



kooth Activities

Sign up for free at **Kooth.com**

A selection of group and individual activities for students, aimed at raising their Emotional Health & Wellbeing.

2020 has seen challenges never faced before and as we look to the future, the impact of these will continue to resonate.

XenZone, as leaders in digital Emotional Health Wellbeing recognise this, designing and developing resources to help both professionals and students work openly with issues that stem from or have been exasperated by the world crisis.

Quality endorsed by the Open College Network as part of XenZone's Emotional Resilience programme and approved by our Clinical and Safeguarding departments, these resources are aimed at students to explore their own Emotional Health and Wellbeing and that of others.

These offer a range of activities, covering topics like good sleep hygiene, creative self expression, connecting with others and many more!

Activities can be accessed from the Kooth homepage and are great for young people looking for self help strategies for specific issues or simply choosing fun things to do to pass the time while they are at home. All activities have clear and achievable goals and there is no expectation to complete them, just encouragement to try out the ones that feel right for them.

All these activities and more are available 24 hours a day on our Emotional Health and Wellbeing on line service www.kooth.com





Activities

Make your own coping box

Useful for managing emotions An activity that encourages you to create a collection of items that may help to distract or soothe difficult emotions.

kooth.com/activities/make-your-own-coping-box

Share advice with others

Useful for confidence building/connecting with others/ being part of Kooth community An activity around sharing experiences with others to build confidence and make yourself and others feel good too.

kooth.com/activities/Share-advice-with-others

Write a letter to your future self

Useful for self expression/confidence building A creative and personal activity to inspire yourself and make yourself laugh now and in the future too.

kooth.com/activities/write-a-letter-to-your-future-self



Create a ‘good mood’ playlist

Useful for self expression/managing emotions/just for fun An activity that uses music to boost your mood.

kooth.com/activities/create-a-good-mood-playlist

Improve your bedtime routine

Useful for relaxation/good sleep hygiene/helpful habits An activity that promotes healthier bedtime habits for a good night’s sleep.

kooth.com/activities/improve-your-bedtime-routine

Create your own superhero

Useful for self expression/just for fun A fun and creative activity that helps to distract and pass the time.

kooth.com/activities/create-your-own-superhero



Learn how to do bubble breathing

Useful for grounding/relaxation A relaxing breathing activity that promotes calm and relaxation.

kooth.com/activities/learn-how-to-do-bubble-breathing

Get your body moving

Useful for keeping active/self expression/just for fun/increasing motivation A fun activity that allows you to create your own work out with the roll of a dice.

kooth.com/activities/get-your-body-moving

Create a recipe for coping

Managing emotions/just for fun/self expression An imaginative activity that encourages young people to explore what they need in difficult times.

kooth.com/activities/create-a-recipe-for-coping



Create a daily plan for yourself

Useful for promoting helpful habits/ managing school work
An activity to help young people to structure their day to reduce overwhelm and to make their day more enjoyable.

kooth.com/activities/create-a-daily-plan-for-yourself

Practice being present

Useful for grounding An activity that uses your senses to help you be in the here and now during times of stress.

kooth.com/activities/practice-being-present

Kooth word challenge

Useful for distraction/just for fun A fun word challenge activity that helps to pass the time and get you thinking too.

kooth.com/activities/kooth-word-challenge



Personalise your space

Useful for self expression/just for fun An activity that encourages young people to think about their likes and dislikes by personalising a space at home.

kooth.com/activities/personalise-your-space

Create your own activity jar

Useful for distraction/just for fun/managing emotions A creative activity that encourages young people to make a collection of possible activities to help with boredom, loneliness and anxiety.

kooth.com/activities/create-your-own-activity-jar

Sing like nobody's listening

Useful for self expression/just for fun/distraction A fun activity to lift your mood and release tension in the body.

kooth.com/activities/sing-like-nobody-is-listening

Explore the positive power of pets

Useful for managing emotions/distraction An activity that encourages time with animals to reduce stress and increase happiness.

kooth.com/activities/explore-the-positive-power-of-pets