



## School Holiday Wellbeing Opportunities - To share with Children, Young People, and Parents/Carers

Over the school holidays, if you feel your mood dipping, below is a list of some activities you can get involved in. If you need more support, please have a look at our Young People's mental health information sheet [here](#).

- **Children and Young People** can complete our 'Five Ways to Wellbeing' E-learning – it takes around 20 minutes. There are modules for primary school students [here](#) and secondary school students [here](#).
- **Young People, Parents/Carers and Professionals** can follow @JustTalkHerts on Twitter, Facebook, or Instagram, where we share advice and links to resources for looking after your wellbeing
- **The winter HAPpy programme** returns to Hertfordshire from 22 December to 4 January with thousands of free holiday camp places for 5- to 16-year-olds in receipt of benefits-related free school meals. Eligible families will be contacted by their child's school with a HAPpy Booking Code, bookings now open: [www.sportinherts.org.uk/happy/booking](http://www.sportinherts.org.uk/happy/booking).
- **Zentangle® drawing** method is a relaxing and fun way to create beautiful images by drawing structured patterns called tangles., Zentangle can help rest your mind and relax, so join us for 90 minutes of calm and creativity, you can even turn your creations into cards for friends and family.

Classes are run by either Lucy Farran or Mary Dewick. Both Mary and Lucy are Certified Zentangle teachers (CZT). These classes are suitable for everyone, there is no experience needed.

To book, email [contactus@theolliefoundation.org](mailto:contactus@theolliefoundation.org) or use the link below:

<https://www.eventbrite.co.uk/e/161617216445>

Fri 17 Dec	4.30pm to 6pm	Zentangle
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Mon 20 Dec	4pm to 5.30pm	<b>Zentangle XMAS SPECIAL</b>
Wed 22 Dec	9.30am to 11am	<b>Zentangle XMAS SPECIAL</b>
Wed 29 Dec	10am to 11.30am	<b>Zentangle</b>

- **The Daily Mile** is a social physical activity, with children running or jogging – at their own pace – in the fresh air with friends and family. The Daily Mile Foundation have created some fun resources to help families get active over the Christmas school holiday period

[The Daily Mile at Home Winter Resources](#)

[Laps to Lapland Festive Resources](#)

For more information about The Daily Mile in Hertfordshire please email [a.varran2@herts.ac.uk](mailto:a.varran2@herts.ac.uk)

- **Student Space** is a programme run by Student Minds, to help make it easier for students to access support during the pandemic. Check out their website for a articles, blogs, tips, and advice for students over the winter break - whatever their circumstances.

Where some support services are closed over the festive holidays, Student Space will be available everyday:

- [Text, phone, webchat and email](#)
- [Support for Muslim students](#)
- [Support for trans students](#)

**For more tips on looking after your mental health and wellbeing during the festive period visit**

**[www.justtalkherts.org](http://www.justtalkherts.org)**

