

Grounded.

Animated resources to support the wellbeing of children and young people.

- This collection of short animations have been created by Kazzum Arts, in collaboration with animator Robin Lane-Roberts, to support the mental health and wellbeing of children and young people.



- The animations each explore one of 4 broad themes including: **Mindfulness, Relationships, Movement** and **Relaxation**.

- The activities are trauma-informed; supporting social engagement, a well balanced autonomic nervous system and playful approach to wellbeing.
- Each individual animation is between 20 - 60 seconds, and is designed to be sent directly to young people through text message, gif, email, online through social media or downloaded through the Kazzum Arts website.
- An accompanying set of accessible instructions will support participants, professionals and carers to take part in the activities.



- Accompanying text will also reveal the therapeutic impact of each activity, to support embodied and relational professional practice with young people.

- They have been created for young people schooled at London East Alternative Provision (Tower Hamlets' PRU) for those excluded from mainstream secondary education, within the context of the Covid-19 pandemic.

- PRU staff members have provided the voiceovers for the animations, building a sense of creative connection and relationship, at a time of social distancing.
- The characters reflect the diversity of the setting and encourage everyone to take part in a wellbeing journey.
- The animations are complemented by a series of online creative activities and colouring-in books to support young people in Kazzum's BUILD project. Visit www.kazzum.org for more information.

Mindfulness:

Open Hand breathing

You can settle your thoughts and help yourself feel calmer by focusing on your breathing. This 'open hand breathing' technique makes it easy to focus on your breath so you can get on with your day.

5,4,3,2,1 - (see, feel, hear, smell, taste)

This grounding technique will take you through your 5 senses and help you to keep your mind in the present. It can deal with feelings of anxiety or stress, and help to calm you down.

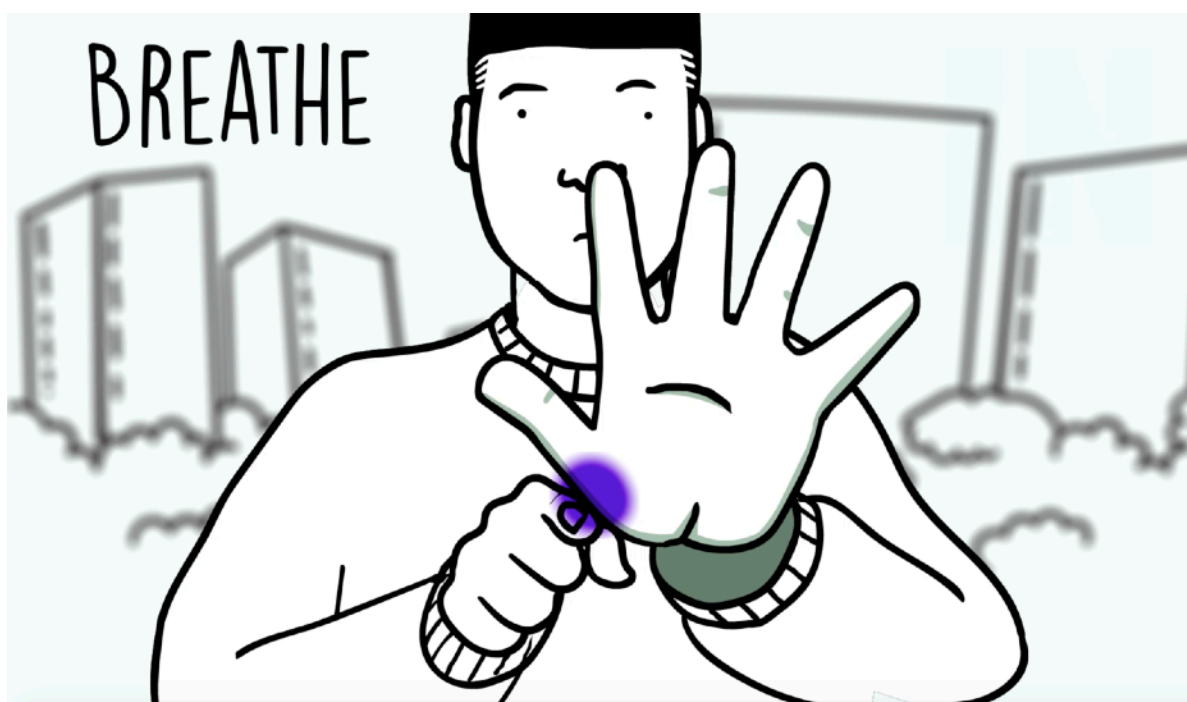
Body Scan

A quick body scan helps bring awareness to how your body is feeling. It can be very relaxing, and you may feel sensations or tensions in your body that you hadn't noticed before.

Slow breathing

One of the simplest mindfulness techniques is to focus on your breath. Just noticing your normal breathing or controlling your breath to make it slower, can help you feel calm, relaxed and alert. Here are two ways to do this:

- Breathing in through your nose for 4 seconds and out through your mouth for 4 seconds. Repeat for 2 minutes.
- Breathing in through your nose for 4 seconds, gently pausing for 4 seconds and breathing out through your mouth for 4 seconds. Repeat for 2 minutes.



Relationships:

Laughter

Laughing increases feel-good chemicals in your body and can help you feel relaxed. A simple way to increase the feel-good factor is to notice, discover and remember things that make you laugh. Find people to laugh with and feel connected, whether a funny film, clip or shared memory. A good way to end your day is to think of something that made you laugh and enjoy a feeling of lightness and joy.

Act of kindness to others

Doing something kind for someone else could make their day, but did you know it also makes *you* feel just as good?

Did you know that if someone else witnesses an act of kindness, it makes *that* person happier too!

Try it for yourself: Send a nice message to friend, draw a rainbow for your neighbours or just make someone a cup of tea. Happiness all round.



Hugs

Studies have shown that hugs can help reduce stress and anxiety, making you feel happier and even reducing pain!

This is because your body creates positive chemicals when we are in contact with others. Try it for yourself: Hug someone you love, hug a pet, or hug a toy or pillow - you can even hug yourself. Notice how you feel before and afterwards - can you feel a difference?

Relaxation:

Visualising your happy place

When life and other people get to you, it can help to visualise a happy and safe place in your imagination. This takes a bit of practice to get used to, but it can really help reduce anxiety and stress.

Think of a place that makes you feel relaxed and happy. It may be somewhere you have been in real life, or somewhere from your imagination.

You might be alone, or with someone you care about. Imagine yourself in this place, feeling calm and relaxed.

What can you see? What can you hear? What can you feel? What scents can you smell? What can you taste?

The more you use your senses, the more real your scene will feel for you.

Regulatory Object

Is there an object that always makes you feel calmer when you have it?
It could be something with happy memories for you, that make you feel good
It could be things that feel interesting or pleasant to touch like precious objects, stones, slime, stressball, jewellery, a blanket, fidget spinners, your old toy, bubble wrap.

Try creating a 'calm box' with some favourite calming objects or activities inside.
When you get stressed or upset you can go to the 'calm box' where the objects are kept and use them to feel relaxed and grounded again.

Water

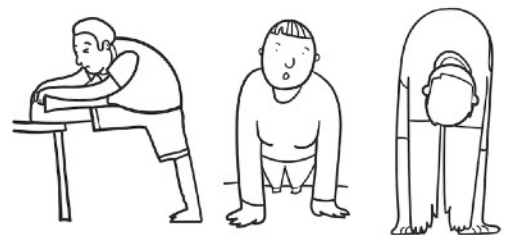
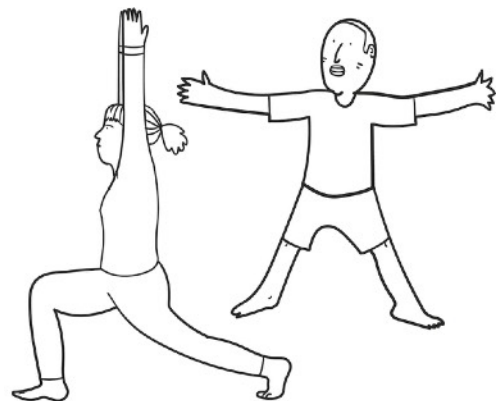
Water gives us lots of physical and mental health benefits. Just seeing and feeling water can improve your mood. You could try:
Splashing your face with water, taking a nice shower or bath, drink water, gargling, washing your hands, having a footbath, dancing in the rain, going swimming, being near a lake or canal, having a waterfight in the garden.
Don't forget to drink lots of water too!

Movement:

Getting active outdoors

Doing an activity outside - preferably in a park or somewhere with trees or grass - has been shown to have many benefits for our mental and physical health. It can make us feel fitter and happier, it's good for our brains and even helps us get on with people better.

Things to enjoy could be: Going to a park, riding a bike, throwing stones into some water, collecting interesting things from nature or climbing trees. Even if you can't get outside, then caring for a plant or looking at the clouds from out of your window can be a really good way to help you feel calm.



Dance

Spend just 10 minutes dancing to your favourite songs - there is no way you won't feel better! You could do your favourite dance, try to learn a new move, make up a routine or just do something weird to make people laugh.

Try moving slowly, or dancing to a piece of music you have never heard before.
Experimenting with moving your body could wake your mind up too.