**Sussex Super 1s Lifestyle Workshop 1 - Mental Health - Tools for Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
| **Section** | **Description** | **Equipment** | **Outcome Measures** |
| **Introduction****(5 mins)** | * One of the main reasons your family/carers like you to come to Super 1s is because playing cricket is a good way to be healthy and look after your body.
* Today we are going to focus on the most of important part of our body – our head – and how we can keep it healthy. This is called looking after our mental health or wellbeing.
* Evaluation – Has anybody got any suggestions about things we can do to improve our mental health or wellbeing?
* **The aim of the session is to help you improve your wellbeing.**
* We are going to have a look at 4 things we can do for ourselves to keep our heads/minds healthy:
	+ Be physically active.
	+ Connect with other people.
	+ Learn new skills
	+ Pay attention to the present moment (Mindfulness).
 |  | Record the number of participants providing correct/useful suggestions. |
| **Be physically active – Warm Up routine**1. **mins)**
 | * You all come here to play cricket already, so that’s great! We can also increase our activity at home with simple things like, gardening, taking the stairs, going for a walk in the park or dancing in the kitchen!
* Let’s do a short exercise routine that you can do any time at home.
	+ Stretching - windmill arms/ head side to side/ torso twists/ toe touches/ lunges/ ankle rotations
	+ Standing high knees, touch knee to hand
	+ Side lunges
	+ Front punches
	+ Opposite toe touches
	+ Overhead claps
* Evaluation question - Put your hand up if you are going to do a warmup routine at home?
* Evaluation question - Show us two favourite exercises you will do? Participants can point to the picture cards if they do not wish to demonstrate to the group.
* Evaluation question - Ask your parents/carers to send us a photo of you doing your routine on our WhatsApp group.
 | Individual exercise picture cards | * Record the number of participants who pledge to try the exercise routine at home
* Record individual responses on favourite exercises Upshot Timeline
* Ask parent/carers to submit photos to WhatsApp group
 |
| **Connect with other people – Circle Throws****(15 mins)** | * Connecting with other people is a great way to help with our wellbeing. There are lots of different ways to do this. Let’s play a game of Circle Throws to find out what they are.
* Game set-up:
	+ Create a large circle of cones – one for each participant – on the floor. The distance between the cones should be suitable for participants to throw & catch to each other.
	+ Put 2 sets of stumps at the very end of the circles smack in the middle.
	+ Place the idea cards in front of the stumps on the floor.
* How to play:
	+ Everyone stands on a cone or in their wheelchair.
	+ Coach (also on a spot) issues a command e.g. overarm/underarm/roll and passes the ball to a person next to them.
	+ Coach continues to issue commands and players pass the ball round the circle repeating the action.
	+ Coach will shout new commands to change the action:
		- Switch – the direction of play changes
		- Left/Right – players move one spot to the right/left of the circle or cross over the stumps according to their position
		- Shoot - player in possession throws the ball at a set of stumps
	+ The player then approaches the set of stumps closest to where their ball landed and collects an idea card
	+ They return to their spot and either they or the coach reads out the message (can be multiples of the same idea card to help cement learning through repetition)
	+ Play continues until all cards are collected.
* Evaluation question – How do you connect with other people already (you can use one of the idea cards to show us or explain)?
* Evaluation question – Put your hand up if you are you going to try a new way to connect to other people (you can use one of the idea cards to show us or explain)?
* Evaluation question - Ask your parents/carers to send us a photo of you connecting with others on our WhatsApp group.
 | * Coloured cones (1 per person)
* 4 sets of stumps
* 3 sponge balls
* 5 sets of Idea cards
 | * Record the number of participants who will try a new way to connect with others
* Record individual responses on how they will connect with others on Upshot Timeline
* Ask parent/carers to submit photos to WhatsApp group
 |
| **Cricket Activity/Game** **(15 mins)** | * Super 1s coaches lead a familiar game or activity with the group
 | Cricket equipment |  |
| **Learn new skills – Umpire Signals****(10 mins)** | * Learning new skills is a great way to look after our wellbeing.
* Let’s see if we can learn a new skill. In cricket, Umpires use signals to help the players, people watching and those keeping the score understand what is going on in the game.
* Coach invites each participant to select a signal card for the group to learn an umpire signal together.
* Coach runs a test with the whole group at the end to see if they can remember what different signals mean.
* There are lots of ways to learn new skills! It could be an independence skill learnt in and around the home, maybe a responsibility in a job or volunteering role or an interest at a club or group we attend.
* Evaluation question - Can anyone give us an example of what new skills you have learnt recently?
* Evaluation question – Put your hand up if you are you going to try and develop a new skill?
* Evaluation question - Ask your parents/carers to send us a photo of you learning a new skill on our WhatsApp group.
 | Umpire Signal cards | * Record the number of participants who will try to develop a new skill
* Record individual responses on Upshot Timeline
* Ask parent/carers to submit photos to WhatsApp group
 |
| **Cricket Match** **(25 mins)** | * Super 1s coaches run a match. Coaches encourage participants to use the new umpire signals they have learnt.
 | Cricket equipment | Photos of group practising signals |
| **Pay attention to the present moment – mindfulness exercises****(5 mins)** | * Sometimes our heads get so busy, and this can lead to us feeling upset or stressed. One way to help with this is to practice getting all the clutter out of our heads.
* Let’s finish today’s session with a mindfulness activity. This activity should help you to feel calm.
* Ensure you are sitting comfortably, close your eyes and focus on your breathing. Big breath in and out, nice and slowly.
* Now just try and sweep all the clutter from your mind and just focus on what’s around you. Reopen your eyes and remain calmly seated.
* I am going to ask you to try and notice some things, I will ask some of you to share what you find.
	+ 5 things you can see
	+ 4 things you can hear
	+ 3 things you can touch
	+ 2 things you can smell or taste
* Take 1 deep breath and slowly breathe out
 |  |  |
| **Debrief and Feedback****(5 mins)** | * How do you all feel?
* Can you remind me of the different things we have done today to improve our wellbeing?
* Did you enjoy today’s session
 |  | Record the number of participants providing correct/useful suggestions. |

**Sussex Super 1s Lifestyle Workshop 1 - Tools for Wellbeing**

Today we had a look at and thought about how four different ways we can help our own mental wellbeing.

**Connecting with other people**

We talked about:

* Joining a social or sports group.
* Spending time with your family or household.
* Use Skype or Facetime instead of emails to get in touch with friends and family.
* Visiting a friend or family member.
* Playing party games or board games with friends instead of gaming online alone.

Can you think of other ways to connect with others?

**Being more physically active**

Home workout - 5-minute exercise routine that you can do any time at home! Each exercise 30 seconds, rest between.

* Stretching - windmill arms/ head side to side/ torso twists/ toe touches/ lunges/ ankle rotations
* Standing high knees, touch knee to hand.
* Side lunges.
* Front punches.
* Opposite toe touches.
* Overhead claps.
* Learn new skills:

**Learn a new skill**

We learnt Cricket Umpire signals today. What skill would you like to learn next? Have a think and maybe sign up for something new!

**Pay attention to the present moment / mindfulness**

Ensure you are sitting comfortably, close your eyes and focus on your breathing. Big breath in and out, nice and slowly. Now just try and sweep all the clutter from your mind and just focus on what’s around you. Reopen your eyes and remain calmly seated. Can you find:

* 5 things you can see
* 4 things you can hear
* 3 things you can touch
* 2 things you can smell or taste
* 1 mindful breath – so back to the beginning, deep and slow, breathe in and out.

**Further Information**

You can find out more information about ways to look after your wellbeing here - <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>