

Pass-it-online

ACTIVITY BOOK



YOUR NAME _____





**If you need support with this Activity book,
ask someone to help you.**



Pass-it-on



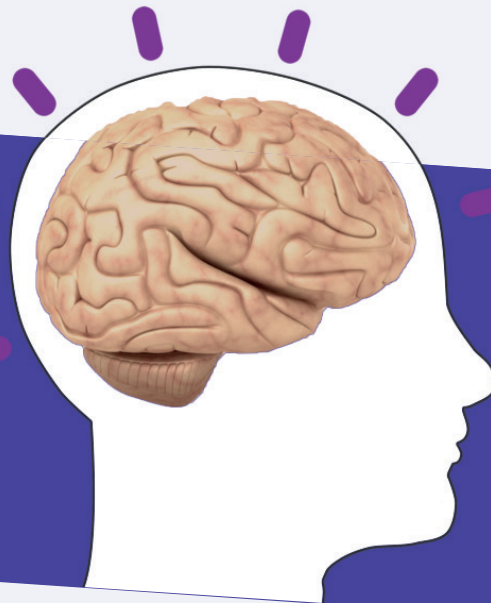
The Pass-it-on Project is a project about mental health for people with learning disabilities.

The project will help people with learning disabilities to learn all about mental health.



>>> What is mental health?

Mental health is about how we feel in our minds.



Your mental health affects how you feel and think about life.





Feeling good in your mind is as important as feeling good in your body.



If you feel good in your mind you will feel happy, and good about yourself. It will help you enjoy life.





>> Match the feelings

Angry

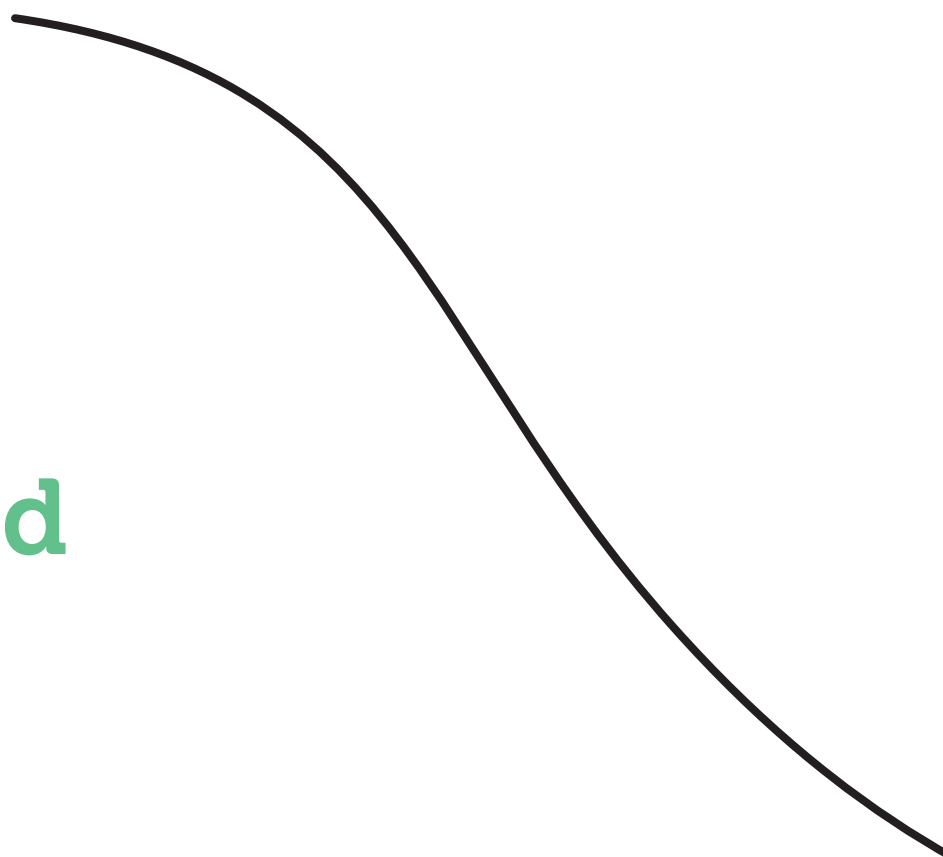
Excited

Happy

Confused

Scared

Sad





>> What makes you
feel happy?



What are the three things that make you most happy?

1.

2.

3.



>> What makes other people feel happy?

Think of three things that make someone you know feel happy?

- Can you think of things that make other people happy?
- Think about someone you know.
- It could be a family member, friend, someone you work with, or even a pet!
- Write down 3 things that make someone you know happy

1.

2.

3.

>> What helps you when you are feeling down worried or depressed?

The people we know can help us when we feel down, worried or depressed. How do you like to be helped when you are feeling down, worried or depressed?

Put circles around the ways that help you most.



Give you a call so you can talk



Listens to you



Gives you a hug



Gives you advice



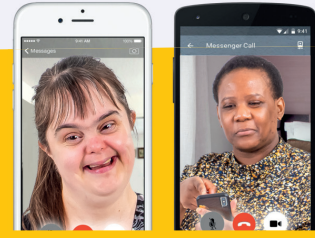
Meets you for a coffee



Tells other people that they are worried about you



Leaves you alone



Contacts you regularly to check how you are



Tells you to 'get over it'



Tells you what to do



Suggests things you could do to help make you feel better



Offer to go to the doctors with you



Gets you out of the house to do something fun



Lets you know they are there if you need them

Are there other ways you like to be helped?

Write them in the space below.

>> The 5 Ways to Wellbeing

The 5 Ways to Wellbeing are a good way for us to think about what we can do to look after our mental health



Connect with others



Be active



Be aware



Keep learning



Give to others

Connect with others



- Strong relationships with the people closest to us can allow us to share our feelings.
- Relationships can help us feel like we belong and make us feel more confident about ourselves.

Here are some ideas to help you. You could...

- Speak to someone new today.
- Arrange a day out with friends you haven't seen for a while.
- Call your friend instead of messaging.
- Make time each day to spend with your family.
- Visit a friend or family member who needs help.
- Send a friend an email asking how they are.

What will you do?

Think of three ways you will connect with others and write them in the box below.

Connect with others

1.

2.

3.

Be Active



- Doing regular exercise is good for our mental health.
- This doesn't mean we need to spend hours and hours at the gym!
- We just need to find something that suits us. It could be about going for a walk or riding a bike.

Here are some ideas to help you. You could...

- Go for a walk.
- Do some housework.
- Use the stairs instead of the lift.
- Go to the gym.
- Go swimming.
- Do some gardening.

What will you do?

Think of three things you will do to be active and write them in the box below.

Be Active

1.

2.

3.

Be Aware



- Becoming more aware of the present moment can help improve our mental health.
- This is sometimes called 'mindfulness'.
- Becoming more aware of the present moment means noticing the sights, smells, sounds and tastes that you experience.

Here are some ideas to help you. You could...

- Try yoga or meditation.
- Turn off all your social media for 30 minutes a day.
- Find a quiet place where you can be still for a few moments.
- Pick a time each day to breathe deeply and be aware of your surroundings.
- Play some music and put all of your energy into listening.
- When you eat something take the time to really think about how it tastes and how it feels.

What will you do?

Think of three ways you will be aware and write them in the box below.

Be Aware

1.

2.

3.

Keep Learning



- Learning can help to make us feel better about ourselves and feel more satisfied.
- It can help us feel more confident and give us more purpose.

Here are some ideas to help you. You could...

- Visit a museum or art gallery.
- Learn something new, like how to fix your bike.
- Start a new hobby.
- Learn to play a musical instrument.
- Get someone to show you how to cook a new meal.

What will you do?

Think of three ways you will keep learning and write them in the box below.

Keep learning

1.

2.

3.

Give to others



- Being kind and giving to others can help us feel more positive.
- It can also make other people feel happier!
- Giving time to others can also help make our relationships stronger.

Here are some ideas to help you, You could...

- Phone a friend or relative as a surprise.
- Volunteer with a local group.
- Say thank you with a smile.
- Arrange a treat for you and a friend or family member.
- Offer to help someone if you see them struggling.
- Ask a friend how they feel and really listen to the answer.

What will you do?

Think of three ways you will give to others and write them in the box below.

Give to others

1.

2.

3.

>>> My Staying Healthy Plan

The 'My Staying Healthy Plan' can help you think about how to look after your mental health.

In it you can write down all the things that make you feel good and happy. The example below shows you how to fill the plan out.


The plan can remind you to keep doing these things and help to stop you from feeling low or down in the future.

In the first box think about what you will do.

In the second box think about when you will do it.


In the third box think about who you could get to help you.

My Staying Healthy Plan - Example




What will you do?

1. Relax by going to relaxation class
2. Go out with friends for coffee
3. Talk to my sister as it makes me feel less anxious when I talk to her
4. Tidy my room. Open the window in the morning to let some fresh air in. Put an air freshener in the room. This will help me sleep better
5. Go to the GP this week to talk about how I am feeling and about not sleeping.



When will you do it?

1. Once a week
2. Once a week
3. Every evening
4. Once a week
5. This week



Who will help?

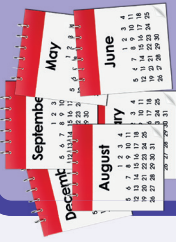
1. Jane will help me
2. My friends
3. My sister
4. My support worker
5. My sister



**Who will
help?**



**When will
you do it?**



**What will
you do?**



>> What will you do?

Here are some ideas of things you can do to help you to stay happy...



Learn to dance!



Listen to your favourite music



Go swimming



Do a jigsaw



Do some gardening



Learn to knit



Find time to relax



Meet up with friends



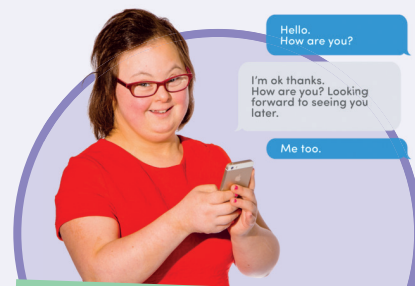
Learn to cook a new meal



See a show at the theatre



Spend time with family



Text someone to let them know you're thinking about them



Tell someone a joke and make them laugh!



Go for a walk with a friend



Do some drawing or painting



Play a board game



Phone a friend



Go on a daytrip



>>> More things to try...

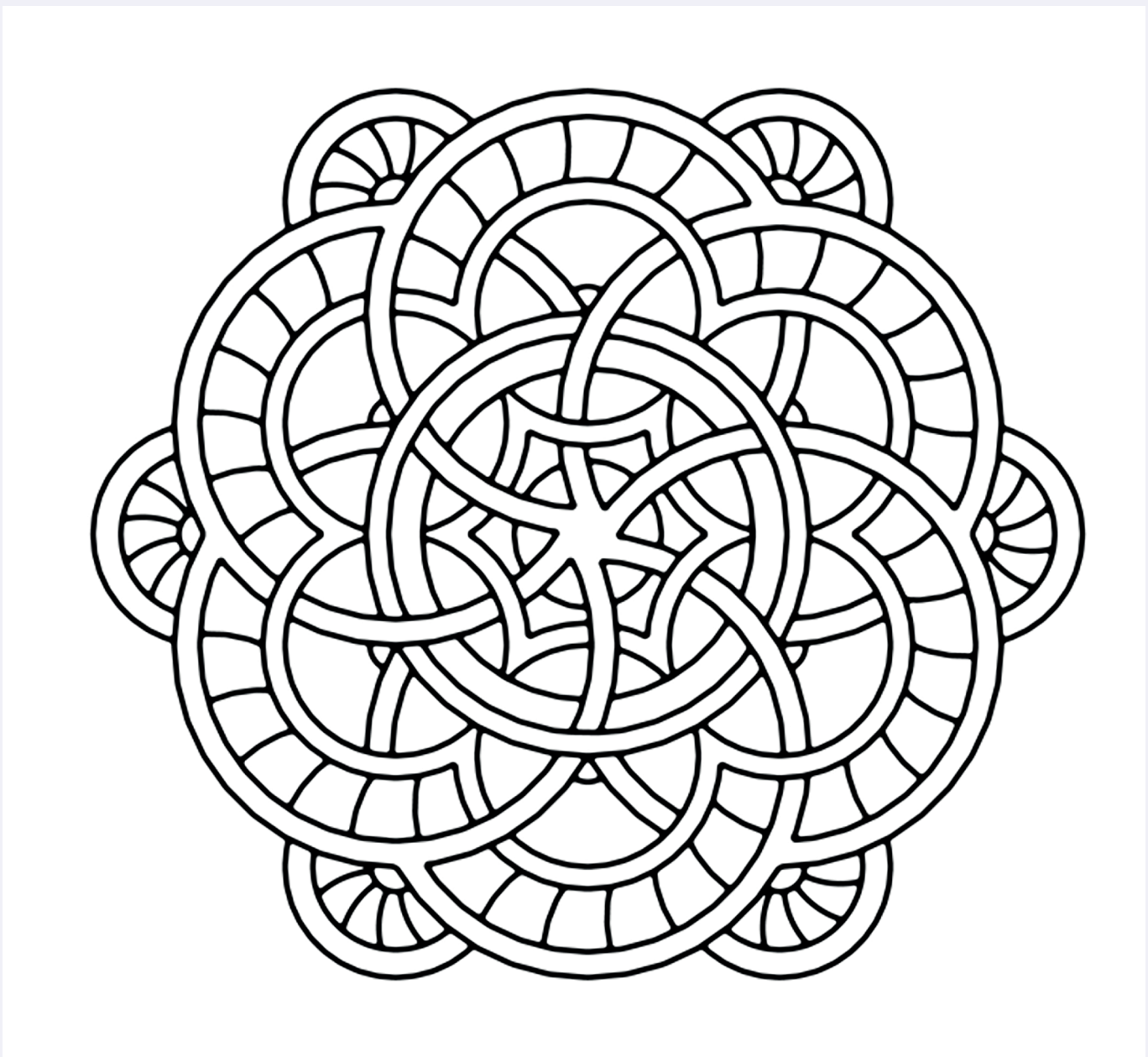


Relax colouring

Colouring something in can be very relaxing and can be very good for our mental health.

The shape below is called a mandala.

Relax and colour it in!



Mindful breathing



- Taking deep breaths can help to relax the body and the mind.
- Deep breathing can help you to be calm.



Instructions

1. **Get yourself comfortable (you might want to sit down).**



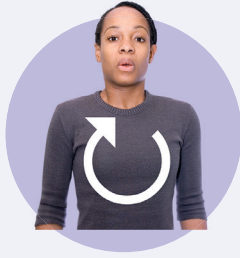
2. **Breathe in through your nose for three counts.**

1 2 3



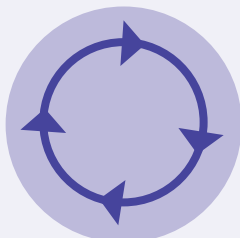
3. **Hold your breath for two counts.**

1 2



4. **Breathe out slowly through your mouth for three counts.**

1 2 3



5. **Do it as many times as you need to until you feel calm.**

Mindful seeing



- It's very easy to go about our busy lives without really noticing the world around us.
- It can be relaxing to take a moment to look at the things around us.
- Becoming more aware of the present moment can help improve our mental health.

Instructions



1. **Next time you go for a walk find one thing to really look at.**
2. **It could be a flower, a building, a picture. Anything.**
3. **Stop for a few seconds.**
4. **Look at the shape of the object. Look at its outline.**
5. **Notice the light and the shadow. Is it rough or smooth? Look at all the different colours.**
6. **Now notice how your attention has been captured by this one part of the world around you.**
7. **Now look around. Look at all the other things around you. You could even try it at home!**

Positive Statements

- Positive statements are messages that you repeat to yourself.
- They can help you to feel good about yourself.
- They can help you to reach your goals.
- For example, **'I deserve to be loved'**, **'I am a good friend'**, or **'I love my body'**.
- If you say them every day they can start to change your thinking.
- They can help you to think positively.

I am brave

I believe in myself

**I am happy with myself
the way I am**

Life is beautiful

I never give up!

I am unique

**I am a diamond and it is
time for me to shine**

I am full of love

**My heart is filled with
joy and love**

**I am a good
friend**

How to do it

- Think of a positive message that means something to you.
- Read it out loud a few times every day.
- To help remind you, you could write it down on some cards and leave them around the house.
- For example, you could stick a card on the bathroom mirror and say it before you brush your teeth in the morning.

I care about others

I make people laugh

My life is an adventure!

I am loved by my friends

**I can do anything
I put my mind to**

**I am ready to take
on the world**

**The day ahead is full
of possibilities**

I choose to be happy

I am a strong person

**I am confident
and friendly**

Word search

Find each of the mental health words hidden below!

(Answers on page 30)

B	B	H	A	P	P	Y	A
Z	D	J	W	S	C	A	C
R	M	E	A	D	M	U	T
R	E	K	R	V	F	H	I
U	S	L	E	A	R	N	V
D	Q	L	A	G	I	V	E
L	G	Q	R	X	N	I	X
M	I	N	D	F	U	L	R
P	C	O	N	N	E	C	T

Words to find

MINDFUL

ACTIVE

RELAX

LEARN

GIVE

CONNECT

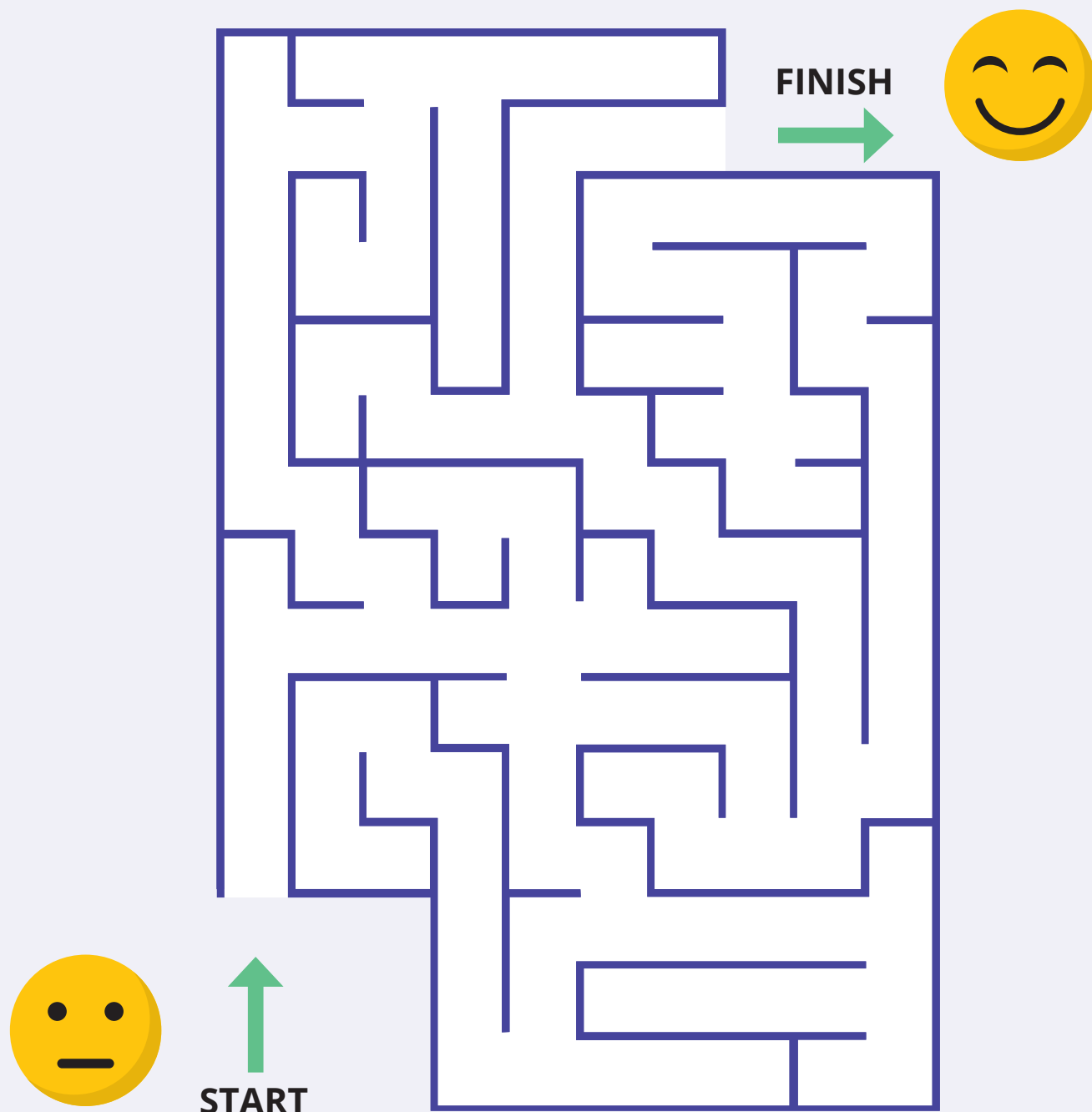
AWARE

HAPPY

Mind maze

Puzzles are great way to keep your mind active. They can help you to relax and they can help your memory.

Can you find your way through the maze? (Answers on page 30)



How did you do?

Here are the answers to the puzzles!

Match the feelings

Angry

Excited

Happy

Confused

Scared

Sad

Word search

B	B	H	A	P	P	Y	A
Z	D	J	W	S	C	A	C
R	M	E	A	D	M	U	T
R	E	K	R	V	F	H	I
U	S	L	E	A	R	N	V
D	Q	L	A	G	I	V	E
L	G	Q	R	X	N	I	X
M	I	N	D	F	U	L	R
P	C	O	N	N	E	C	T

Mind maze

START

FINISH





Pass-it-on

The Pass-it-on Project has been developed by The Foundation for People with Learning Disabilities and London South Bank University, alongside people with learning disabilities.



Project development has also been supported by the learning disability charities, Vibrance, MacIntyre and Lewisham Speaking Up.

