

# Kooth Activity Sheet



ENERGY LEVEL:  
Energetic



NO. OF PEOPLE:  
5+



ESTIMATED TIME:  
15mins

## Morning resilience routine

### ACTIVITY OBJECTIVE:

To help young people develop positive habits and self-care practices with the NHS's 5 steps to wellbeing: connect, give, get active, take notice, learn, and give.

### MATERIALS REQUIRED:

No materials required

### INSTRUCTIONS:

1. Explain to young people that they'll be enacting five actions to get them ready for the day: brushing their teeth (to prepare to talk and connect with others), putting on shoes (to get ready to be active), putting on glasses (to notice the world around them), and giving someone a high five (to symbolise giving to other people)
2. Read out actions and have young people act them out. You can run through them a few times, speeding it up and swapping around the order to keep them on their toes. You can also repeat the activity throughout the day to help refocus the group.



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*At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.*