



# Us Plus Mental Health and Wellbeing Bulletin 4

*Hello everyone,*

*Welcome to number 4 of the Us Plus Bulletin. I hope you are finding some of the ideas and websites useful during this unusual time!*

*I hope you are also enjoying your Easter Holiday and taking time to relax and recharge ready to continue your learning journey when lessons begin again after Easter (on Show My Homework for at least the first week of the Summer Term).*

*Please do share any useful ideas / images / websites that support positive mental health and wellbeing with me so I can share them on this bulletin.*

*Mrs Taylor*

**Start Now is a great website created by young people in Cornwall for Young People. You can visit it using the links below:**

[Start Now Cornwall](#) (The HSK Youth website made by YP for YP).

[Your Way](#) includes information about their daily online chat line for YP and links to the #VirtualYouthClub

## You Tube

[Start Now Cornwall](#)

## Social Media

**Twitter** @HeadstartKernow

@HSKYouth

**Facebook** @HSKYouth

**Instagram** @hsk youth

You can also get involved with a very exciting project run by the HSK Youth Team ...



### YP - HSK Youth needs your help - get involved

We are inviting 10-16 year olds in Cornwall to help HSK Youth support YP in Cornwall during the Coronavirus lockdown:

**Writing a blog** for the **Start Now** website about your experiences of the lockdown - How are you staying in touch with family and friends? How are you balancing school work with time to relax? how are you keeping active? Have you tried something new? Have you a secret skill you want to share with the world?

Help us complete / test / review on our new **online wellbeing action plan**

We also **need your help filming** (at home, on a phone) short introductions to our new online wellbeing action plan.

Everyone who gets involved will get a **Certificate** to show the contribution you've made along with any new skills you've developed.

**Take 5 Ways to Wellbeing Competition 2** - [click here for more information](#)

We're planning some online workshops - key an eye on the website for more information

[www.startnowcornwall.org.uk/](http://www.startnowcornwall.org.uk/)

Finally ... as you all know I love a rainbow! The video link and image below take you through the idea of 'Rainbow Breathing' – this is a great way to create energy and calm! Give it a go ...

<https://youtu.be/O29e4rRMv4>

Rainbow Breathing 

Rainbow Breathing



1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top, begin to exhale through your mouth and continue tracing.
4. Repeat with each color or until you feel calm and grounded.

  
The Calm Challenge