

## THINGS FOR YOUNG PEOPLE TO TRY

# Top tips from Southend Youth Council



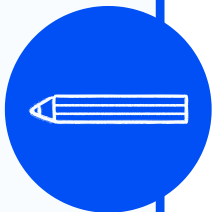
### STAY CONNECTED WITH FRIENDS

- A time to chill and gossip with friends.
- FaceTime friends.
- Online gaming.
- Joint streaming with friends - allows you to watch videos/TV and talk at the same time.



### KEEP HEALTHY & ACTIVE

- Doing daily workouts, e.g. Joe Wicks on YouTube, its only half an hour but is very entertaining and gets energy levels up.
- Get friends involved and do joint workouts.

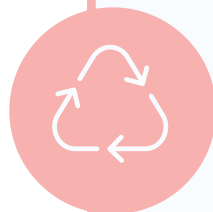


### BE CREATIVE

- Use this time to learn a new hobby or skill.
- Arts & crafts.
- Make animations.
- Learn to knit.
- Set yourself challenges in the kitchen e.g. make food with 3 ingredients.

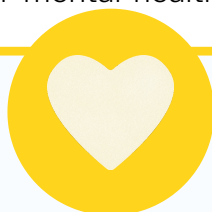
### LOOKING AFTER YOUR COMMUNITY

- Making bug houses, growing vegetable patches and flowers to encourage bees.
- Reusing and re-purposing things around the home.
- Eating less meat in a week (reducing carbon footprint).
- Whilst walking take a bag and safely collect and dispose of litter.



### LOOK AFTER YOUR MENTAL HEALTH

- This is an uncertain time for all of us and will affect our mental health in different ways.
- Young Minds has tips, advice and guidance on where you can get support for your mental health
- <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>



### SOUTHEND YOUTH COUNCIL

- These ideas have come directly from our members and are just a few ways they have been keeping themselves busy!
- There are lots more brilliant resources available online. We will be adding more resources to our website over the coming weeks, please visit [www.southendyouthcouncil.co.uk](http://www.southendyouthcouncil.co.uk)
- Follow us on Twitter @SOSYouthCouncil