic
15. Learn to juggle
16. Go and collect a bag of litter locally
17. Have a day without social media
18. Make a new playlist

IDENTIFY AND RATE YOUR EMOTION

0/10 = no emotion 10/10 = max intensity of emotion

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SAD							
 ANGRY							
 WORRIED							
 EMPTY							
 TIRED							
 HAPPY							
 CALM							

For more useful tips and activities visit: hampshirecamhs.nhs.uk




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TICK THE ACTIVITY THAT YOU TRIED & WRITE "H" IF IT HELPED YOU TO MANAGE THE FEELINGS YOU EXPERIENCED

DIAL UP MY ENERGY

<input type="checkbox"/> <input type="checkbox"/> H  TAKE A COLD SHOWER	<input type="checkbox"/> <input type="checkbox"/> H  DANCE	<input type="checkbox"/> <input type="checkbox"/> H  SING	<input type="checkbox"/> <input type="checkbox"/> H  RUN
<input type="checkbox"/> <input type="checkbox"/> H  TRAMPOLINE	<input type="checkbox"/> <input type="checkbox"/> H  JUMP	<input type="checkbox"/> <input type="checkbox"/> H  SKIP	<input type="checkbox"/> <input type="checkbox"/> H  BIKE RIDE
<input type="checkbox"/> <input type="checkbox"/> H  SCOOTER	<input type="checkbox"/> <input type="checkbox"/> H  LISTEN TO LOUD/ FAST MUSIC	<input type="checkbox"/> <input type="checkbox"/> H  HULA HOOPING	

DIAL DOWN MY ENERGY

<input type="checkbox"/> <input type="checkbox"/> H  COOK OR BAKE	<input type="checkbox"/> <input type="checkbox"/> H  READ	<input type="checkbox"/> <input type="checkbox"/> H  ARTS & CRAFTS	<input type="checkbox"/> <input type="checkbox"/> H  MINDFULNESS OR MEDITATION
<input type="checkbox"/> <input type="checkbox"/> H  WATCH A FILM/TV	<input type="checkbox"/> <input type="checkbox"/> H  LISTEN TO CALM MUSIC	<input type="checkbox"/> <input type="checkbox"/> H  WALK	<input type="checkbox"/> <input type="checkbox"/> H  GARDENING