

Hi, I'm Zoe and I am the Education Mental Health Practitioner for St Day and Carharrack School, EMHP for short. Sadly I am unable to visit school at the moment and because life is often quite stressful for many of us at the moment, I thought I'd share some useful ideas with you to help you take a small break from the difficult time we're having. This week I would like to talk about FUN!

Having fun is not always easy, particularly now, and if you are juggling being a teacher, earner, babysitter, cleaner, chef.....the list goes on, it's often non-existent. However, having a little bit of fun is good for you; it improves wellbeing and psychological health. So in a world of stress and lockdown craziness, what can we do to have fun? It doesn't have to be costly or take much planning; it just has to be.... well....fun!

Simple activities can provide a bit of timeout for whoever wants to give it a go. What's more, if you do these things together with the family in your household you are enjoying each other's company and building strong relationships with each other; another good thing for positive wellbeing and good mental health.

Puddle jumping – seems simple, but this can be such fun to do when you have been cooped up indoors for some time. No wellies? Plastic bags and elastic bands do the job too, no excuses - get splashing. Perhaps we can get a splashing photo for next week's newsletter?

Cookie Capers - Bake shortbread cookies. Don't have any rules on shape, just make the dough and go with it. Having fun means letting go and relaxing into it, too much planning can block the fun (Simple recipe below).

- Combine one cup of softened butter with ½ cup of sugar and beat it in a mixing bowl or stir it with a spoon.
- Gradually add in two cups of flour (any) with any choc chips or other treats if you like.
- Combine until your dough forms. Shape however you want to.
- Bake your dough on a greased baking tray 350 degrees F/177 degrees Celsius, gas mark 4 for 25-30 minutes.

Make a travel/memory stick - Take a short walk, 10 minutes is enough if getting out is a struggle. Each find a good stick, not too big, not too small. The stick can be your travel/memory stick – each time you go out for a walk, you can collect a leaf or bit of moss etc. to attach to the stick when you get home, with wool, string, ribbon, elastic bands, anything you have around the house. Each item will help you to remember your walks and give you something to talk about with each other.

Sensory steps – Take a 10 minute stroll and write down or take pictures of (or draw) the following:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste (you may have to take a snack or wait until you get home for this one)