



# LYNDSEY SMART

Deputy Director  
and Addictions  
Professional

Motiv8 Addiction  
Services

## CONTACT

### Phone

07624 414240

### Motiv8 General Line

01624 627656

### Email

Lyndsey.Smart@motiv8.im

### Video appointments & meetings

Available via Zoom

### Website

[www.motiv8.im](http://www.motiv8.im)

Hello all

My name is Lyndsey and I work for Motiv8 Addiction Services. My main role as an Addictions Professional is to support children and young people affected by parental or familial gambling, alcohol or drug misuse.



Support comes in many different ways; through talking, listening, creating, playing, using imagination and many more. These various techniques encourage children and young people to build their confidence and resilience in dealing with their thoughts, experiences and emotions and encourage them to have a voice!

All support is **free, non-judgemental** and **confidential**. There are certain circumstances where we might be obliged to pass on information and we would discuss this with you first. These are if you or anyone else is at risk of serious harm or we are concerned about the safety of a child.

With the current restrictions in place because of covid-19, support and appointments are offered via telephone, text, e mail and Zoom (video calls). It is important that children and young people are able to pick the method that they are most comfortable with. All ideas are welcome 😊

Zoom and telephone appointments can be pre-arranged. The phone lines are operated from 9am to 5pm, Monday to Friday. Emails are monitored regularly within these times and we aim to respond to emails within 1-2 working days.

Please don't hesitate to contact me to discuss support for yourself, your child or your family. In the meantime, the following pages offer hints, tips and some ways in which children and young people can follow their safety plans, manage any worries or anxieties, keep themselves busy and remain as positive as possible. Please share these with your child and let me know if there is anything else that they would like to help and support them at this time.

Best wishes to you all

*Lyndsey*



## Motiv8 Addiction Services

### Family Service

Supporting Children and Young People affected by someone else's alcohol use, drug use or gambling



# What if I need help?

Talking to someone about your worries or fears can help! This short booklet gives you some tips and ideas for what to do if you are feeling worried or anxious and ways to stay positive. Check out the websites below for more ideas and support as well.

If you are worried about someone else's gambling, alcohol use or drug use or you need to talk to someone, these people and services may be able to help:



**Write a list of these numbers, and the numbers of friends or family that can help and support you, and keep it somewhere safe**

Family or friends

If you talk with your friends, make sure you speak to a trusted grown up as well (such as a family member, neighbour, teacher or your social worker)

Lyndsey at Motiv8

**414240**

9am to 5pm, Monday to Friday

Lyndsey.smart@motiv8.im

Motiv8 Addiction Services

**627656**

9am to 5pm, Monday to Friday

contact@motiv8.im

Social Services

**686179**

9am to 5pm, Monday to Friday

Police Headquarters

**631212**

(For the duty social worker)

Emergency Services

**999**

(Police, ambulance & fire service)

Crisis Team (mental health)

**642860**

CAMHS

**642875**

9am to 5pm, Monday to Friday

(Young persons mental health service)

Samaritans

**116 123**

(Or try 08457 90 90 90)

<https://www.samaritans.org/>

Childline

**0800 1111**

<https://www.childline.org.uk/>

Young Minds website

<https://youngminds.org.uk/>

## Online mental health support



<https://www.kooth.com/index.html>

**Free, safe and anonymous online support for young people**

Monday to Friday 12pm - 10pm & Saturday to Sunday 6pm - 10pm



<https://www.qwell.io/index.html>

**Online counselling and well-being for adults**

Monday to Friday 12pm - 10pm & Saturday to Sunday 6pm - 10pm



## Remember your safety plan!

If you are worried that someone around you is drinking or using drugs, call someone from your list, go to a neighbour's house for help or dial 999

(you do not need any phone credit to call 999)

## I feel worried...

We can all feel worried or anxious at times and it is important that we know what to do when we feel like this.

If you are feeling worried, scared or anxious, try some of these tips...



**Follow your safety plan** if you are worried about someone's drug or alcohol use



**Talk to an adult** you trust. If you struggle to talk, write them a note or draw them a picture to share how you're feeling



Focus on doing **things that make you feel better** or distract yourself by doing something else



**Keep a diary** or journal of your thoughts and feelings – remember to write down positive thoughts



Try some of the activities in this booklet!

# Ways to feel calmer



## Be kind to yourself

Think about what you'd say to a friend if they were in your position



## Be kind to other people

Help yourself to feel proud or good by doing a random act of kindness like offering to wash up, make someone a cup of tea or get involved in volunteering



## Focus on things right now

If you're feeling overwhelmed or angry, take yourself out of the situation by pausing for 30 seconds and feeling your feet firmly on the ground or your back against a chair



## Check your basic needs

Think about whether you're hungry, thirsty or tired - and eat, drink or rest if you need to



## Take a break

Make time to listen to music, go for a walk (if you can) or have a chat with family or friends



## Take deep breaths

Take 5 deep breaths in through your nose and out through your mouth



## Learn to say no

Think about yourself before others – if someone is taking up a lot of your time and it's making you stressed or upset, let them know when you need a break

When someone is drinking too much alcohol, using drugs or gambling, children and young people must remember...

I didn't **Cause** it



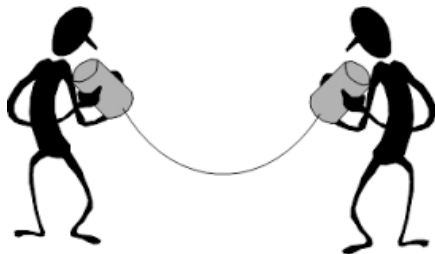
I can't **Cure** it



I can't **Control** it

**I Can...**

Take better **Care** of myself and let others help me



**Communicate** my feelings



Make healthy **Choices**

**Celebrate** being me!!



# Try to do some of these activities

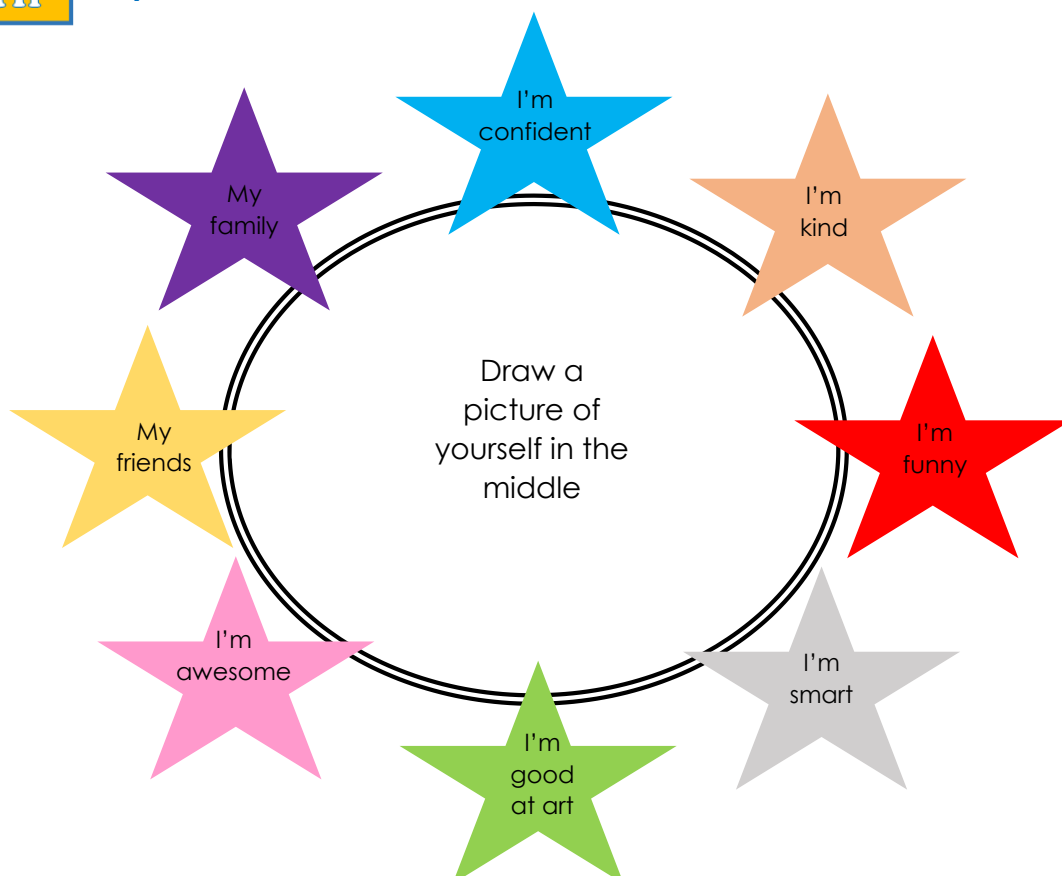
Draw out this 'making myself feel better sheet' and fill it with ideas of the things that you like to do and that can help you feel better, just like the examples below:



Make a **positivity picture** to remind yourself of the good things in your life and the amazing things about you! Write your positives in the stars, just like the example below!



If you find this difficult, think about how your friends would describe you and write those down



## 5 Things

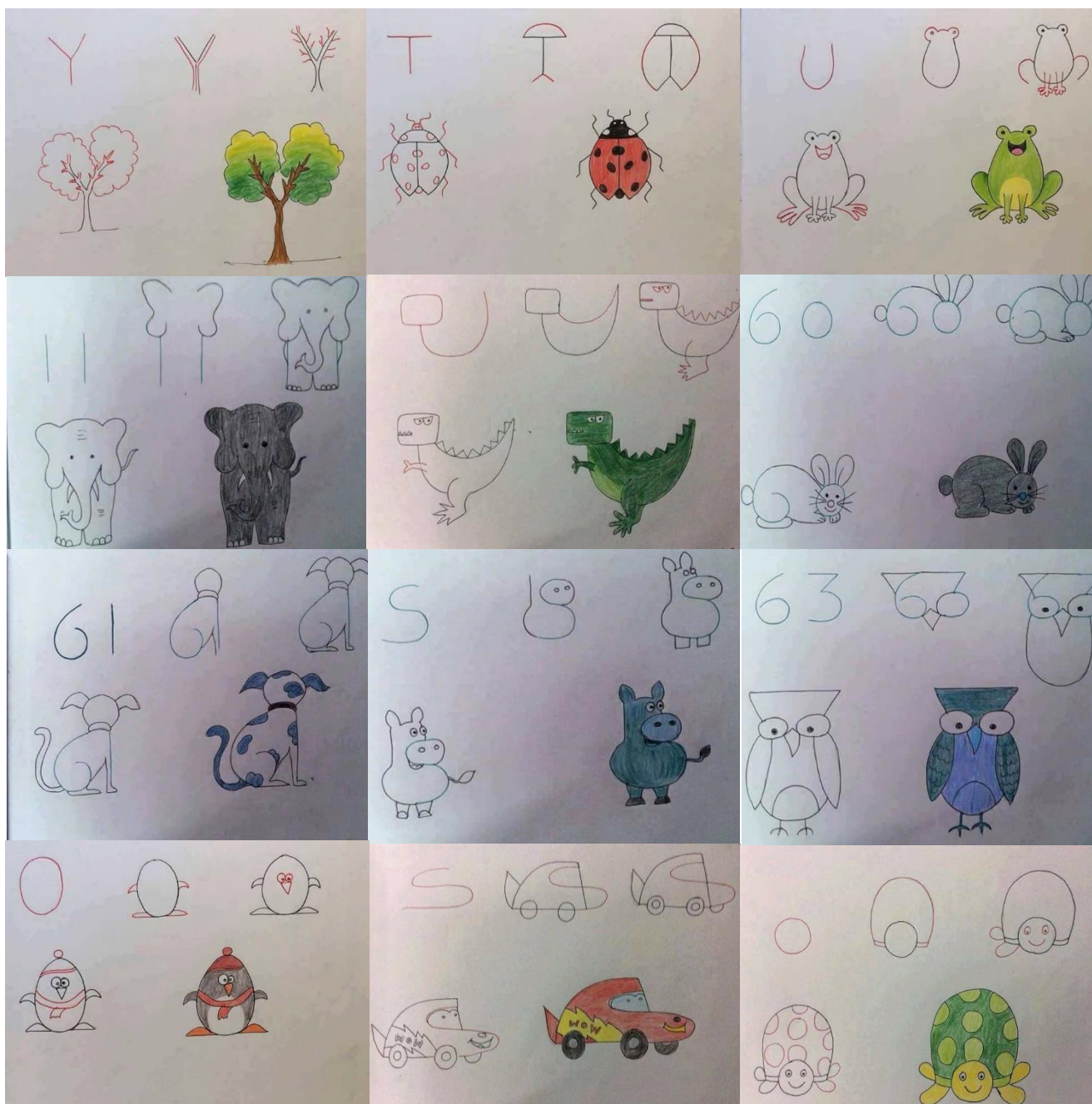
If you're struggling with your thoughts or feelings, it can help to focus on things around you. Try naming:

- 5 things you can see
- 4 things you can touch or feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



<https://www.childline.org.uk/info-advice/your-feelings/mental-health/taking-care-of-yourself/#Makingpositivechanges>

**Drawing and colouring** in can be really relaxing and occupy your mind and your time. Try some of these step by step drawings, then colour them in.





### Worry Jar

Write your worries down and put them in an empty jar.....put the lid on and trap them in there! See if your family would like to join in with you? If you can, share your worries with them.

### Happy Jar

Fill the jar with happy thoughts, happy words or happy pictures! Once full, either start another jar or take one out each day to cheer you up and make you smile.



### What can you see when you look up at the sky?

Look out of the window or lie on your back in the garden and look up at the clouds.

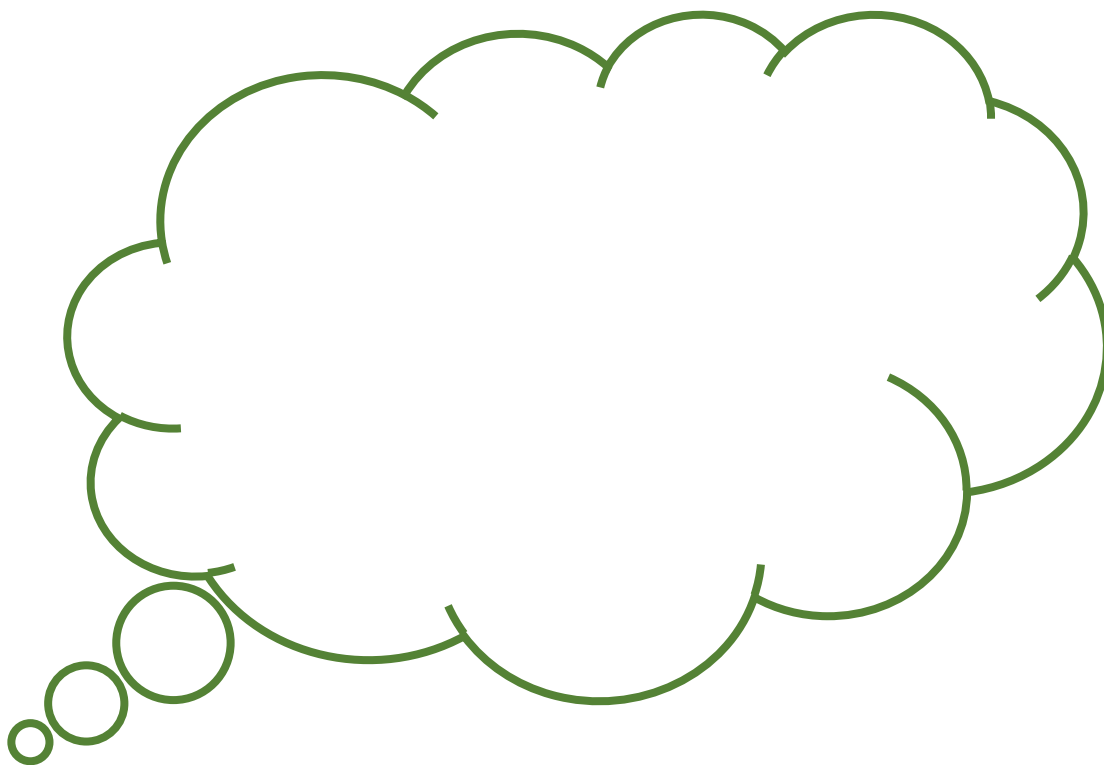
What shapes can you see?

Draw them or describe them.



**Keep active! Exercise can make us feel good and keep us feeling positive!**

**Time for dreaming!** Draw a picture inside a thought bubble of your favourite dream. It can be as wild and wacky as you like, as long as it makes you smile!



# Things to do at home

If you find yourself at home and not in your usual school routine, these are some of the things that you can do to keep yourself occupied. This is very important at the moment when our routines are changing because of covid-19, so I hope that some of these things will be useful.

Draw

Stay in touch with friends  
and family online

Craft

Read

Bake

Play  
games

Listen to music

Watch  
films

Do schoolwork

Reorganise  
your room

If you are feeling anxious about covid-19, here are some steps for managing anxiety.

## STEPS FOR MANAGING COVID-19 ANXIETY

- WRITE OUT YOUR WORRIES & THEN BRAINSTORM THINGS THAT MIGHT HELP FOR EACH ONE
- FOCUS THE MAJORITY OF YOUR ENERGY ON CONCERNS THAT ARE WITHIN YOUR CONTROL
- CREATE SOME ROUTINES & STRUCTURE FOR YOUR DAY, ESPECIALLY IF YOU ARE IN ISOLATION
- MAINTAIN SOCIAL CONNECTION & SUPPORT ONLINE
- IF YOU ARE IN THERAPY - SEE IF YOUR COUNSELLOR OFFERS PHONE/SKYPE SESSIONS (DON'T PUT YOUR MENTAL HEALTH ON THE 'BACK BURNER')
- CREATE 'TO-DO' LISTS, LISTS OF THINGS TO DO WHEN BORED ETC & STAY BUSY
- MOVE & RELAX YOUR BODY - DEEP BREATHING, YOGA, MUSCLE RELAXATION, MEDITATION, MANTRAS, GRATITUDE & MINDFULNESS



# 100+ INDOOR ACTIVITIES

## CRAFTS

MAKE PAPER AIRPLANES  
SALT PAINTING  
MAKE SUNCATCHERS  
MAKE SALT DOUGH  
MAKE SPONGE STAMPS  
MAKE A CEREAL BOX AQUARIUM  
MAKE SCRATCH ART  
MAKE YOUR OWN BOOKMARKS  
PAINT PET ROCKS  
MAKE RECYCLED CRAYONS  
MAKE PAPER BOATS  
FINGER PAINT  
MAKE FRIENDSHIP BRACELETS  
MAKE A BIRD FEEDER  
MAKE PAPER BAG PUPPETS  
MAKE HANDPRINT ART  
MAKE A SCRAPBOOK  
DECORATE T-SHIRTS  
MAKE A THANKFUL JAR  
PAINT LEAVES  
MAKE A TIME CAPSULE  
MAKE BUTTON ART  
PAINT WITH WATERCOLORS  
COLOR IN A COLORING BOOK  
MAKE PAPER CRAFTS  
BUILD A CARDBOARD CASTLE  
MAKE TISSUE BOX MONSTERS  
MAKE A TOILET PAPER ROLL BUTTERFLY  
STAMP WITH CELERY  
MAKE CHALK ICE  
MAKE PUFFY SIDEWALK PAINT  
DRAW A SELF PORTRAIT  
USE RUBBER STAMPS  
DO SCRAPE PAINTING  
PAINT A RECYCLED JAR  
MAKE SUPERHERO COSTUMES

## ACTIVITIES

MAKE PLAYDOUGH  
MAKE SLIME  
MAKE PLAY MUD  
MAKE RAINBOW RICE  
MAKE FAKE SNOW  
MAKE A SENSORY BIN  
MAKE A SENSORY BAG  
BUILD A FORT  
HAVE A PILLOW FIGHT  
WRITE A STORY  
MAKE ICE CREAM IN A BAG  
MAKE GUMMY BEARS  
MAKE FRUIT ROLL-UPS  
HAVE A MOVIE DAY  
PUT ON A FASHION SHOW  
BAKE CUPCAKES OR MUFFINS  
DO YOGA  
BUILD AN OBSTACLE COURSE  
MAKE DINNER TOGETHER  
PLAY WITH MAGNETIC TILES  
BUILD SOMETHING WITH LEGO  
USE DOT MARKERS  
BUILD A STACK OF CARDS  
PUT ON A PUPPET SHOW  
MAKE A TREASURE HUNT  
INDOOR BOWLING  
LEARN TO DRAW  
PUT ON A PLAY  
MAKE INDOOR HOPSCOTCH  
DO A FAMILY CHORE TOGETHER  
HAVE A DANCE PARTY  
HAVE A TEA PARTY  
PLAY WITH WATER IN A BIN  
SET UP A PLAY STORE  
MAKE A SOCK TOSS GAME  
MAKE PERLER BEAD ART  
WRITE IN A JOURNAL

## GAMES

PLAY WOULD YOU RATHER  
PLAY I SPY  
PLAY SIMON SAYS  
PLAY BOARD GAMES  
PLAY HIDE AND SEEK  
INDOOR SCAVENGER HUNT  
PLAY BINGO  
PLAY CARD GAMES  
DO A PUZZLE  
PLAY CHARADES  
BUILD YOUR OWN GAME  
PLAY FREEZE DANCE  
PLAY HOT POTATO  
PLAY MARBLES  
KEEP THE BALLOON UP  
PLAY DOMINOES  
PLAY HANGMAN  
PLAY TIC-TAC-TOE

## EDUCATIONAL

READ BOOKS  
DO A SCIENCE PROJECT  
LEARN ORIGAMI  
LEARN ABOUT A NEW ANIMAL  
LEARN A NEW CARD GAME  
LEARN TO SEW  
LEARN TO KNIT  
DO BRAIN TEASERS  
LEARN A NEW LANGUAGE  
LEARN ABOUT A COUNTRY

# Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



**1** How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

**2** Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

**3** Get building! You could build a Lego model, a tower of playing cards or something else!



**4** Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

**5** Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

**6** Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

**7** Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



**8** Use an old sock to create a puppet. Can you put on a puppet show for someone?



**9** Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

**10** Design and make a homemade board game and play it with your family.



**11** Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



**12** Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

**13** List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



**14** Design and make an obstacle course at home or in the garden. How fast can you complete it?



**15** Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



**16** Keep moving! Make up a dance routine to your favourite song.



**17** Write a play script. Can you act it out to other people?



**18** Read out loud to someone. Remember to read with expression.



**19** Write a song or rap about your favourite subject.



**20** Get sketching! Find a photograph or picture of a person, place or object and sketch it.



**21** Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

**22** Draw a map of your local area and highlight interesting landmarks.



**23** Write a postcard to your teacher. Can you tell them what you like most about their class?

**24** Draw a view. Look out of your window and draw what you see.



**25** Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

# Home Learning

We all learn in different ways and many of the things we do are opportunities for learning. If you are learning from home, try not to put too much pressure on yourself or others, remember to take regular breaks and try to maintain some sort of routine.



**Make a reward or behaviour chart similar to one that you have in your classroom**

Use any websites that you would usually use at school.

Your school may have given you some work to do from home or suggested some websites to use also.

There are lots of useful hints and tips online for what to do if you are learning from home.

If you're looking for more resources online, here are a few examples of websites. They have not been verified therefore it is the responsibility of an adult to check each website prior to use.

**FREE EDUCATIONAL WEBSITES FOR KIDS**  
For Links Visit From [ABCsToACTs.com](http://ABCsToACTs.com)

PBS Kids	Youngzine
Make Me Genius	Fuel the Brain
Starfall	Mr. Nussbaum
The Magic School Bus	Exploratorium
Cool Math	Turtle Diary
Highlights Kids	e-Learning for Kids
ABCya	Sesame Street
National Geographic Kids	Fun Fonix
The KIDZ Page	Seussville
Funbrain	Tvokids
NGAkids Art Zone	The Story Starter
BBC History for Kids	NASA Kids' Club
Storyline Online	Crypto Club
Steve Spangler Science	Earthquakes for Kids
Mission US	Smithsonian Learning Lab
The Happy Scientist	Study Jams
Khan Academy	Grid Club
Cells Alive	Magic Tree House
KidsReads	DOGO News
Google Earth	Science Bob



## FREE LEARNING WEBSITES FOR KIDS

Here's a list of some fun, educational, and safe websites for your child to visit and explore!



1

### Switcheroo Zoo

[www.switcheroozoo.com](http://www.switcheroozoo.com)

Watch, listen and play games to learn all about amazing animals!

2

### Nat Geo for Kids

[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

Learn all about geography and fascinating animals.

3

### Into the Book

[www.reading.ecb.org](http://www.reading.ecb.org)

Go "into the book" to play games that practice reading strategies.

4

### Seussville

[www.seussville.com](http://www.seussville.com)

Read, play games, and hang out with Dr. Seuss and his friends.

5

### ABC YA

[www.abcya.com](http://www.abcya.com)

Practice math and reading skills all while playing fun games!

6

### Fun Brain

[www.funbrain.com](http://www.funbrain.com)

Play games while practicing math and reading skills.

7

### PBS Kids

[www.switcheroozoo.com](http://www.switcheroozoo.com)

Hang out with your favorite characters all while learning!

8

### Star Fall

[www.starfall.com](http://www.starfall.com)

Practice your phonics skills with these read-along stories.

9

### Storyline Online

[www.storylineonline.net](http://www.storylineonline.net)

Have some of your favorite stories read to you by movie stars!

10

### Highlights Kids

[www.highlightskids.com](http://www.highlightskids.com)

Read, play games, and conduct cool science experiments!



**Set yourself little goals and don't forget to take regular breaks!**

## Maths

### Websites

- TT Rockstars
- Hit The Button
- Maths at Our House
- Topmarks
- Youtube: Numberblocks
- WhiteRose Maths

### Activities and Games

- Beat Siri.
- Make your own maths board game.
- Use playing cards or dice to create number sentences.
- Create number problems using objects in your house.

## Literacy - Spelling, Reading and Writing

### Websites

- Phonics Play
- PhonicsBloom
- Letters and Sounds
- Literacy Shed
- Pobble 365
- Nessy

### Activities and Games

- Regular reading and retelling familiar stories with each other.
- Watch short clips on youtube or literacy shed and write about them.
- Play scrabble, or make your own word game.

## FREE RESOURCES AND WORKSHEETS!

Twinkl, a teacher favourite for resources, is offering access to free resources and worksheets covering all subject areas.

Website: [www.twinkl.co.uk/](http://www.twinkl.co.uk/)

offer

Code: UKTWINKLHELPS

## Random

- [www.groweatgift.com](http://www.groweatgift.com) - lots of fun and creative activities covering a range of subjects.
- Youtube: Operation Ouch, Peekaboo Kidz
- National Geographic
- <https://classroommagazines.scholastic.com/support/learnathome.html>

## PE - Keeping Active!

- Bodycoach Youtube workout for kids
- Go Noodle
- Cosmic Kids Yoga
- Make a video, write a blog or keep a diary to show the learning you do.

*From Henry Bloom Noble Primary School*



## Make a Time Capsule!

**Write a letter:** describe who you are, who your friends and family are, what your likes and dislikes are. Talk about what you want for the future and what you want to do as an adult

**Include some headlines:** write out some headlines from online newspapers

**Draw:** draw a picture of you and your family

**Add:** add some photos or something about you, maybe a teddy you no longer use

**Box:** put it all in a shoebox and ask a grown up to put it in the attic, ready to be found in a few years!

# Don't Forget...

If you are feeling worried, scared, anxious or anything similar, tell someone. Remember who you have around you that can support you and if you feel alone, don't forget about the numbers and websites at the beginning of this booklet.

We can keep in touch by phone, e mail and text and we can also arrange regular appointments either over the phone or over video chat (Zoom) as well. You can either speak to a grown up to ask them to contact me so that we can arrange it, or you can contact me directly.

Stay positive, keep talking and most of all, remember to smile!

Speak soon

*Lyndsey*



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**Video appointments & meetings**

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