

WELLBEING ACTION PLAN

A little book to help you
feel good about yourself



This wellbeing action plan belongs to you:

It's to help **you** feel good about yourself.

You decide who can see it.

You decide if you want someone to help you with it.

Who am I?

Use these pages to think about who you are and the things you enjoy doing. You could draw a picture of yourself to show who you are when you are feeling happy, or add things to the next page.



I'M ALEX.

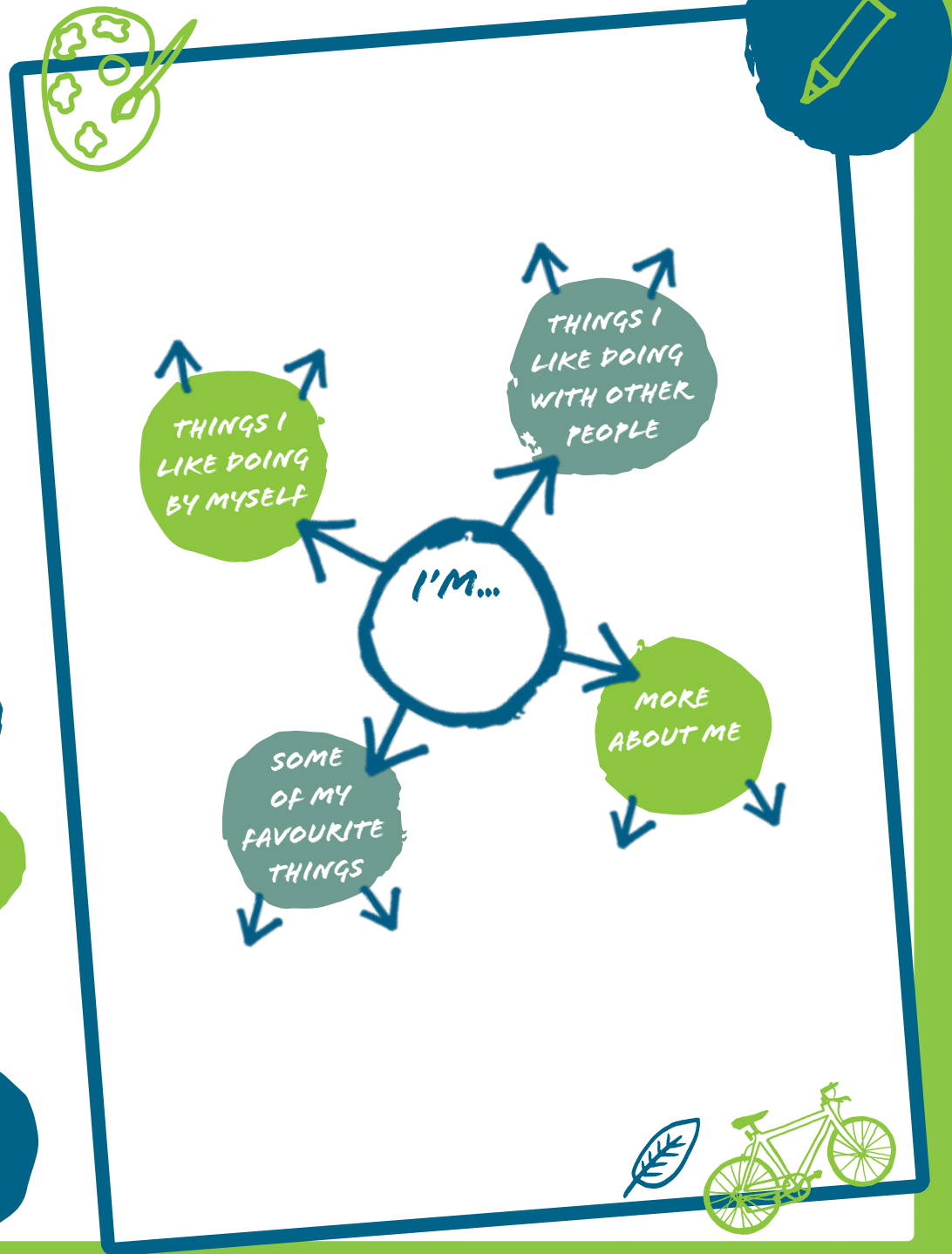
I like playing football with my friends.

I'm kind and thoughtful.

I love Fridays because we do family film night with pizza on the sofa.

My favourite food is lasagne – and my favourite fruit is an apple.

I am funny and I can be quite loud sometimes!



My wellbeing toolbox

Let's think about all the different things that make us happy. These things make up our 'wellbeing toolbox'. You can put all sorts of things in your wellbeing toolbox. Anything can go in it!

Here are 'Five Ways to Wellbeing'. They can help people feel better about themselves, especially if things feel a bit hard.



CONNECTING

Connecting with other people can make us feel happy.

- Chat with friends.
- Hang out with family.
- Play games with others.
- Spend time with pets.



GETTING ACTIVE

Moving your body and doing exercise can help us feel good.

- Find something you enjoy.
- Play your favourite sport.
- Do stretches while watching TV, dance or go for a walk.



KEEP LEARNING

Learning new things can help us feel happy.

- Learn how to draw your favourite animal.
- Play a new game.
- Learn the lyrics to your favourite song.



GIVE TO OTHERS

Helping others can make us feel good about ourselves.

- Make breakfast for your family.
- Do something nice for a friend.
- Raise money for a charity you like.



TAKE NOTICE

It can be helpful to notice how we feel right now, rather than worrying about things that have happened or we think are going to happen.

- Try sitting quietly in your favourite spot.
- Do some deep breathing.
- Write down something you enjoyed about today.

Turn the page to help you fill up your wellbeing toolbox.



Fill up your wellbeing toolbox!

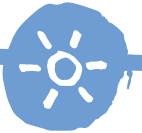
Use these pages to write down things you could put in your wellbeing toolbox.

CONNECTING - Who do you like to spend time with? What do you like to do with them?



Three horizontal dotted lines for writing.

GETTING ACTIVE - What sort of exercise and sports do you enjoy? How can you move more in the day?



Three horizontal dotted lines for writing.

KEEP LEARNING - What things would you like to learn to do? Are there subjects you'd like to know more about?



Three horizontal dotted lines for writing.

GIVE TO OTHERS - Is there someone you'd like to give a helping hand to?



Three horizontal dotted lines for writing.

TAKE NOTICE - Where's your favourite place to sit quietly? What are your favourite things to see and hear?



Three horizontal dotted lines for writing.

A plan for every day

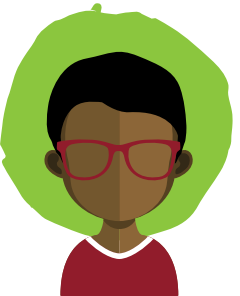
Having a plan each day helps us to keep feeling good.

Here are a few examples of daily plans:



SEREN

I make sure I eat breakfast every morning, so I don't feel hungry and grumpy in lessons. On the way home, I talk to my mum about anything that has upset me. When I get home, I like to play with my cat.



RAHIM

I take a water bottle to school. Drinking enough water helps me not to get headaches. At break time I like to read my book somewhere quiet. This helps me feel calm before going back to a busy classroom.



ALI

Every evening I check what lessons I have the next day and pack my school bag. This means I feel ready and not stressed. I turn my phone off an hour before bed time to help me go to sleep more easily.

My daily plan



What can you do to help yourself feel happy and calm each day?

BEFORE SCHOOL:

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AT SCHOOL:

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AFTER SCHOOL:

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WEEKENDS OR SCHOOL HOLIDAYS:

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Help when things are hard



Everyone has things they find hard. What are yours? Write or draw them here:



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THINGS THAT CAN BE HARD FOR SOME PEOPLE:

Moving to a new school or class

Arguments with friends or family

Changes at home or school

Issues with your identity

Assessments and tests

Making mistakes

Being unwell

Being bullied

School holidays

Getting into trouble

Comparing yourself with other people

Here are some ideas that might help when you find things hard:



IDEAS



Talk to a trusted adult - this could be someone at home or school, maybe a family member, teacher or sports coach.



Take time for yourself - read a book, write in a journal, play video games or watch TV.



If you can, go outside or change where you're sitting.



Do something creative - maybe drawing, writing or making music.



Spend time with a friend.



Listen to your favourite song.



If you're angry, count to ten before saying or doing something.



Call or message a helpline.



There are lots of different things you can do - add your own ideas to the list.



Spot the signs

What are the signs that you need help?

Here are some things to look out for:

- Feeling sad for a long time
- Not caring about school
- Not enjoying things you usually like
- Spending less time with friends or family
- Feeling worried
- Being unkind to yourself
- Feeling more angry than usual
- Not liking yourself
- Eating too much or not enough
- Feeling like crying



Sometimes it's easier to spot these signs in friends than in yourself. Can you team up with friends to look out for each other?

Signs that things are going less well for me or a friend:

A white pencil icon inside a blue circle, located in the top right corner of the writing area.

A series of ten horizontal dotted lines for writing.



What next?

If you spot the signs that things are going less well for you or a friend, what do you do next?



What would you say to a friend who was having a bad day?

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If you're having a bad day, try to tell yourself the same.



Who can you talk to?

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TALK TO AN ADULT YOU TRUST

– maybe someone in your family, a teacher or a youth leader.



WRITE IT DOWN

– If you're not ready to talk to someone, write down what's wrong. You can then show someone what you've written.



CALL A HELPLINE OR USE A WEBSITE

– for example:

Childline

Call **free** on **0800 1111**
1-2-1 **online** chat
childline.org.uk

Young Minds

Text **YM** to **85258** for free advice and support.
youngminds.org.uk



What people do when things are hard

We asked some young people about what helps when things are hard:

JADE

I used to get picked on by a group of girls at school. It distracted me during lessons and I was usually the one who got in trouble! Now, if someone upsets me, I try to ignore it until I can talk to my favourite teacher who can help.

LUCA

I love gaming, but sometimes I get angry when I lose. Last year, I threw my controller and broke it. My dad was really cross. He said if I did it again he would take it away. I don't want that to happen! If I start to get wound up, I pause the game, if I can, or just take a break and calm down.

SHAWN

Things at home are busy and stressful at the moment and I don't feel I can talk to anyone in my family. I rang Childline instead. The lady on the phone was really kind and listened.



Things I can do when I'm having a hard day

Write or draw your ideas here:

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MY NOTES



Acknowledgements

Based on the Wellness Recovery Action Plan model by Dr Mary Ellen Copeland. Special thanks to Andrew Caress who helped develop this version of the Wellbeing Action Plan for children.

Sources of support

CHILDLINE

Call: 0800 1111 (free 24hr)

Online: childline.org.uk

Phone or chat any time 24/7. Confidential listening, 1-2-1 chat, online message boards for under 19s.

KOOTH

Online: kooth.com

Free, safe and anonymous online community of peers and a team of experienced, accredited counsellors.

MEIC

Call: 080880 23456

Text: 84001

Online: meiccymru.org

Phone, text or webchat, 8am to midnight, seven days a week.

Free confidential listening for under 25s in Wales, available in Welsh or English.

MUSLIM YOUTH HELPLINE

Call: 0808 808 2008

Online: myh.org.uk

Phone 4pm-10pm every day.

Faith and culturally sensitive confidential support by phone, live chat or email for young Muslims in the UK.

YOUNGMINDS

Text: YM to 85258

Online: youngminds.org.uk

Free, 24/7 text support for young people across the UK experiencing a mental health crisis.

YOUTH ACCESS

Online: youthaccess.org.uk

A directory of free and confidential counselling, advice and information services for young people based on your postcode.

More resources

We have a number of other guides that might be of interest to you.

To view these and all our other resources please visit

charliewaller.org/resources

To order hard copies of this booklet please go to

shop.charliewaller.org

The Charlie Waller Trust was set up by the Waller family in 1997 to remember Charlie. We now work with thousands of parents, carers and teachers to help children and young people look after their mental health. We also work directly with children and young people, and our youth ambassadors help us ensure that young people's voices are central to all we do.

Learn more about us at charliewaller.org

GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



SUPPORTING US

If you have found this resource useful please consider donating to help us continue our work.



Text

To donate £10 Text 'CWT' to 70085

This costs £10 plus the cost of a standard rate message.



Online

Visit charliewaller.org/donate



The Charlie Waller Trust

First Floor • 23 Kingfisher Court • Newbury • Berkshire RG14 5SJ

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