

# WITH ME IN MIND

## Low Mood

### Social activities

1. Cook with a parent. You could video call a friend and cook the same thing together with your parents. You could eat it together too!
2. Have a dance party- why not video call friends to get in on the fun?
3. Send an elderly neighbour a note to say hello or a make them a picture to post through their letter box.
4. Cinema night in- grab your favourite snack, get comfy and watch a movie.
5. Send your friend a morning photo or selfie of breakfast and a positive quote to help them to feel positive about their day.
6. Watch a film over video calling with friends or family.
7. Have a family games night. You could also do this over video calling with friends.
8. Make a quiz and then play it with friends and family on video calling- you could take it in turns to make a Friday night quiz and play each week.
9. Record a song with friends.
10. Help a parent or sibling out.
11. Make a friendship bracelet with a friend over video calling.
12. Make a memory photo album full of funny and uplifting memories.
13. Play a game of top trumps with your family.
14. Make your parent/carer breakfast in bed at the weekend- cereals and juice work perfectly!
15. Give each other back or foot massages.
16. Run with someone in your household.
17. Play a game on video call with your friends or family.
18. Write things you like about yourself and your family on a list and have them to do the same.



### Just for fun activities

1. Tell jokes- bad jokes or cheesy jokes it doesn't matter.
2. Blow bubbles (use washing up liquid and coat hangers for big bubbles).
3. Just play!
4. Take silly pictures together.
5. Watch funny videos online.
6. Make an obstacle course and have competitions for the fastest person through.
7. Make a compilation of the funniest videos you have seen.
8. Have an ice cream.
9. Watch upbeat music videos online.