

YOUNG SAFETY NET E-ZINE

Activities

Advice

making sense
of missing out

Information

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Keeping children & young people safe

What do you mean by 'missing out'?

At the moment we are missing out on spending time with friends, both in and out of school. Many children are missing out on end of year celebrations and residential trips. We might be missing out on having time away for just us, away from parents and being independent.

★ **Loss is when we have something or someone taken away from us so we may feel a sense of sadness** about these things, because we had expected and planned for them and might no longer get to do them in the same way. We may also be thinking about things coming up that we could miss out on; like upcoming birthdays we won't get to celebrate in the usual way, or holidays and fun things that we had planned for the summer. There are those of us who have actually enjoyed having the time at home, and are worried about going back to school and missing the things they've been doing over the past weeks.

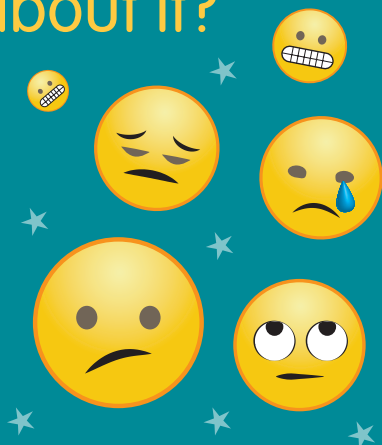
★ **A lot of us can probably think of a time where we missed out on something even before lockdown.** Some may have experienced the feeling of FOMO (Fear Of Missing Out) which is where we worry we're not doing fun and exciting things that others are doing. But during lockdown, we might be spending a lot more time thinking about the things we are missing out on and feeling that loss, because we don't have much choice about it (we mentioned in our first issue that **choice, control** and **time** are key things in helping us feel safe).

★ **These feelings of loss can have different effects on us.** For example, it might affect us physically (known as **Early Warning Signs**). We might feel like we don't have much energy, we may feel like crying, or even have an upset stomach. It can also affect us emotionally; we might feel sad, angry or frustrated. However we can also find ways to manage these feelings and feel hopeful for when things will feel better again.

What can I do about it?

All of these feelings are completely normal and healthy ways to process loss. It might feel uncomfortable, but by **not** avoiding these feelings - **by not bottling them up** - we are able to adapt and accept to the change more easily.

It's important to have balance - we need to accept and understand that there might be some things that we don't get to do right now and that's it's okay to feel upset or angry about this. But it's important to **let these feelings go**, to make room for positive feelings and experiences too.



Yoga Activity

Yoga is a super healthy and handy way to increase the balance we feel in our bodies and our minds.

It can feel like great exercise, a way to relax or just a great stretch. You don't have to be in a pretzel shape to get something out of it, all you need is your body, a little bit of floor space, and to allow yourself some time!

Benefits of yoga include...

Your body - improved flexibility, strength, coordination, awareness of your body - and **BALANCE!**

Your mind - improved concentration, feeling calm, relaxation - and **BALANCE!**

While you are trying out the yoga poses, you will be concentrating on how that feels in your body - this means your mind might be able to let go of some of those annoying thoughts which just tumble around and around like a washing machine.



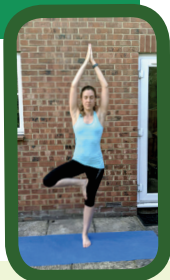
We found these **child-friendly yoga poses** on momjunction.com to get you started.

Try typing '**Rainbow Yoga with Adrienne**' into YouTube so you can follow along with a video—this is one of our favourite online yoga instructors!



Mountain pose

1. Stand straight and tall
2. Spread your legs a few inches apart and spread the toes
3. Keep your arms alongside the body
4. Relax your shoulders
5. Raise the arms above your head
6. Hold this position and breathe slowly for 3-5 breaths.



Tree pose

1. Begin in mountain pose
2. Lift the right foot with the knee out to the side
3. Place the right foot on the inside of your left lower leg, or thigh - but not over your left knee.
4. Press your hands together above your head
5. Hold this position and breathe slowly for 3-5 breaths
6. Return hands to chest and lower right foot to the floor.



Cobra pose

1. Lie face down on the floor with the tips of the feet on the floor and palms on either side of the body
2. Pull shoulders back slightly towards spine
3. Hold your tummy in.
4. Lift the top part of your body up, keeping your chin up, to a position that is comfortable. Use your hands for support.
5. Hold this position and breathe slowly for 2 breaths.



Chair pose

1. Inhale and raise arms above head
2. Bend knees forward whilst exhaling, try to make your thighs parallel to the floor.
3. Keep your back long and straight
4. Hold this position and breathe slowly for 3-5 breaths

You're not alone!

Our young people share their experiences - what they've found hard, what they've enjoyed, what they're looking forward to and what they're grateful for...

Millie says: "The things I feel like I'm missing out on are being with my friends, doing school work in the classroom rather than at home on my own, running the Deans school's mini mile - which I was shortlisted to do - and seeing my family. It's made me feel very disappointed and upset. I've had that FOMO feeling before lockdown, when I haven't been invited on play dates and sleepovers when others are. Some new things I've tried is learning to do a walkover, I've done a rally of hitting a tennis ball 100 times with a partner and I've been researching all about blue-tongued lizards. Trying those new skills has felt like a real accomplishment and I've felt really proud of myself. I've got a sense of satisfaction from it. I'm really looking forward to hanging out with my friends, going to the park after school and seeing my family. But I'm really grateful for the sunshine and having my (immediate) family as company."

Olly says: "Things I'm missing out on are going to my parkour classes, seeing my friends, playing football and going swimming. It makes me feel annoyed, sad, stressed and frustrated. But, I've learnt to do a backflip and to make objects out of foamex at my dad's work. I've also made a banana bread on my own for this first time and I've been playing Terraria. Things that have helped balance out the negative feelings are going on my trampoline, going running with my Mum and I've been doing some gaming. Trying new things made me feel happy. I'm really looking forward to going to parkour and football again, and seeing my friends and grandparents. I'm grateful for my PS4, my dog Woody and not being unwell!"

Vincent T says:

"I really wanted to buy a Nintendo Switch and saved up for ages, but because of lockdown, they have all sold out. I have also missed friends. It's made me feel sad and annoyed. I would feel better if I knew when this would end, but times I feel a bit better are when I distract myself with books, gaming, drawing and family messing about. Something new I've done is make a lasagna and a pasta bake - I feel a bit worried that I might do it badly, but then I realise I've done it, and then I feel happy and look forward to eating it. Things I'm most looking forward to is seeing my friends all together. This week I am most grateful for mum and dad and sister being very nice and nice walks."

Jess says: "I don't really feel like I miss anything about being off school because I like being home, but I am worried about going back though. That makes me feel anxious. Some new things I've tried is this really good online game. I've been drawing a lot and I've tried archery in the garden! This makes me feel excited because I get good scores! Things I am most looking forward to doing again is eating McDonalds, going to Drusillas and going on holiday. The things I am most grateful for this week are my friend, Emma and going on Zoom to see the rest of my family."

Looking forward activity!!

Remember, balance is key...

So a great way of to help us feel more positive at the moment is to switch our thinking from all the things we're missing out on, and instead making them all the things we're looking forward to...

★ **Write** down the things you're looking forward to doing on strips of paper. These can be when lockdown finishes, but they can also be mini ideas such as treats for when your home-school day finishes, something to do at the weekend or something to do in the holidays.

★ **Colour** You can colour code your strips into whether they are things you can do at home, things you can do with your family, things you can do at a social distance or things you can do when social distancing has finished. Maybe you have your own ideas on how you'd like to colour code it! Don't forget to make a key if you're going to do this so you remember what the colours mean!

★ **Decorate** your jar however you like and fill it up with your paper strip ideas

★ **Add and take** Add ideas as and when you have them, and take strips out when you're looking to make plans!



Eat a takeaway dinner



Swim in the sea

Meet up with friends

Play my favourite game

Go to the cinema

new skills & hobbies

learn

★ Missing out on things can be hard.

Sometimes it can pave the way for something new. New things aren't always in our comfort zone but giving something new a try can bring a big sense of achievement and you might even find a new hobby! All the young people we spoke to said that trying something new improved their mood.

try
something
new!

have
fun

new music

Try and listen to a different music album or single every other day—you might just find your new favourite artist or band! You could start writing your own reviews to share with others too.

fitness

There's lots of inspiration on the internet but you can also make up your own routines. Try timing yourself doing a routine and see if you can beat your time the next day.

baking

and cooking can take time, so it might be that now is the perfect time to give it a go!

drawing

We love this daily drawing challenge from Natural Beach Living - visit www.naturalbeachliving.com/30-day-drawing-challenge/

sewing

Repurpose old material or get in touch with Brighton community organization 'Sew Fabulous' for their brilliant little sewing kits you can do at home.

SHARE THE FUN!

Check out what we've been doing on social media and follow along!

#safetynetactivities

@safetynetbtn



It's competition time!

Win art supplies!

It's important during uncertain times, to remind ourselves what we are grateful for. These might be little things such as certain music or films, or it may be more obvious things like family and friends. Identifying what we are grateful for allows us to focus on what makes us happy and is a great tool to use if we are feeling sad, unsure or frustrated. It keeps us grounded and allows us to focus on the good things in the present.

For this issue's competition, we want you to **create a piece based around what you've been grateful for** in the last few weeks! There are many ways to do this - a **collage, drawing** or **video**, or a **written piece** like a journal or word cloud. **Get creative!**



You could make a collage or a word cloud



What are you grateful for?



You could make a video or write a journal

For a chance to win some lovely art supplies, send your entries to **ruth.davey@safety-net.org.uk**

EXTRA HELP

If you are feeling worried during this time, know that you have the right to speak to someone about it. Your worry is not too big or too small to talk about.

Childline are available to contact by phone (0800 1111) or online with a 1-2-1 counsellor between 9am and midnight, or by email (which may take a little bit longer). All you have to do is create an account on their website, and you are able to contact them in whichever way you feel comfortable.

Smiling Mind An app that sets children activities both solo, and with parents, that explore topics from sensory exercises to breathing meditations. The app is free and can be downloaded via the Apple Store or Google Play Store.

Stop, Breathe & Think An app designed to help kids with focus, quiet, peaceful sleep, and processing emotions, through the use of breathing exercises and checking in with emotions. Downloaded at the Apple Store or at www.stopbreathethink.com/kids

Winston's Wish The UK's first childhood bereavement charity. They provide in-depth therapeutic support in individual, group and residential settings, as well as a Freephone National Helpline. Their website: winstonswish.org has information on how to deal with loss, as well as a blog to read about other people's experiences and coping methods. They can be contacted for support via either their Free National Helpline on 08088 020 021 or by email [ask@](mailto:ask@winstonswish.org)

SuperBetter A free web based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. SuperBetter can be played via their website: www.superbetter.com.

WE WANT YOU! Would you like to be involved with our e-zine? To share your experiences or create photo content? You can become one of our Young Reporters and receive a Little Young Reporters pack in the post! To volunteer, please email ruth.davey@safety-net.org.uk



★ This issue of our Young Safety Net E-zine wouldn't have been possible without contributions from Millie, Vincent T, Olly and Jess... Plus all the children and families joining in with our #safetynetactivities on social media.

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