

# kooth

## Mini Activities



## What is Kooth?

Kooth is a free, safe and anonymous mental wellbeing service for children and young people. You can find one to one support from a friendly practitioner or engage with our amazing community of people just like you.

Our community is here to support you through anything. Big or small. All of the activities you'll see are also available on **kooth.com**.

## **Kooth's Mini Activities**

Exploring who we are is an exciting part of life, but it can be scary too. Below are some activities to help you build valuable life skills. Pick one to try!

Among other things, these activities can help us:

- Connect with others
- Build helpful habits
- Manage our emotions
- Express ourselves

**Connect  
with others**

# Send a letter to someone

Take some time writing what feels important. Writing letters is a memorable way to focus on saying what really matters.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Get a pen, some paper, and an envelope.

## Step 2

Think about who you want to write to (E.g. an old friend or relative, or even a person in your life that made an impact positively or negatively).

## Step 3

Write your letter, thinking about what you want to say (this may be letting them know about your life, or even something important about how you feel).

## Step 4

Think about what you want to do with your letter. Do you want to send it or perhaps you don't? Either way, do what feels right for you.

## Step 5

Reflect on what the experience was like for you. If it feels right, think about sending another letter to somebody else.



## Share advice with others

Share your experience to help others and feel good about yourself too. Sharing may help others feel less alone and could boost your confidence too.

Remember you don't have to try it, and you can stop at any time.

### Step 1

Select a discussion that interests you (Just click the symbol on the homepage that looks like three people standing together and click 'categories').

### Step 2

If it feels right, share some advice - perhaps something that has worked for you and tell them why it helped, or why you have shared it with them.

### Step 3

Once you're ready, submit your comment. Remember the Kooth team will check it before it is posted.

### Step 4

Notice what it was like to submit a comment. If it felt good to have helped someone, you could always try this activity again.

# Take part in our Kooth word challenge

Test your mind and find as many words as you can. Taking part in activities like this is a great way to pass the time and have fun!

Remember you don't have to try it, and you can stop at any time.

## Step 1

Get yourself a pen and a piece of paper and a timer (if you have one on your phone or watch this will be perfect)!

## Step 2

Take a look at this sentence ... THE KOOTH COMMUNITY IS AMAZING

## Step 3

Using the letters in the sentence, make as many words as you can in a minute (For example, we can see 'MOON') Ready...steady... go!

## Step 4

When your time is up, submit your answers in the comments if you want to. If this was tricky, feel free to try again and give yourself more time.

## Step 5

Think about how this activity was for you? Was it easy or tricky? Would you change it in any way? We'd love to hear your thoughts in the comments.



**Build  
helpful habits**



# Create a daily plan for yourself

Make the most of your day. Creating a plan could help give your day more structure and enjoyment, whatever your plans are.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Think realistically about what you want to do in your day (E.g. a certain wake-up time, reading, finishing a project, or catching up with a friend).

## Step 2

Start creating your daily plan. You could write it down, type it up or get creative.

## Step 3

Think about the order you want to do things in and how long you want to spend on each. Add them to your plan and don't forget to include breaks!

## Step 4

Have a go at following your daily plan and notice if it works for you. Is there anything you would change if you did the plan again?

## Step 5

Enjoy being in your space!



# Practice asking for help

Build your support network by asking for help when you need it. Seeking support can help you feel less alone when things feel tough.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Think about the issue you'd like support with (E.g. family issues, exam stress, friendships etc).

## Step 2

Think about a person in your life who you trust to share this issue with (E.g. your teacher, support staff at school or college, friend or family member).

## Step 3

Go and speak to that person and tell them what's on your mind, noticing how you feel about it afterwards.

## Step 4

(Optional) Why not take it a step further by reaching out to the Kooth community for support! You can do this on our discussion boards and live forums.

# Improve your bedtime routine

Turn off your screens and relax without technology for a better night's sleep. Practice these steps at least half an hour before you go to bed to help you feel ready for sleep.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Put your phone on silent and put it somewhere you can't easily reach or notice it.

## Step 2

Turn off any other technology (e.g. laptop or TV). This is because the lights on screens such as phones can activate the brain, which isn't helpful when you're trying to switch off before bed time.

## Step 3

Spend at least half an hour doing something relaxing that is screen-free. For example - reading a book, doing some light stretches or having a warm bath.

## Step 4

Have a go at following your daily plan and notice if it works for you. Is there anything you would change if you did the plan again?

## Step 5

Notice how you feel as you get into bed. Are there any changes to your thoughts, feelings or the way you feel in your body?



# Practice being present

Something you can try that may help you feel calmer and safer in times of stress or panic, by noticing the present moment.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Take a moment to notice what you see around you right now (this may be objects, colours, people or even the detail of a pattern you see on a carpet).

## Step 2

Say what it is you see out loud (E.g. 'I can see a grey rug with a white swirly pattern on it that looks soft to touch').

## Step 3

Follow the same steps for something you can hear, touch or smell - perhaps spending just a few minutes on each sense, around 10 minutes each day.

## Step 4

Take a moment to see how you feel after doing this activity. If you found it helpful remember you can practice it again in times of stress and worry.

**Manage  
our emotions**

# Create a 'good mood' playlist

Try using music to help boost your mood. Listening to music releases endorphins in the brain which can help put us in a positive mood!

Remember you don't have to try it, and you can stop at any time.

## Step 1

Think about the songs that make you feel good (E.g. Ones that take you back to a great memory, make you smile or make you want to dance or sing!)

## Step 2

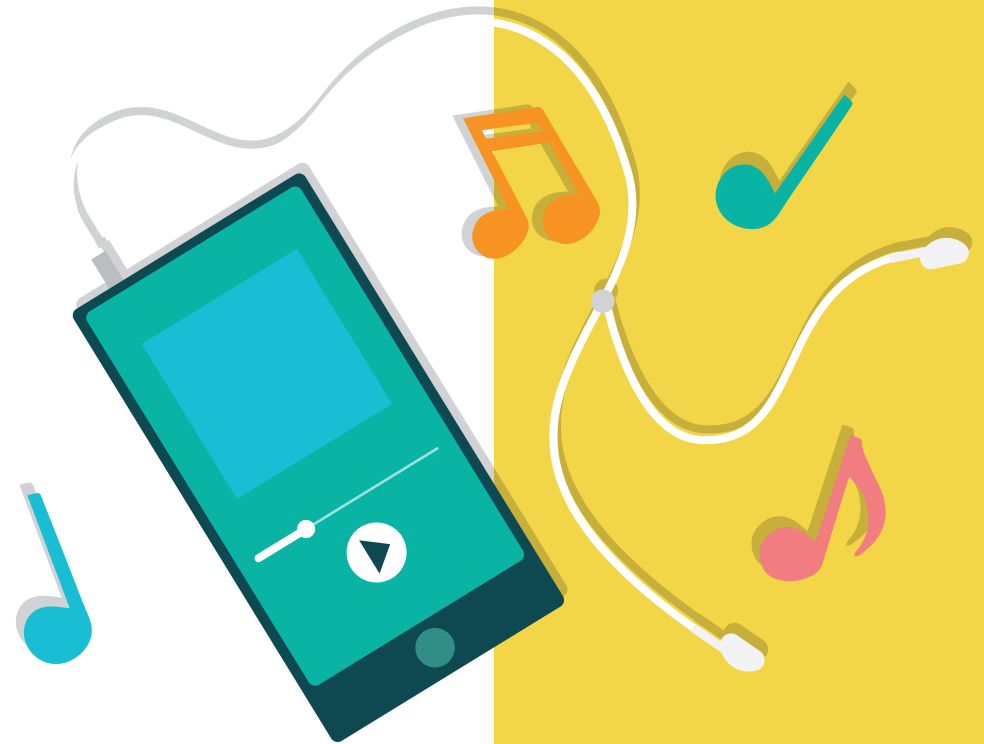
Create your 'good mood' playlist by picking between five and ten songs.

## Step 3

Listen to your 'good mood' playlist when you feel like it might help.

## Step 4

Notice how you feel when you listen to your playlist. Are there any changes to your thoughts, feelings or the way you feel in your body?



# Create a Positive Word Board

Write down your favourite words! Think of some words that make you smile and write them down! You can decorate your word board and keep it as a reminder when things are tough!

Remember you don't have to try it, and you can stop at any time.

## Step 1

Get some pens, pencils, paints and paint brushes, whatever you like, and something to write or draw on!

## Step 2

Have a think about some positive words you want to include. These could be words to describe yourself, or just fun words that make you smile when you think of them! If you're struggling to think of nice things to say about yourself, think about how you might describe your favourite things or people!

## Step 3

Think about how you want to lay the words out on the page. You could do a word cloud, or a mind map, or a list, whatever you fancy!

## Step 4

Start writing! The words can be any size, shape, colour - have fun with it! Notice how you feel as you write the words out.

## Step 5

(Optional) Hang your word board up where you can see it, so that you have a constant reminder of how amazing you are!

# Create a recipe for coping

A fun way to think about your own inner strengths during difficult times. When things feel tough, it can be useful to think about the “ingredients” we often already have to get through it!

Remember you don’t have to try it, and you can stop at any time.

## Step 1

Think about something that you have found difficult, this could be an experience, a relationship, school, or anything else.

## Step 2

Think about what inner strengths you have (or would like to have) in order to work towards coping better. (E.g. Humour, resilience, confidence, hope etc).

## Step 3

Use your inner strengths to create a fun recipe (E.g. A pinch of courage, a cup of patience, 15mls of interest, a handful of tears and 100g of banter).

## Step 4

You can use this step as a template or create your own: A pinch of... A cup of... 15mls of ... A handful of... 100g of...

## Step 5

If you want to, share your coping recipe on the Kooth discussion board to help and inspire the Kooth community and perhaps make you feel good too!

## Step 6

Notice what it was like to share your recipe or read others’. And if you enjoyed it, perhaps try this activity again.





# Dance like nobody's watching

Something to try and help lift your mood. It can be easy to forget to have fun when things are difficult. Dancing can be fun and help you smile.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Find your favourite song.

## Step 2

Play it loud/wear earphones and dance like nobody's watching.

## Step 3

Tried it? Take 5 minutes to think about how your body feels compared to before. E.g: does it have more energy or feel more relaxed?

# Create your own activity jar

A creative activity to distract, soothe and pass the time! Having a collection of activities could help with feelings of boredom, loneliness or anxiety.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Find a jar/container (E.g. a washed out jar or even a shoe box) and decorate it. You could use paint, glitter or anything else that you like.

## Step 2

On small pieces of paper, write down some achievable activities (E.g games to play, challenges to complete, jobs to do, things to create or funny jokes to play).

## Step 3

Put all of your pieces of paper into your container or jar.

## Step 4

Anytime you feel bored/anxious/lonely/stressed, take an activity to complete (if you pick one you don't like, put it back and choose another).

## Step 5

Afterwards, think about how you feel now compared to before (E.g. what does it feel like to try something new?)



# Make your own coping box

Try using items around the house to help soothe or distract you during difficult moments.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Find a box of any shape or size. E.g. an old shoe box. You can decorate it with colours, pictures or quotes that are important to you.

## Step 2

Pick some things you might like to look at, smell, touch or hear to go in your box. E.g. a scented candle, a teddy, a special photo, a favourite song list.

## Step 3

Use the items in your box for as long as you need when things feel difficult. E.g. Listen to the music, hug the teddy, look at the photo.

## Step 4

Notice any changes in the way you feel whilst using your box and write them down (E.g. I felt like \_\_\_ before and I feel like \_\_\_ after using my box).

# Explore the positive power of pets

Enjoy time with a furry friend to relax and feel good. Spending time with animals may reduce anxiety, promote calm and your happiness too.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Plan some free time in your day, ideally around 15 minutes.

## Step 2

Spend that time with an animal. This could be your own pet or even just time to watch some funny animal videos on YouTube.

## Step 3

Afterwards, notice how it impacts your general mood.



# Learn how to do bubble breathing

Take a deep breath and try a calming breathing exercise. Breathing exercises help to slow down your breath, which can promote calm and relaxation.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Find a quiet and comfortable space.

## Step 2

Imagine you are holding a pot of bubbles.

## Step 3

Take out the wand from your pot of bubbles.

## Step 4

Take a deep breath in and imagine gently blowing a bubble, so you focus more on breathing out!

## Step 5

Repeat this technique for at least five minutes to give yourself a chance to practice. Notice any differences in how you feel afterwards.

**Express  
ourselves**

# Create your own superhero

Unleash your superpowers by doing something creative! Expressing your creativity can be fun and uplift your mood.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Think about what powers you would have if you were a superhero (e.g. invisibility, the ability to fly, turn yourself into something else etc.)

## Step 2

Think about what you'd do if you had these powers. Would you do something to help others, help yourself, animals or even the environment?

## Step 3

Think about what your outfit would be.

## Step 4

Think about your superhero slogan.

## Step 5

(Optional). Draw or create your superhero and take a look at your masterpiece!

## Draw a song

Learn a new way to creatively express and manage your feelings. Being creative can really help when we don't have the words to explain.

Remember you don't have to try it, and you can stop at any time.

### Step 1

Pick a song. Maybe one you like or one you don't like so much.

### Step 2

Get some paper and pens

### Step 3

Play the song and start drawing anything that comes to your mind.

### Step 4

Reflect on how this made you feel.





# Get your body moving!

Keep active without leaving the house. Being active is great for your whole body and can also help to lift your mood!

Remember you don't have to try it, and you can stop at any time.

## Step 1

Find a dice, piece of paper and pen and put on some comfortable clothes (No dice? Just write the numbers down and pull them out of a container).

## Step 2

Write the numbers 1-6 vertically on your piece of paper.

## Step 3

Think about exercises that feel achievable for you (everybody is different and what is possible for one person might not be for another).

## Step 4

Write one movement next to each number on your paper (E.g. 1 - Touch down to toes and stretch to the sky, 2 - Do 10 star jumps ).

## Step 5

(Roll the dice or pick out a number, and try the activity on the number you land on.  
\*\*Don't forget to warm up before exercising to prepare your body and to prevent injury.

## Step 6

Repeat this for around 10 mins and try to keep this to no more than 30 mins a day.

## Step 7

Once you've finished, have some water to hydrate and a gentle stretch. Notice how you feel in your body now?

# Sing like nobody's listening

A fun activity you can try to help lift your mood and release energy and tension from your body.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Think about your favourite song or a song you like to sing.

## Step 2

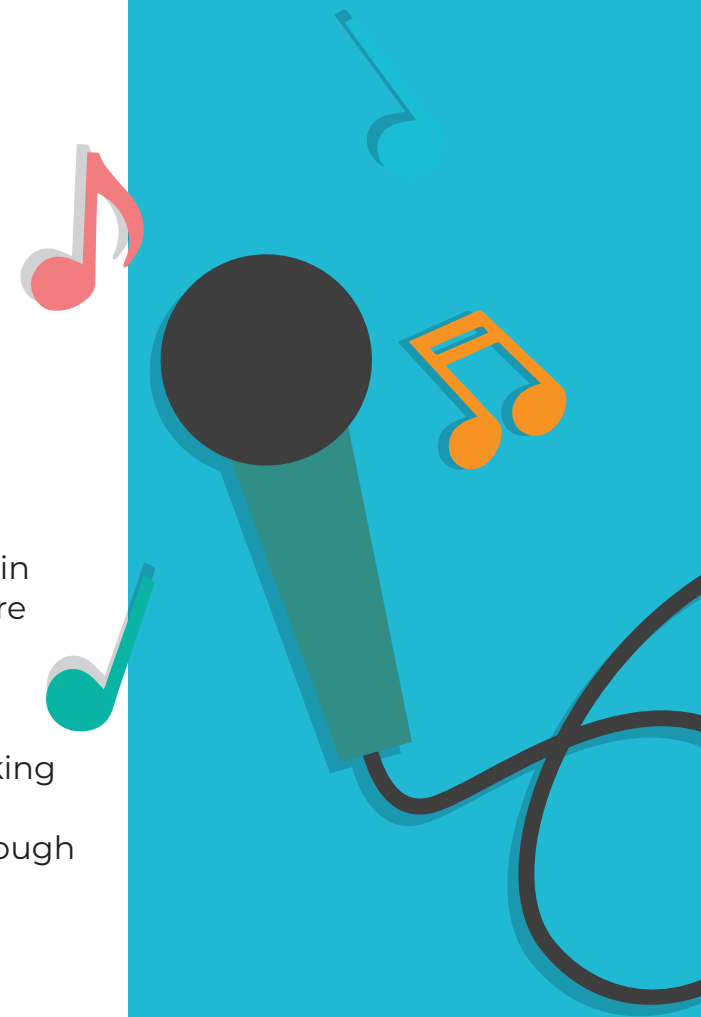
Play it out loud and sing as loud as you can - like nobody's listening.

## Step 3

Take 5 minutes to reflect on how you feel in your body afterwards. E.g: do you feel more relaxed or more energetic?

## Step 4

If you enjoyed the activity, why not try asking someone to sing with you next time. This could be in person, over the phone or through a video chat.



# Personalise your space

Express who you are by making a space your own. Start to think about your likes and dislikes to explore and express your identity.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Choose a space at home (this could be anywhere from your bedroom, study, reading area etc) and double check you're allowed to make some changes!

## Step 2

Think about things you already have at home to personalise your space (E.g. posters, decorations, photographs or anything that appeals to you).

## Step 3

Bring your ideas to life by trying them out in your chosen space (E.g trying out different places for your things and seeing how you like it).

## Step 4

When you're done, think about how your space looks and feels and make any final changes if you want to.

# Write a letter to your future self

Share your own words of wisdom with yourself! Doing something creative and personal to you is a great way to inspire, comfort and make yourself laugh right now and in the future too.

Remember you don't have to try it, and you can stop at any time.

## Step 1

Get a pen, paper and an envelope.

## Step 2

Think about what you'd like to share with future you (E.g. life predictions, advice or inspiration or even things you don't want to forget).

## Step 3

Write a letter to your future self, thinking about when you want to open it - this could be a week from now or even a year!.

## Step 4

Put your letter in an envelope and seal it, making sure your name is on it and the date when you want it to be opened.

## Step 5

Put it somewhere safe and think about what it was like to write your letter. If you feel like it, try writing another letter to be opened at a different time.



# Write to express how you feel

Writing can be a fun way to express emotions. You can use writing to help organise your thoughts, capture a memory and reflect on feelings.

Remember you don't have to try it, and you can stop at any time.

## Step 1

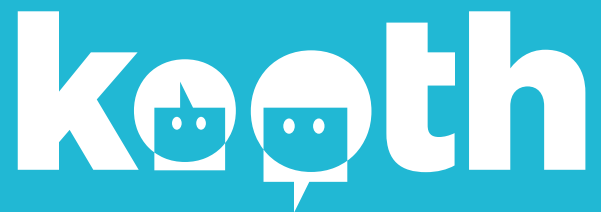
Think about something that means a lot to you. This could be a person, a place, an achievement or an experience. It could be something happy or sad.

## Step 2

Take some time to write down your thoughts/ feelings in any way you like. For example a list, a story, a poem or a song.

## Step 3

When you are done, note down one thing you learnt, one thing that surprised you and one thing you want to tell someone else from your writing.



Our mini activities are only a part of what Kooth has to offer. Explore everything else you can find on Kooth today. We'll be here when you're ready.

Sign up for free at **kooth.com.**