



# WELCOME PACK



For children and young people



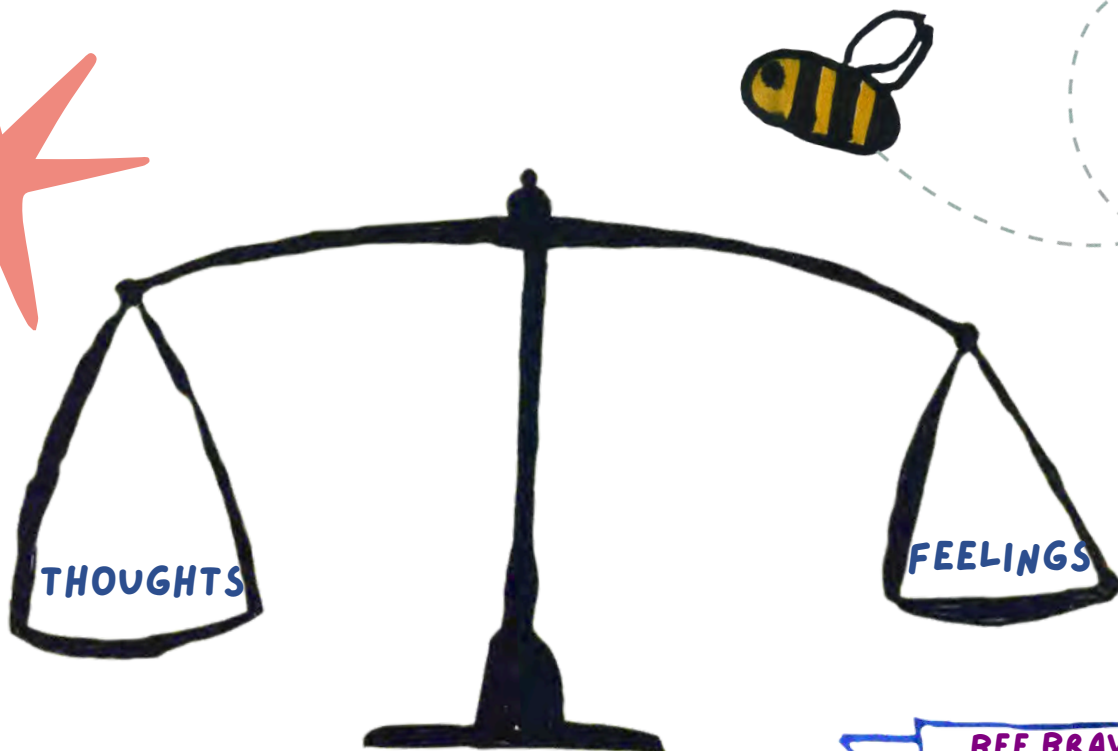
**WELL DONE**



Toughness isn't  
being strong,  
It's getting  
help when you  
need it.

**You have made the first big step to helping yourself.**

**You should be very proud of yourself as you have put your wellbeing first and have asked for help.**





## MENTAL HEALTH

[What is it?]

Mental health is your emotional state and how you feel or struggle with things.



We all have mental health! It can be good or bad and sometimes it is not visible.

Some signs of low mental health are:

WORRIES

CHANGING  
APPETITE

ANGER

CHANGING  
SLEEPING  
HABITS

LACK OF  
MOTIVATION

FEELING  
ISOLATED

FEELING  
SICK

UPSET/  
TEARFUL



# WHAT HAPPENS NEXT?



take  
one step  
at a time



This welcome pack explains what happens now you have been referred to Compass Changing Lives.

With your agreement, a practitioner will arrange to see you to gather some more information about the difficulties you are experiencing. They will work with you to identify some goals and make a plan for achieving them.

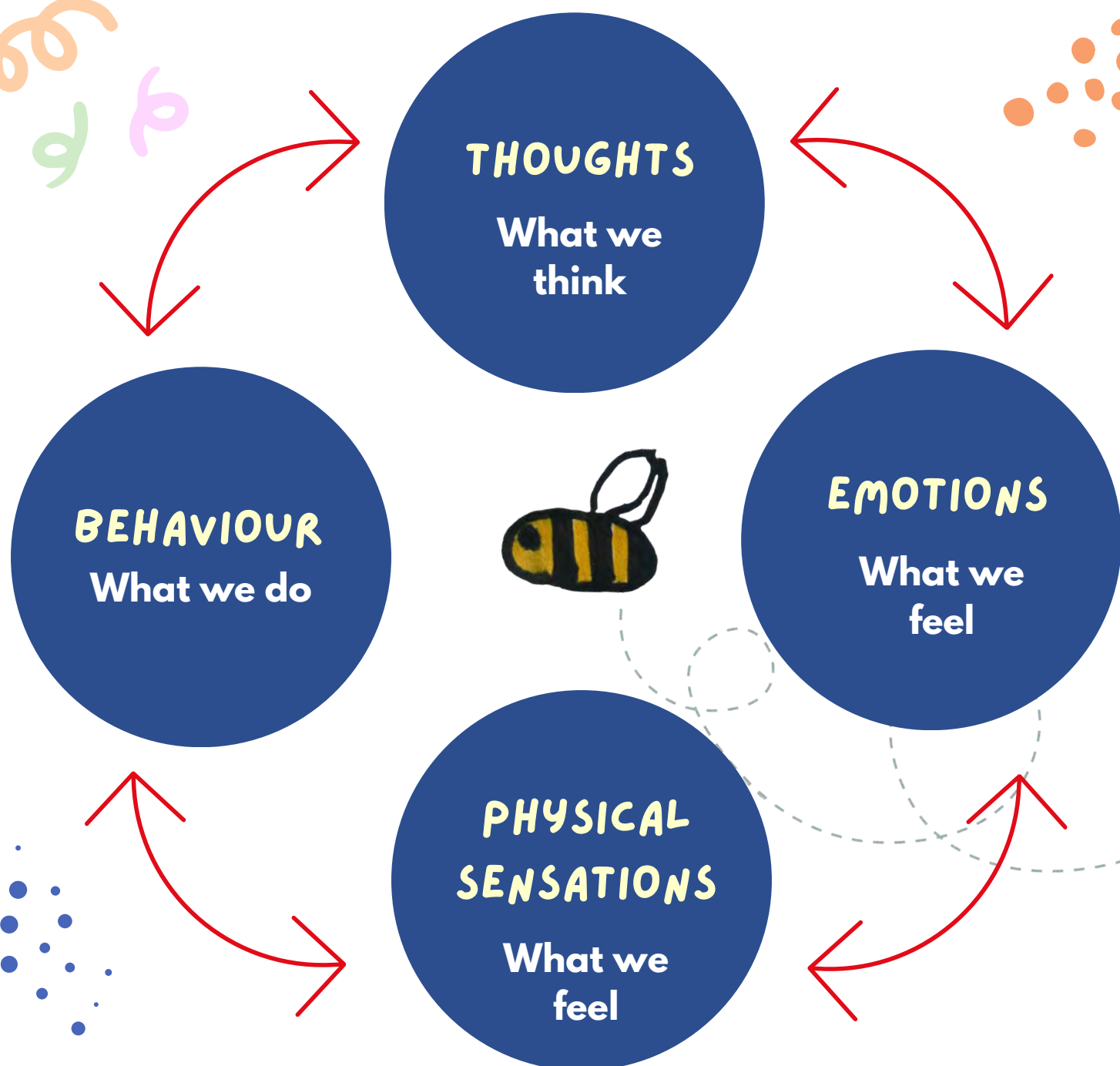
There are a few occasions when we feel that our service is not the right support for you, but that is ok, we will help you and your parent/carer or school to find the best support for you.

If we are the right service for you, the practitioner will meet regularly with you or your parent/carer to help achieve your goals. They will suggest some activities and ideas you can try out within the session and at home.

Before saying goodbye, your practitioner will help you plan for the future to prepare you for any difficulties .



We offer short term support (6-8 sessions) to children, young people and also to parents/carers. Our support is provided by one of our mental health practitioners and usually takes place within school.



The main type of support we offer is based on CBT which stands for Cognitive Behavioural therapy. This helps you look at how our thoughts and feelings can affect our behaviours.



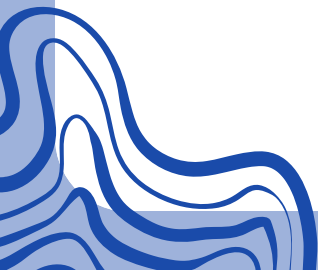
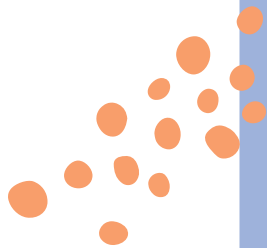
# REASSURANCE

If you are struggling, remember you are not alone and it's ok...

Don't doubt yourself.  
You are amazing.



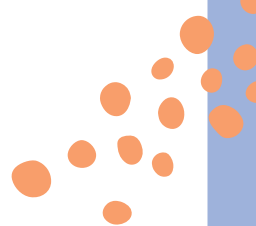
IT'S OK TO NOT BE OK



# OTHER HELP



Speaking Out is a  
Sign of Strength  
Not Weakness!



**YOUNGMINDS**  
fighting for young people's mental health

[www.youngminds.org.uk](http://www.youngminds.org.uk)

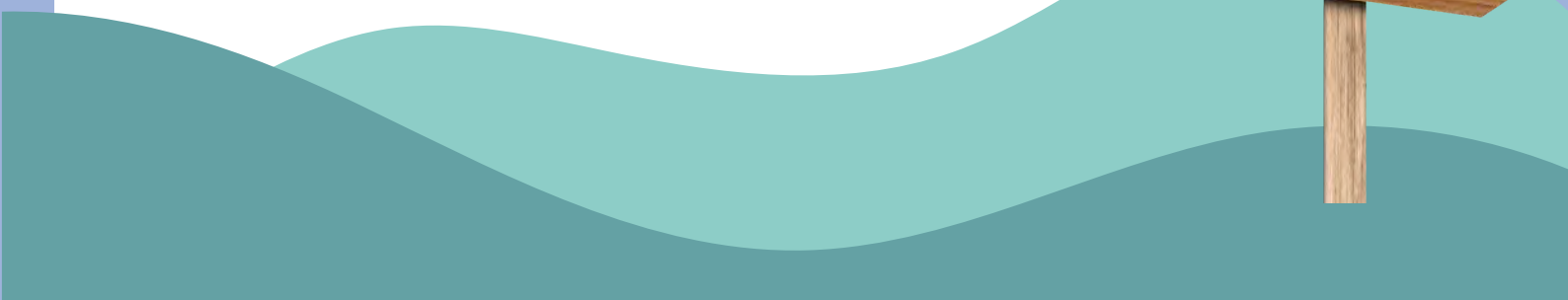
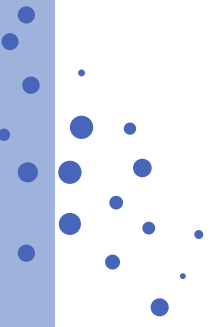
**childline**  
ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

**kooth**  
Kooth is a free online service  
offering emotional  
and mental health support  
for children and young people

[www.kooth.com](http://www.kooth.com)

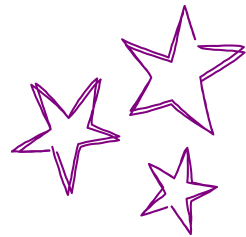
**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

[www.papyrus-uk.org](http://www.papyrus-uk.org)





# OTHER HELP



Call us free 24/7 on  
**116 123** **SAMARITANS**  
samaritans.org



Text **SHOUT** to **85258**  
for 24/7 support.  
Anytime. Anywhere.

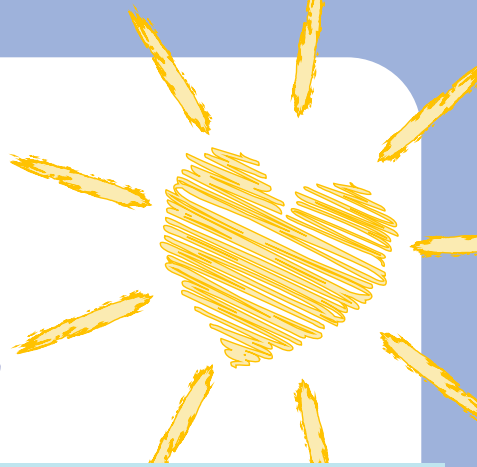
**shout** CHOOSE TEXT LINE!

**THE MIX**  
[www.themix.org.uk](http://www.themix.org.uk)





# 5 WAYS TO WELLBEING



We can all boost our mood and positive ways of thinking daily, by doing simple activities to help improve our mental health and wellbeing.

These are known as the 5 ways to wellbeing:



**KEEP  
LEARNING**



**BE  
ACTIVE**



**TAKE  
NOTICE**



**CONNECT**



**GIVE**



**MEET SONNY**, they sometimes feel stressed and sad.

Sonny has some fun activities that you can try to make yourself feel better as part of your 5 ways to wellbeing:



## 2. TAKE NOTICE



Take notice of sounds, smells & sights when outside

## 4. KEEP LEARNING



You could try baking

## 1. KEEP ACTIVE

Do some dancing when listening to music...



or walk your dog

## 3. GIVE

Go out and shop for a friend or neighbour

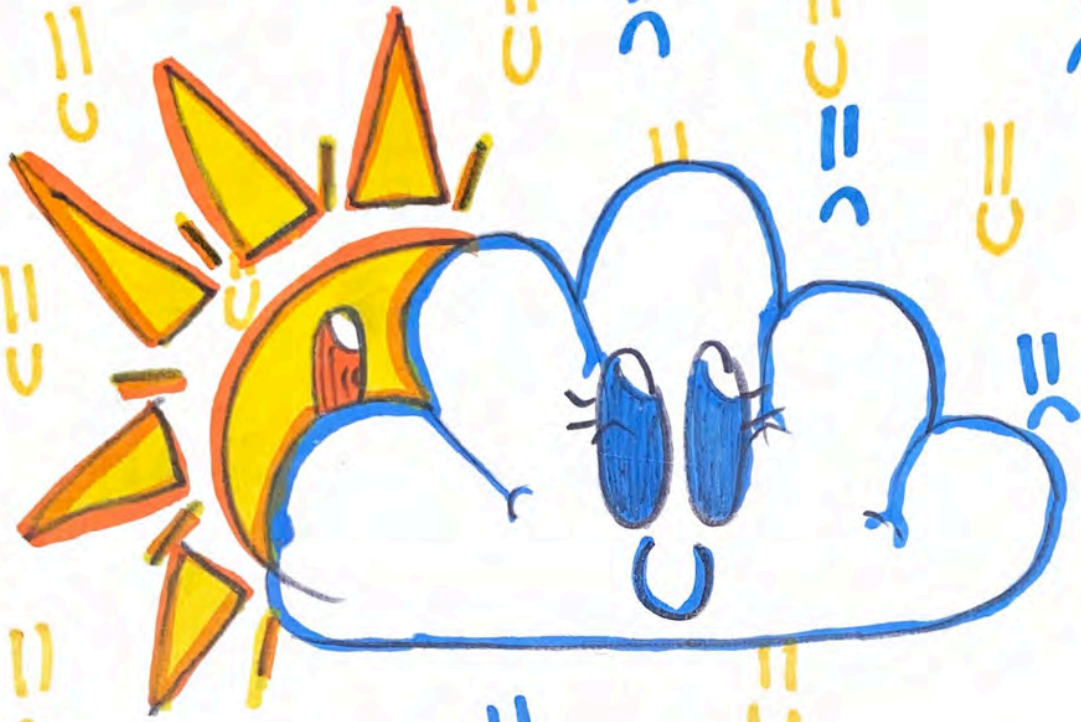


## 5. CONNECT



Talk to friends or go out in nature

# Mental Health



# Activities

# ALL ABOUT ME...

MY FAVORITE MOVIE IS...

MY NAME IS...

THIS IS MY PET



THINGS I LOVE

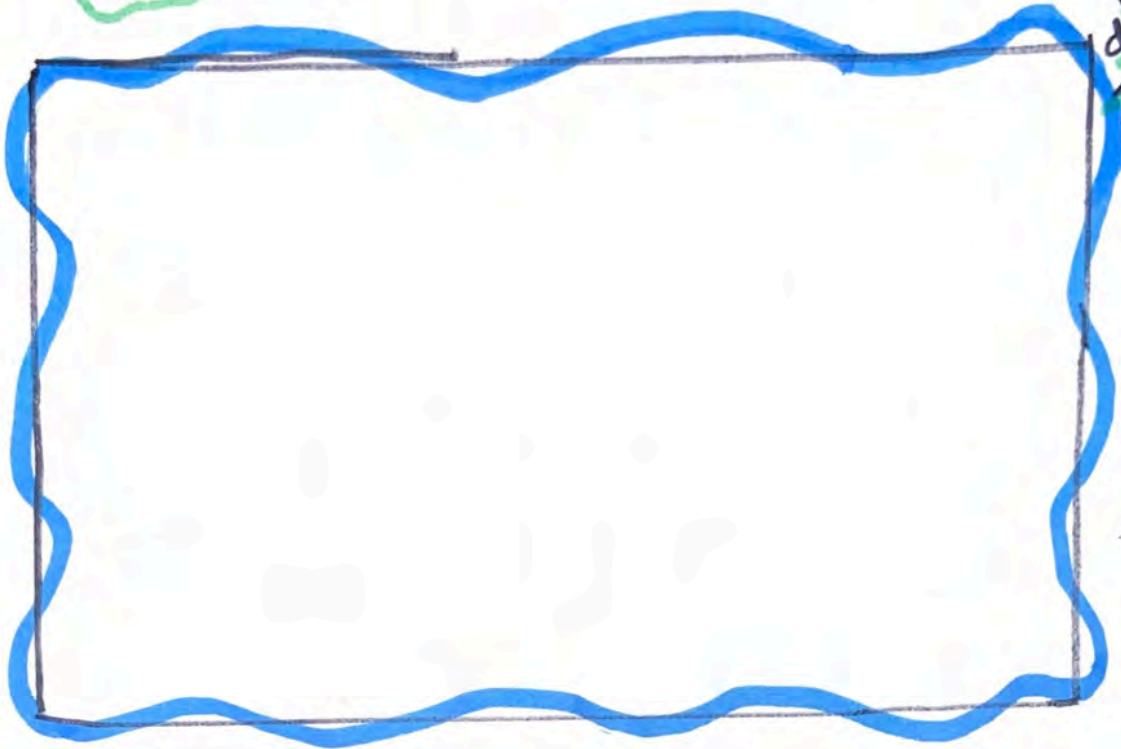
I AM  
YEARS OLD.

I LIVE WITH...

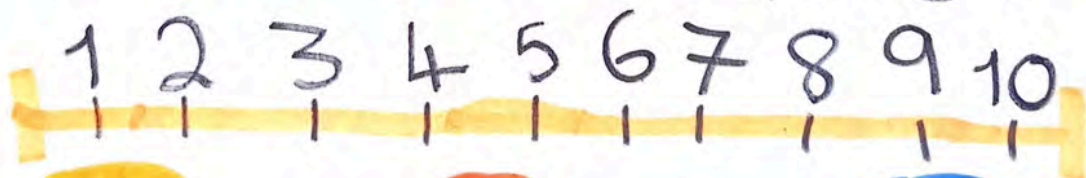
You are you,  
and that's  
what I like  
about you.

Write or draw what is troubling you.  
It will help you know how to feel and  
it's better to tell someone.

write/  
draw in  
here!



On a scale of 1 to 10, 1  
being chill/~~agood~~, 5 being I am  
a bit nervous and 10 being I  
**am freaking out!!** Rate your  
worry!



# GROUNDING TECHNIQUES

BEE AWARE



5-4-3-2-1

## GROUNDING TECHNIQUE

- 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*

HOW ARE YOU  
FEELING TODAY?

# FORTUNE TELLER

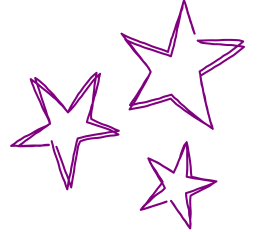
BEE FORTUNATE



Have a go at making a fortune teller.

Use either the pre-printed one below or make your own using the blank template on the next page.

Folding instructions are also on the next page.



The fortune teller template consists of eight numbered sections arranged in a circular pattern around a central point. Each section contains a specific activity. The sections are:

- 1**: I can name something for every letter of the alphabet
- 2**: I can try to change my thoughts
- 3**: I can think about my happy place
- 4**: I can do some exercise such as jumping jacks
- 5**: I can slow down my breathing
- 6**: I can talk to someone
- 7**: I can listen to relaxing music
- 8**: I can read my favourite book

Illustrations of emotion balls are placed around the template:

- Top-left (green background)**: A blue ball with a sad face, labeled "sad".
- Top-right (blue background)**: A red ball with an angry face, labeled "angry".
- Bottom-left (yellow background)**: A blue ball with a nervous face, labeled "anxious".
- Bottom-right (pink background)**: A blue ball with a scared face, labeled "scared".

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### How to Make a Fortune Teller

**Fold in half and unfold. Repeat.**

**Fold the paper. The side with the writing should face the table.**

**Fold the corners to the middle.**

**This is what you should see.**

**Flip the paper.**

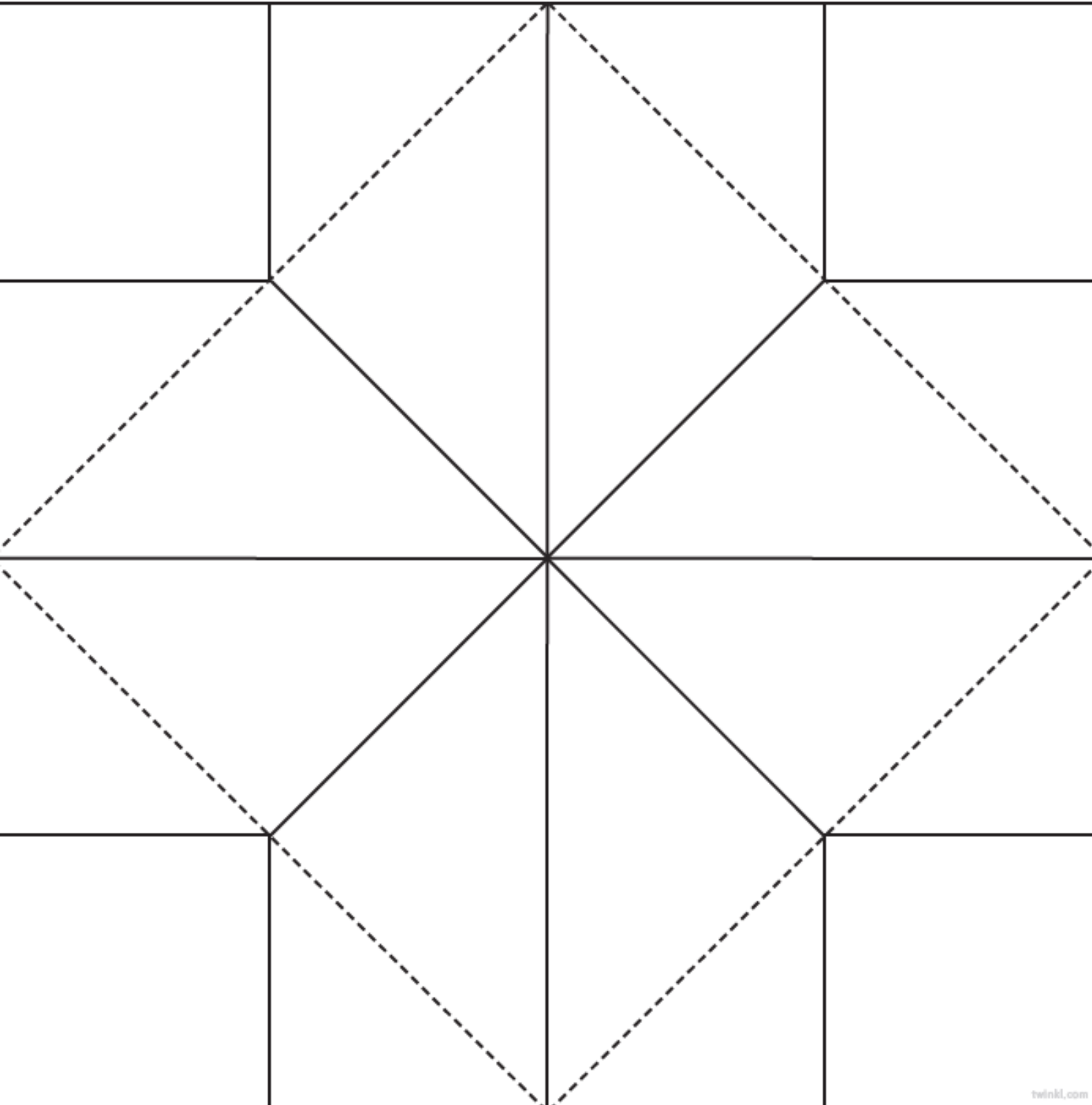
**Fold the corners to the middle again.**

**This is what you should see.**

**Fold in half.**

**Push your fingers in and wiggle them to open up your Fortune Teller.**

**This is what you should see.**





Everyone is special.

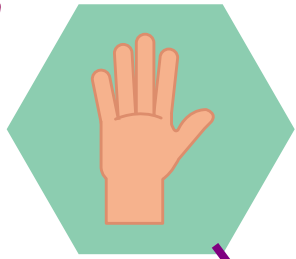


# COMFORT BOX

A comfort box is a special box that has lots of different items in it. These can help you feel better in times when you feel worried, sad or angry. Below are some ideas you may want to include in your own comfort box:

## TOUCH

- Blanket
- Fidget toys
- Lego



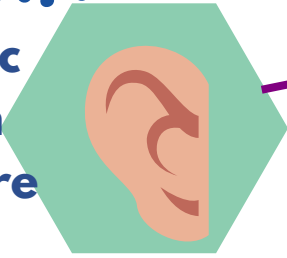
## SEE

- Bubbles
- Photos
- Positive quotes



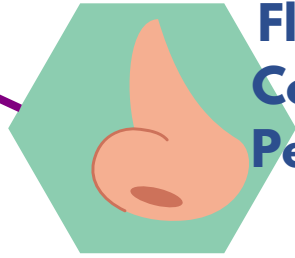
## HEAR

- Music
- Film
- Nature



## SMELL

- Flowers
- Cooking
- Perfume



## TASTE

- Cold drink
- Crunchy food
- Something chewy



# Things that help you become happy

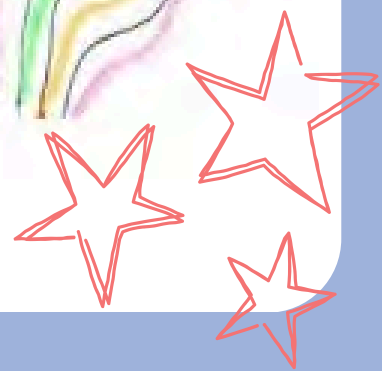
- Doodling
- Having fun with Friends
- Listening to music
- Learning new things
- Reading a book
- Watching TV
- Talking to others
- Singing



- Having a cuddle With your pet.
- Playing games
- Dancing
- Swimming
- Musical instruments



FOCUS  
on Good not Bad.

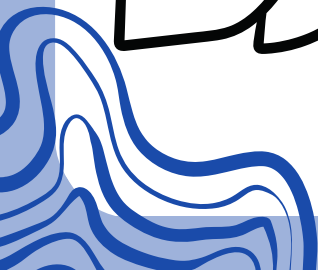


I am  
brave.

BEE COLOURFUL



WELCOME TO THE BEACH



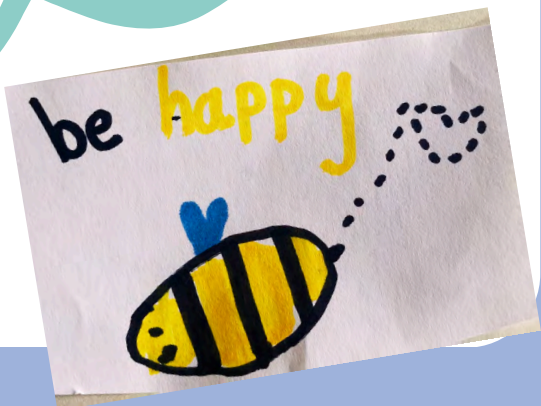
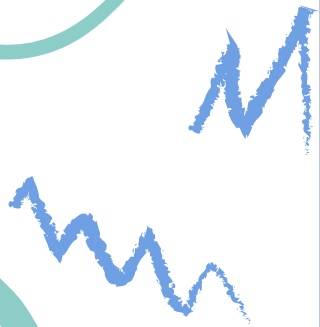


It's only the best  
we CAN DO on  
the Day

DRAW 3 THINGS



YOU'RE GRATEFUL  
FOR TODAY



# GRATITUDE JOURNAL

DAY 1

ONE GOOD THING THAT HAPPENED TO ME TODAY...

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SOMETHING GOOD THAT I SAW SOMEONE DO...

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TODAY I HAD FUN WHEN

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SOMETHING I ACCOMPLISHED TODAY...

SOMETHING FUNNY THAT HAPPENED TODAY...

DAY 2

SOMEONE I WAS THANKFUL FOR TODAY...

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# GRATITUDE JOURNAL

DAY 3

SOMETHING I WAS  
THANKFUL FOR TODAY...

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TODAY I SMILED WHEN...

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SOMETHING ABOUT TODAY I'LL ALWAYS  
REMEMBER...

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DAY 4

ONE GOOD THING THAT HAPPENED  
TO ME TODAY...

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TODAY WAS SPECIAL  
BECAUSE...

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TODAY I WAS PROUD OF MYSELF BECAUSE...

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# GRATITUDE JOURNAL

DAY 5

SOMETHING INTERESTING  
THAT HAPPENED TODAY...

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SOMEONE I WAS THANKFUL  
FOR TODAY...

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TODAY I HAD FUN WHEN...

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DAY 6

SOMETHING ABOUT TODAY I WILL  
ALWAYS WANT TO REMEMBER...

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SOMETHING FUNNY THAT  
HAPPENED TODAY...

MY FAVOURITE PART OF TODAY...

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# GRATITUDE JOURNAL

DAY 7

S M T W T F S

SOMETHING I WAS HAPPY ABOUT TODAY...

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SOMETHING GOOD THAT I SAW SOMEONE DO TODAY...

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SOMETHING I DID WELL TODAY...

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NEXT WEEK I'M LOOKING FORWARD TO...

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NOTES

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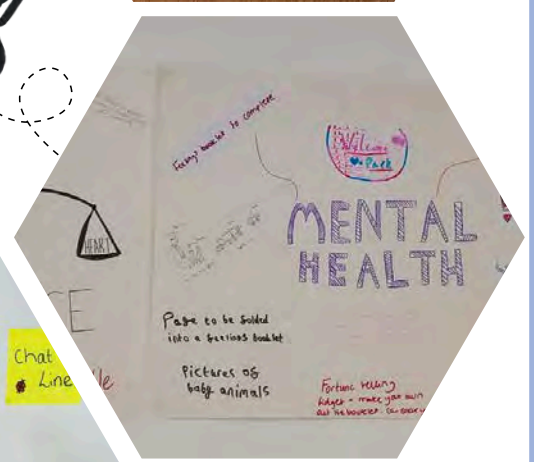


# ACKNOWLEDGEMENTS



This welcome pack was co-designed and co-created by 137 children and young people from:

- Da Vinci Academy
- Chesterfield FC Alternative Provision
- Chesterfield FC Academy
- Derby Moor Academy
- Lady Manners School
- Hallam Fields Primary School
- 1st Derwent Valley Guides
- 7th Ilkeston Guides
- The Bemrose School
- Brackenfield SEND School



♥ A child has the right to express their views, feelings and wishes, so here are ours...

you got this

"light is always there if you turn on the light"

Spread your wings and FLY!!!

its never game over, Just restart from your last check point.

Don't Be Scared to fail

Reach for the moon and if you fall you will fall through the stars

"Don't let your highs get to high, and your lows get to low."

# WORDS OF INSPIRATION FROM YOUNG VOICES

you're 1/2 way there so don't give up

be happy



Don't doubt yourself. You are amazing.

Think happy

BE BRAVE

Every Step you take is a step in the right Direction

Everyone is special.

Sometimes all you need is a duck

You are you, and that's what I like about you.



It's ok Not to be ok!

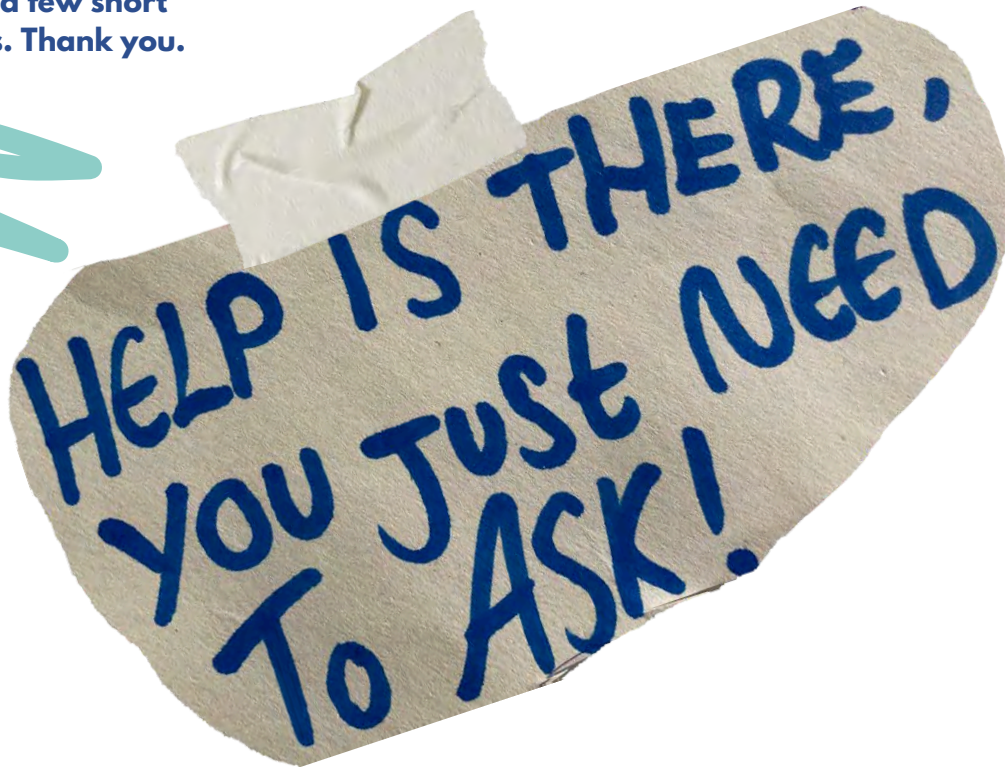
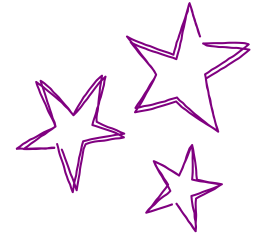
You accept you.



Welcome Pack Feedback Form



We would love to hear your feedback on this pack. Please use the QR Code to answer a few short questions. Thank you.



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@compassclmhst

