

SHARES guide to:



As the world is fighting against the **COVID-19** outbreak, people around the world have been impacted by schools closing, work closures and quarantine.

With everyone being asked to remain at home, it is normal to feel sad, worried, confused, scared and angry or a mixture of emotions. The next few months will be difficult and we must all learn to adapt and adjust our daily routines to ensure we look after our wellbeing and mental health.

We at SHARE want people to STAY SAFE whilst at HOME during this time, please follow the guidance issued by health authorities and take care of mental health and wellbeing at the same time.

The following booklet will provide you with tips, things to do that will help fill our daily organiser to help you to adjust to time at home.

Visit our website at **www.sharesomerset.co.uk** or follow us on twitter: @SomparShare for regular updates on help and support.



On top of peoples worries, fears and concerns over the coronavirus we are now being asked to stay home. We can no longer continue our usual routines like school, meeting friends or going to the gym etc. so we are all experiencing massive change right now. For some people this change will be easy, but others may find everything overwhelming and difficult. To ensure we look after ourselves during this time we must all try to tackle boredom. Although I am sure most people have hobbies, if done excessively this too can become boring.

This booklet will contain ideas for activities, games, puzzles, riddles, support and ideas to help bust that boredom whilst at home. You can also print SHARE's one week's daily organiser to help organise your day. Each day has a different inspirational quote and a mindfulness coloring in square. This organiser is to help you plan a day of varied activities/games and jobs, this will help give purpose to your day and monitor what you have been doing.

Throughout this booklet are random riddles, the following is the first.

(Answers are on the last page)

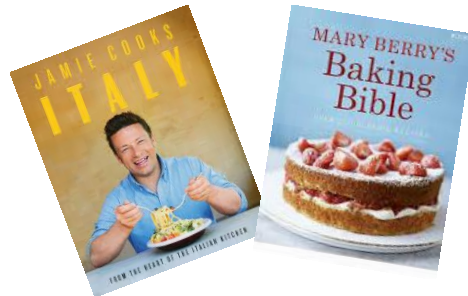
I have no doors but I have keys, I have no rooms but I do have a space, you can enter but you can never leave. What am I?

ACTIVITIES YOU COULD TRY

A movie or show marathon, try Netflix, Disney plus, amazon prime or now tv.



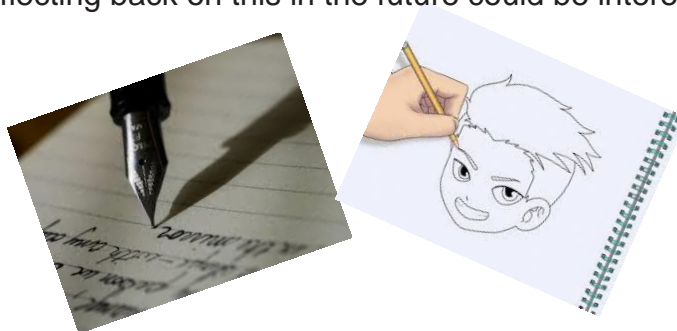
Cook something or bake something new, try googling exciting recipes from Jamie Oliver or Cakes recipes from Mary Berry.



Brand yourself, update your social media accounts, design a website, start a blog, podcast or even begin writing a book.



Draw something, write a letter to yourself or write a journal, record what you're doing, thinking and feeling, reflecting back on this in the future could be interesting.

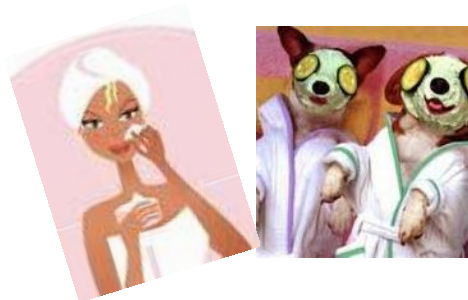


ACTIVITIES CONTINUED

Scrapbooking, use newspapers, magazines, photos to make a scrap book. The topics are endless and your choice.



Have a home SPA day, put your dressing gown on and pamper yourself for a day or if you like give your pet a spa day.



Learn to knit or crochet - try YouTube for helpful videos to get you started.



Meditate, these useful phone apps might help.



Learn a new dance or routine, good videos can be found on YouTube or try the TikTok app for a variety of challenges.



STAYING SAFE FROM CORONAVIRUS

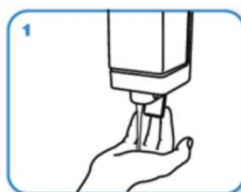
Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.



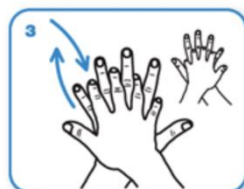
Wet hands with water



apply enough soap to cover all hand surfaces.



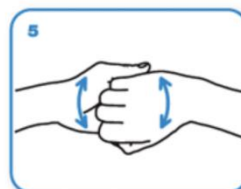
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



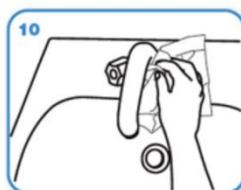
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Maintain social distancing

Maintain at least 2 metre (6 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

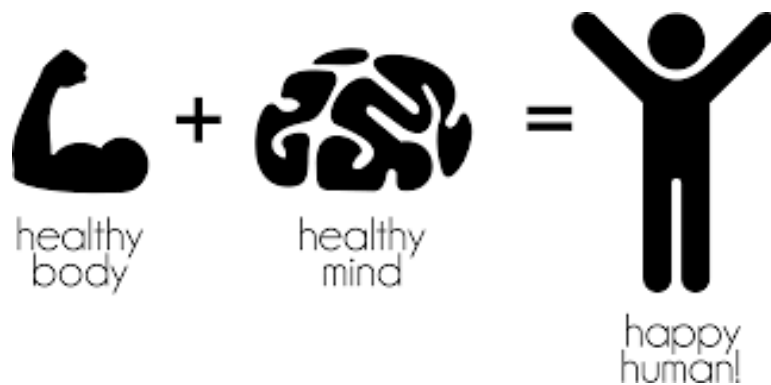
Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.



It is important that we look after our mind and body together, that means trying to eat 5 fruit and veg a day, drinking lots of water, noticing how we feel and talk with someone about it or write it down. We must try to do something nice for ourselves each day, doing something nice for someone else will help our mood and take time to relax.

One thing that people may be finding difficult right now is exercise. Luckily there are lots of home workout routines to follow on Facebook and YouTube (like Joe Wicks), you can find these by searching home workouts. Below are some you can try at your own pace.

Bodyweight At-Home Slimming Workout

Bodyweight Squat



Jumping Jacks



Pushup



Jackknife Sit-up / Crunch



Hip Raise / Butt Lift / Bridge



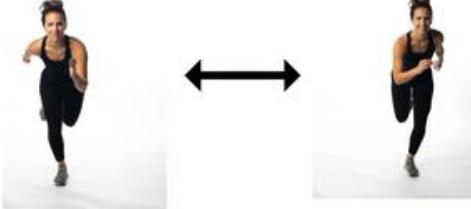




Mountain Climbers



FULL BODY WORKOUT

COMPLETE WORKOUT 5X THROUGH

<p>PLIE SQUAT TO UPRIGHT ROW</p>	<p>16 REPS</p>	
<p>WOOD- CHOPS</p>	<p>12 REPS PER SIDE</p>	
<p>SKATERS</p>	<p>1 MINUTE</p>	
<p>UP/DOWN PLANKS</p>	<p>20 REPS</p>	
<p>BOOTY KICKBACKS</p>	<p>20 REPS PER SIDE</p>	

Another random riddle.

(Answers are on the last page)

Poor people have it. Rich people need it. If you eat it you die. What is it?

GAMES TO PLAY

While at home I thought it would be good to be reminded of a few games you could play.

With the family try:

Hide and seek

Do a treasure hunt (Hide something that the family must find or do a treasure map to it).

Musical statues, pump up those tunes then when they stop freeze, last person to do this it out.

Simon says

Eye spy

Sleeping lions

What's the time Mr. Wolf

Charades, hangman, squares, naughts and crosses.

Alone try:

Solitaire card game

Phone app games like Uno and skip Bo

Agar.io is a fun game to play and has a battle royal mode.

Twitch are hosting online quiz's daily to get your brain working

Also fancy seeing a zoo or museum, lots of them have added virtual video tours online and in some views you can stream live videos of the animals.



Another random riddle.

(Answers are on the last page)

The more you take, the more you leave behind. What am I?

Some Local Organisations who can help young people:

Caring Minds – Service in *Taunton Deane* to support young people aged 5-25 living with family members who experience mental health
<http://www.caringminds.co.uk/home> Telephone: 0800 181 4566

Kooth (Free online support and counselling service for young people in Somerset)
www.kooth.com

Mindline Somerset (an out of hours helpline in Somerset that is a confidential listening service providing a safe place to talk) Tel: 01823 276 892
<http://mindtws.org.uk/our-services/mindlinesomerset/>

Phoenix Project – Support for Children & Young People who have experienced child sexual abuse plus support for families and training for Professionals. Service run by Barnados and SARSA
<http://www.barnados.org.uk/somersetphoenixproject.htm> Telephone / Text: 07590627693 Email: somersetphoenixproject@barnardos.org.uk

P2i (Pathways to Independence) – Works across the county with Somerset County Council Preventing youth homelessness and enabling young people to live independently across Somerset
www.p2i.org.uk/ (see <https://www.p2i.org.uk/hubs-map.asp> for the contact details of each of the five districts)

REACH – Alternative education solutions for individuals and groups of young people in Somerset.
<http://reachyouth.co.uk/> Telephone: 01935 823171 Duty telephone: 07966281959
Email: info@reachyouth.co.uk

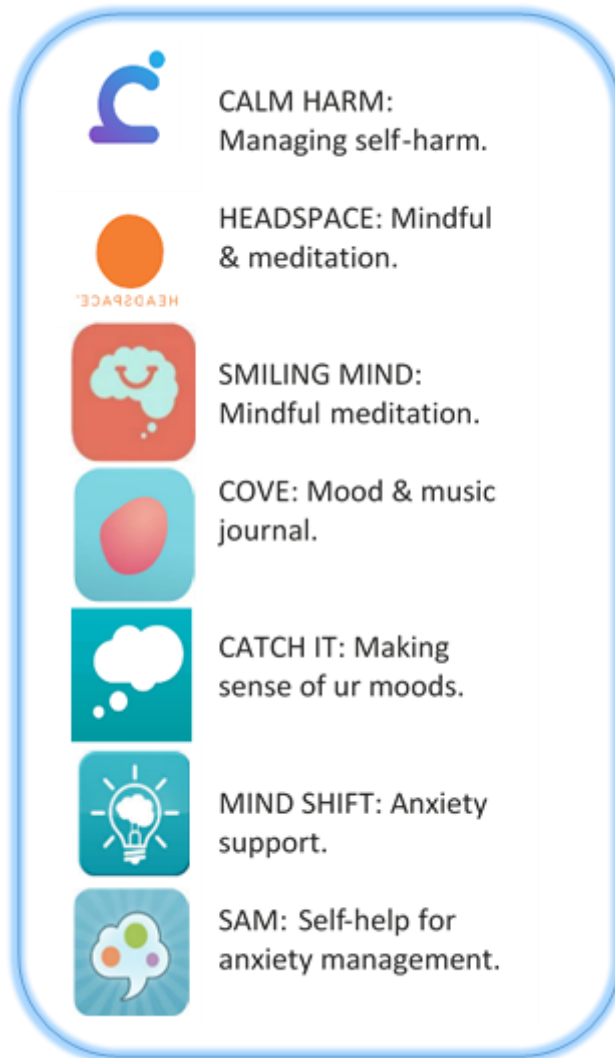
Somerset Choices (from Somerset County Council) Information for children, young people and families including our Special Educational Needs and Disabilities Local Offer
<https://choices.somerset.gov.uk/025/>

Somerset County Council Children & Young People's service (Support schools, colleges, gets services, children's' centres and the wider children and young people's workforce to improve the health and wellbeing of children and young people in Somerset.
<https://www.cypsomersethealth.org/>

Life Hacks https://www.cypsomersethealth.org/new_lifehacks

Mental Health Toolkit https://www.cypsomersethealth.org/mental_health_toolkit

Helpful phone apps

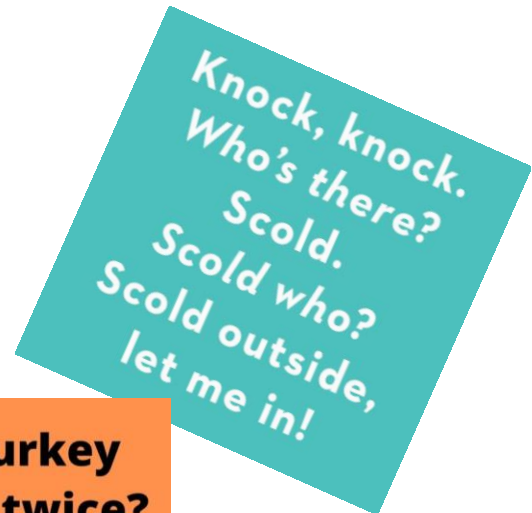


Another few riddles.

(Answers are on the last page)

David's father has 3 sons, Snap, Crackle and ____.

What belongs to you but other people use it more than you?



**Why did the turkey
cross the road twice?**

To prove he wasn't a chicken!



RIDDLE ANSWERS:

1. Keyboard
2. Nothing
3. Footprints
4. David
5. Your name