



KICUP SKILLS

HEALTH AND WELLBEING

RECOMENDED AGE 13+

*KICup stands for Kids in Care, the up represents the high aspirations we have for you. This name was created by care experienced people within Three Circles Fostering.



HEALTH AND WELLBEING



This booklet has been designed to help you learn about the importance of taking care of your body and mind. It is important to take care of yourself, not just physically but also mentally and emotionally. By following some simple steps and making healthy choices, you can improve your overall health and wellbeing.

In this booklet, we will explore various topics such as



Healthy eating habits



Staying active



Getting enough sleep



Managing your emotions

We will also list loads of useful websites and apps where you can go for more information, help and support.

Let's begin our journey towards a healthier and happier you!

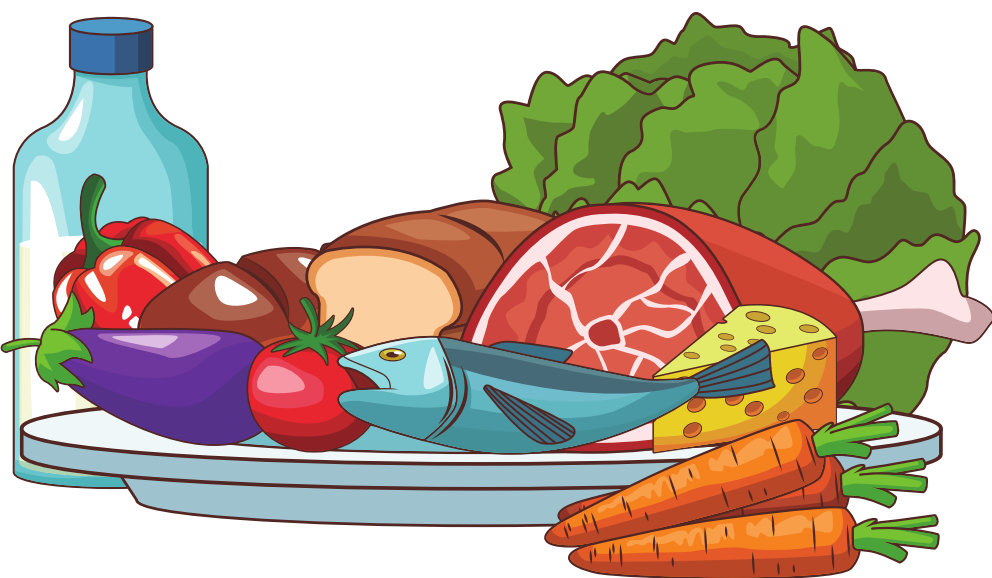
HEALTHY EATING HABITS

Eating healthy is an essential part of staying healthy and feeling good! A healthy diet can give you the energy you need to play, learn, and grow. Here are some reasons why it's important to eat healthy:

- **Gives you energy:** Healthy foods such as fruits, vegetables, whole grains, and lean proteins provide your body with the energy it needs to keep going all day long. They also help you feel full and satisfied, which can help you avoid unhealthy snacks and junk food.
- **Helps you grow:** Eating a balanced diet that includes all the different food groups can help you grow strong bones, build muscle, and support your immune system. This is especially important for you as you are still growing and developing.
- **Improves your mood:** Eating healthy can also improve your mood and make you feel happier. Studies have shown that a diet rich in fruits, vegetables, and whole grains is associated with a lower risk of depression and anxiety.
- **Prevents chronic diseases:** Eating healthy can help prevent chronic diseases such as heart disease, diabetes, and obesity. By establishing healthy eating habits early on, you can reduce your risk of developing these conditions later in life.

So, what does a healthy diet look like? A healthy diet includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Try to eat a rainbow of fruits and vegetables, as each colour provides different nutrients that your body needs. Also, limit sugary and fatty foods, and choose water instead of sugary drinks.

Eating healthy is important for your overall health and wellbeing. It can give you the energy you need to play and learn, help you grow strong and healthy, improve your mood, and prevent chronic diseases. So, next time you're choosing what to eat, remember to choose foods that will fuel your body and make you feel great!



STAYING ACTIVE



Living an active lifestyle is essential for staying healthy and feeling good! Physical activity is not just fun; it is also an important part of being healthy. Children should be getting at least 60 minutes of activity a day. Here are some reasons why it's important to live an active lifestyle:

1. **Builds strong bones and muscles:** Physical activity such as running, jumping, and playing sports can help build strong bones and muscles. This is especially important for you as you are still growing and developing.
2. **Improves your mood:** Physical activity can also improve your mood and make you feel happier. Exercise releases feel-good chemicals in your brain called endorphins, which can help reduce stress and anxiety.
3. **Keeps your heart healthy:** Living an active lifestyle can also help keep your heart healthy by reducing the risk of heart disease. Regular exercise can help lower blood pressure and cholesterol levels, which are risk factors for heart disease.
4. **Helps you maintain a healthy weight:** Physical activity can also help you maintain a healthy weight by burning calories and building muscle.

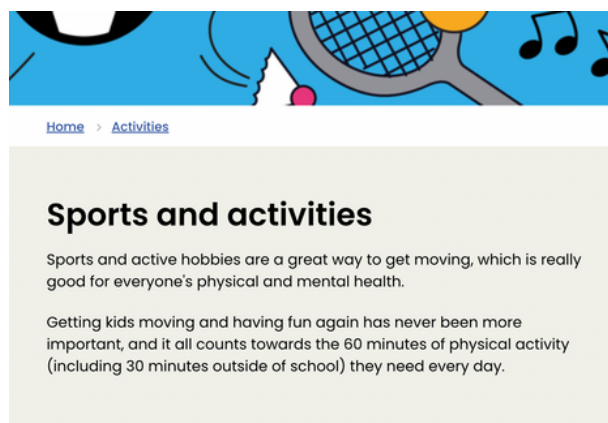
So, how can you live an active lifestyle?

The good news is that there are many fun ways to be active! Try playing sports with your friends, going for a bike ride, or taking a dance class. You can also be active in your daily life by walking or biking to school instead of taking the car, or playing outside instead of watching TV.

Living an active lifestyle is important for your overall health and wellbeing. It can help build strong bones and muscles, improve your mood, keep your heart healthy, and maintain a healthy weight. So, next time you're thinking about what to do, remember to choose activities that will help you be active and feel great!

PHYSICAL HEALTH INFO

Living an active lifestyle is essential for staying healthy and feeling good! The NHS have created a list of loads of sports and links about where to find your [nearest place to have a go!](#)

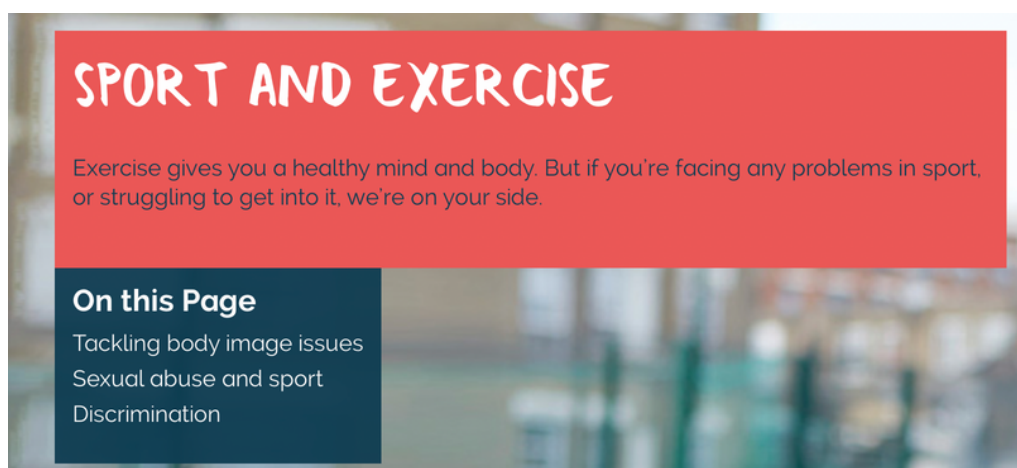


It is equally important that children with disabilities are active, for their health and development – and more importantly – to have fun and make friends. It can often be difficult to find suitable options, but there are more out there than you think. [The Activity Alliance](#) is a good place to start for more information.

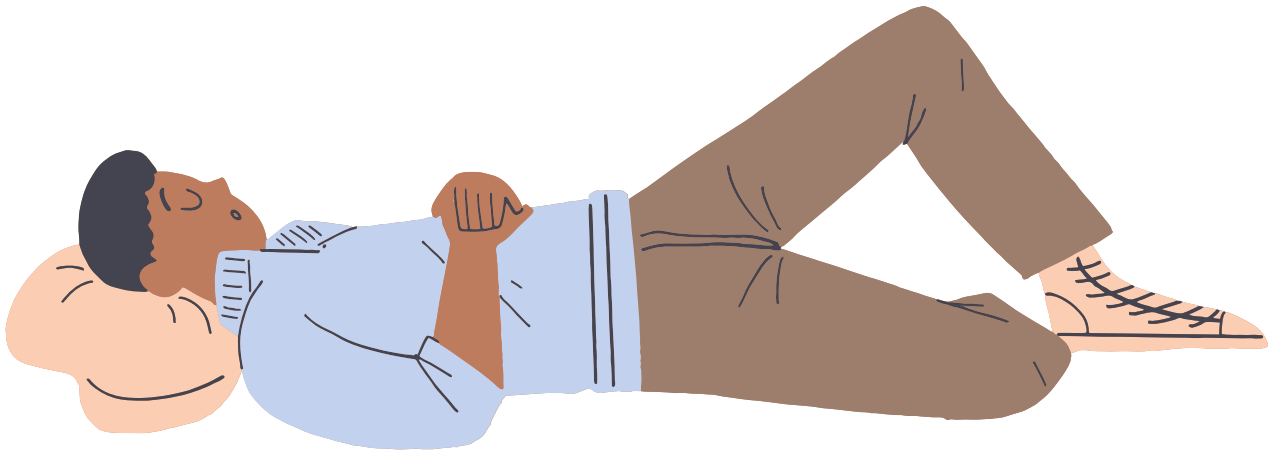


The national charity and leading voice for disabled people in sport and activity

Childline have lots of useful information on their page [about physical health](#).



GETTING ENOUGH SLEEP



Getting a good night's sleep is important for staying healthy and feeling good! Sleep helps your body and brain rest and recharge, so you can be your best self during the day. Here are some reasons why it's important to get good sleep:

1. **Gives you energy:** Sleep is essential for giving your body the energy it needs to function properly. When you sleep, your body repairs and recharges itself, so you can wake up feeling refreshed and ready to take on the day.
2. **Helps you learn and remember:** Sleep also plays a critical role in learning and memory. When you sleep, your brain sorts the information you learned during the day, so you can remember it better later on.
3. **Boosts your mood:** Getting enough sleep can also boost your mood and make you feel happier. When you're well-rested, you're less likely to feel irritable, cranky, or sad.
4. **Keeps you healthy:** Sleep is important for maintaining a healthy immune system, which helps protect you from getting sick. Lack of sleep can weaken your immune system and make you more vulnerable to infections.

So, how can you get good sleep? The key is to establish good sleep habits, also known as sleep hygiene. Here are some tips:

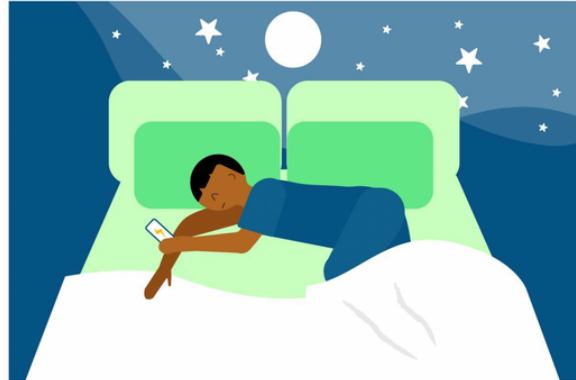
- Stick to a regular sleep schedule, even on weekends.
- Create a relaxing bedtime routine, such as taking a warm bath or reading a book.
- Make sure your sleep environment is dark, cool, and quiet.
- Avoid electronic devices for at least an hour before bedtime, as the blue light can interfere with sleep.

Getting good sleep is important for your overall health and wellbeing. It can give you the energy you need to function properly, improve your learning and memory, boost your mood, and keep you healthy. So, next time you're getting ready for bed, remember to create a relaxing environment and establish good sleep habits to help you get the rest you need!

GETTING SLEEP INFORMATION

Have a read of this blog about sleeping better at night:

How can I sleep better at night?



The [Mix website](#) have lots of other useful blogs about various topics on healthy sleeping. This website is for those aged 13+.



The NHS have a [useful page](#) where you can get more information on healthy sleep.

[Home](#) > [Live Well](#)

Sleep and tiredness

Reasons why you might feel tired and advice about what you can do to prevent tiredness.

[Why am I tired all the time?](#)

[Self-help tips to fight tiredness](#)

[Bedtime meditation video](#)

[Childline](#) have listed 5 top tips to help you sleep:

5 TIPS TO HELP YOU GET TO SLEEP

If you're having problems getting to sleep, there are lots of things you can do. Try our tips to help you get some rest.

MANAGING EMOTIONS



Managing your emotions is an important skill that can help you feel happier, more in control, and better able to handle challenges. Emotions are feelings that you have inside, such as happiness, sadness, anger, or fear. Here are some tips for managing your emotions:

- 1. Identify your emotions:** The first step to managing your emotions is to identify what you're feeling. Try to name the emotion you're experiencing and think about why you're feeling that way.
- 2. Express your emotions:** It's important to express your emotions in a healthy way, rather than keeping them bottled up inside. You can talk to someone you trust, such as your family, carer, teacher, or friend, or write down your feelings in a journal.
- 3. Practice deep breathing:** Deep breathing is a technique that can help you calm down when you're feeling overwhelmed or upset. Take slow, deep breaths and focus on your breathing to help you feel more relaxed.
- 4. Use positive self-talk:** Positive self-talk means talking to yourself in a kind and supportive way. For example, you might say to yourself, "I can do this," or "I'm strong and capable." This can help you feel more confident and less anxious.
- 5. Take care of yourself:** Taking care of yourself is an important part of managing your emotions. Make sure you're getting enough sleep, eating a healthy diet, and getting regular exercise. These things can help you feel better both physically and emotionally.

Remember, it's okay to feel a wide range of emotions, and it's important to express them in a healthy way. By practicing these tips for managing your emotions, you can feel more in control and better able to handle whatever comes your way. If you're having trouble managing your emotions, talk to a trusted adult, who can help you learn more strategies and coping skills. We have listed loads of useful apps and websites that have information for supporting your mental health on the next pages.

MENTAL HEALTH AND WELLBEING WEBSITES AND HELPLINES

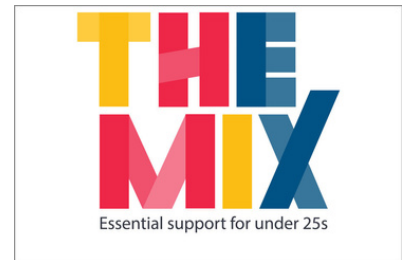
Childline - 0800 1111

Free online or phone service for children and adolescents. 1:1 counseling, games, message boards, information and advice on a range of topics and a [helpful toolbox](#).



The Mix - text shout to 85258

UK's leading support service for young people. they help with a range of challenges, from mental health to money, from break-ups to drugs. free confidential helpline, counselling service, 1:1 chat, crisis messenger, discussion board, apps & tools, news & research.



Papyrus

Papyrus prevention of young suicide is the uk's leading charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. they provide a suicide prevention helpline, [hopelineuk](#), which is staffed by trained suicide prevention advisers. hopelineuk is a free and confidential call, text and email service, which is available from 9am to midnight, every day of the year.



Mind hub.wales

Mind Hub was created by young people for young people! it provides information and links to services in relation to your emotional health and well-being.



Family Lives (Parentline Plus)

Provides individual or group support for parents/carers on all aspects of family life in all stages of a child's development, issues with schools and parenting/relationship support.



MENTAL HEALTH AND WELLBEING WEBSITES AND HELPLINES

Kooth

Kooth provides anonymous and personalised mental health support for children and young people by bacp accredited counsellors.



Beat Eating Disorders

Beat is the uk's leading charity supporting those affected by eating disorders. they have a national helpline, either by phone or online, to support people to take positive steps towards their recovery. they also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health.



Stem4

Stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and gps through the provision of mental health education, resilience strategies and early intervention. they provide mental health apps and have a clinically informed website.



Switchboard - 0300 330 0630

a helpline for lgbtq+ individuals who are struggling with issues related to their identity. they operate a helpline and an online 1-1 chat.



MENTAL HEALTH AND WELLBEING APPS

Anxiety & OCD apps:

What's up?

Utilising some of the best cbt methods to help you cope with depression, anxiety, anger, stress and more



Sam

Sam is an app to help you understand and manage anxiety.



Clear Fear

Clear Fear provides you with a range of ways to manage anxiety.



Rootd

A female led app which provides support for anxiety and panic attacks.



GG OCD

An app that explores the negative thoughts associated with ocd. It is important to mention this app is free to download but a large majority of the content is paid for.



Self-harm apps:

Calm Harm

An app that helps young people manage the urge to self-harm.



Calm Urge

Calm Urge provides activities to help you resist the urge to self-harm.



MENTAL HEALTH AND WELLBEING APPS

Bereavement apps:

Smiles and Tears

An interactive tool designed to help 0-17 year olds deal with the death of a loved one. you can record memories, send gifts and write down your thoughts, feelings and emotions.



Apart of Me

a therapeutic game aimed at young people to help guide you through the difficult process of grief apps for friends and family.



Combined Minds

This app helps friends and family support young people with their mental health



MENTAL HEALTH AND WELLBEING APPS

Mindfulness Apps:

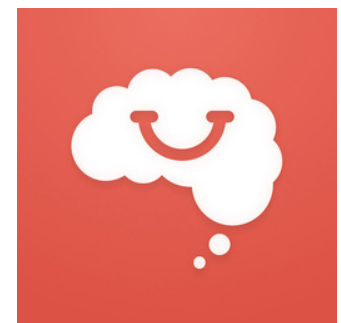
Calm

Helps to manage stress, anxiety, sleep, and helps you to refocus your attention through meditation and mindfulness. this app is free to download but you can purchase a subscription to access more content



Smiling Mind

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. helps with sleep, attention & concentration, wellbeing, relationships, performance, sport, mindful eating, and stress.



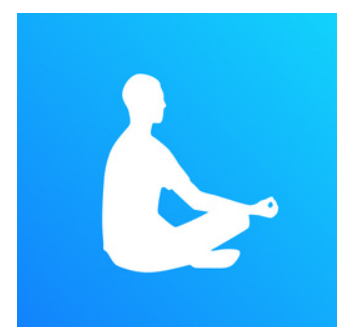
Headspace

Guided meditations, courses, and mindfulness exercises on subjects like stress, general anxiety, worry, building resilience, and more topics for any moment. this app is free to download but you can purchase a subscription to access more content



The Mindfulness App

Over 400 guided meditations and courses. this app is free to download but to access all of the content you need to purchase a subscription



DIGITAL WELLBEING

Thinkuknow

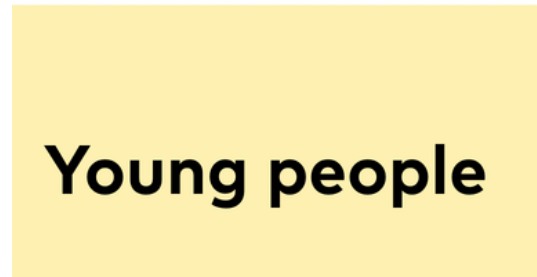
<https://www.thinkuknow.co.uk/>

Think u Know is delivered by CEOP, it is their education arm of the website. You can click through the various options depending on your age.



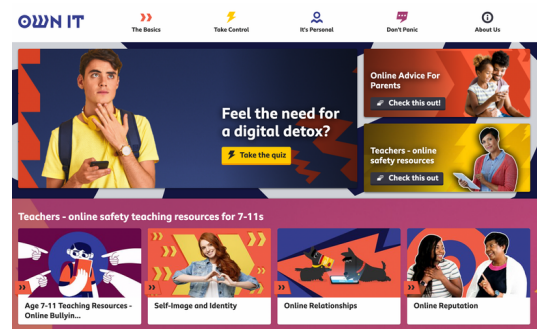
Childnet

Support, guidance and advice on a wide range of online safety issues and topics



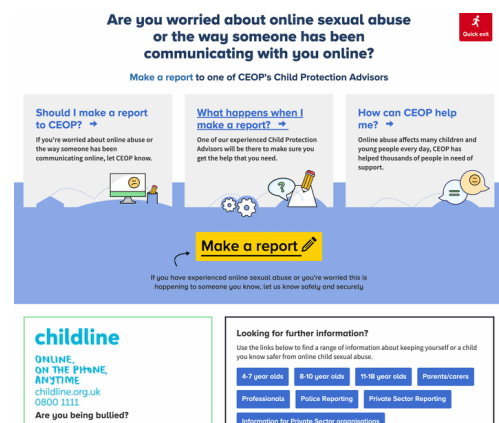
BBC Ownit

Questions, answers and tools to help you make the most of your time online.



Report online abuse

Are you worried about online abuse or the way someone has been communicating with you online? Report it here.



OTHER PLACES TO GO FOR SUPPORT

If you need an advocate or information about your rights contact:

- Coram Voice
 - www.coramvoice.org.uk/alwaysheard
 - help@coramvoice.org.uk
 - Freephone: 0808 800 5792 / 07758 670 369

For legal advice and information contact:

- Child Law Advice Service (Coram Children's Legal Centre)
 - www.childlawadvice.org.uk
 - 0300 330 5480
- Law Stuff (Coram Children's Legal Centre)
 - www.lawstuff.org.uk
- Find a solicitor (Law Society)
 - www.lawsociety.org.uk/find-a-solicitor

For immigration advice contact:

- Migrant Children's Project (Coram Children's Legal Centre)
 - www.childrenslegalcentre.com
 - mcpadvice@coramclc.org.uk
- Children's Advice Project (Refugee Council)
 - www.refugeecouncil.org.uk
 - 0207 346 1134
- Find a solicitor (Law Society)
 - www.lawsociety.org.uk/find-a-solicitor

For housing and homelessness advice contact:

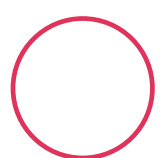
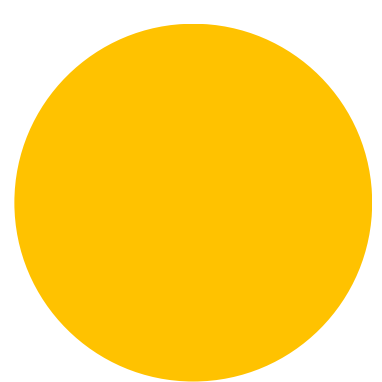
- Shelter
 - www.shelter.org.uk
 - 0808 800 4444

For care leavers with disabilities contact:

- SCOPE
 - www.scope.org.uk
 - 0808 800 3333
- Mencap
 - www.mencap.org.uk
 - 0808 808 1111
- MIND
 - www.mind.org.uk
 - 0300 123 3393 or email info@mind.org.uk

Other advice and support services for care leavers:

- Help at Hand (Children's Commissioner)
 - <https://www.childrenscommissioner.gov.uk/help-at-hand/>
 - 0800 528 0731
- Care Advice Line (Become)
 - www.becomecharity.org.uk/help-advice/care-advice-line/
 - 0800 023 2033



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Where possible, we have utilised [language that cares](#) through this document

