


CONNECT  
2 THRIVE  
IN 25



# CONNECT TO THRIVE IN 2025

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**Hampshire CAMHS recognises that life can be incredibly challenging for our young people which, can impact on their anxiety, experiences, connectivity and learning.**

Across 2025 Hampshire CAMHS will be running a campaign called **“Connect 2 Thrive in 25”**. The theme is on connections the importance of them, the contribution they make to our mental health, how to connect, along with some ways of signposting and inspiring young people to connect. The campaign will be based on the five steps to wellbeing.

There are five simple things people can do as part of their daily life - to build coping skills, boost wellbeing, and lower risk of becoming mentally unwell. These Five Ways to Wellbeing are:

- 1 Be Active
- 2 Connect
- 3 Give
- 4 Keep Learning
- 5 Take Notice



This resource pack can be used by schools and youth organisations to focus on activities around the five steps to wellbeing.

**Within this document are different ideas to help young people.**

- 1 Identify how they are feeling
- 2 Activities to try to match their mood
- 3 Ideas for generating activities to try which will build confidence, help to manage mood, and to build connections with others.

There's no obligation, it's up to you how much you want to get involved.

# BEING ACTIVE

Being active doesn't just mean exercise or doing sports, it's about movement. There are many different ways to be active; going for walks, playing at the playground, cycling or scooting around the park, kicking a ball around with some friends, doing yoga, gymnastics or dance as well as sports such as swimming, tennis, basketball or cricket.



**Try to get out everyday; fresh air is like pressing the reset button for your mind.**

**Do it because it's fun not because you feel like you should or must.**

There's no such thing as bad weather, only wrong clothing choices so even if it's cold or rainy, wrap up warm and if it's hot, make sure you apply sunscreen.



Make sure you fuel up before and after any activity and stay hydrated throughout. Like making sure your mobile phone is charged up, your need to make sure you have enough energy by having regular snacks and drinking water.

# THE VIRTUAL ACTIVITY PLANNER

Use this simple calculation to help you work out an activity to do!

Choose a number  
between 1 and 9

Multiply it by 3

Add 3

Multiply it by 3 again

Add the two digit number  
you get together

The number you get will be the  
activity you will be doing!



1. Try an online class
2. Write a letter to someone and post
3. Bake something
4. Listen to some new music
5. Play a game with family/household
6. Watch your favourite film
7. Start a diary/journal
8. Go for a long walk
9. Plant something/grow some herbs from seed
10. Read the book you have been meaning to read
11. Phone a friend for a chat
12. Try meditation
13. Cook something new
14. Try something artistic
15. Learn to juggle
16. Go and collect a bag of litter locally
17. Have a day without social media
18. Make a new playlist

# TRYING NEW ACTIVITIES

One of the best things about being active is that everyone can be active. You don't have to be the quickest, strongest, or best at any sport or activity to join in.

When we try new things, you can expect to make mistakes or find it challenging. The more you do it, the better you'll become so don't worry if you struggle at first.

Remember that it's ok not to win a game or match, taking part and having fun are important.

Try not to compare yourself to other people; we're all good at different things and some people will have had more or less practice than you.



It's ok to ask for help if you're not sure of how to do something or if you need some reassurance when you're starting out.


Check out our Activity Planner on page xx and the 'Connect 2 Thrive in 25' wall planner at the back of this booklet for new activities to try.








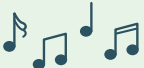
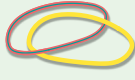
# DIAL UP, DIAL DOWN

Tick the activity that you tried and write 'H' if it helped you to manage the feelings you experienced

## DIAL UP MY ENERGY

<input type="checkbox"/> <input type="checkbox"/> H  TAKE A COLD SHOWER	<input type="checkbox"/> <input type="checkbox"/> H  DANCE	<input type="checkbox"/> <input type="checkbox"/> H  SING	<input type="checkbox"/> <input type="checkbox"/> H  RUN
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<input type="checkbox"/> <input type="checkbox"/> H  TRAMPOLINE	<input type="checkbox"/> <input type="checkbox"/> H  JUMP	<input type="checkbox"/> <input type="checkbox"/> H  SKIP	<input type="checkbox"/> <input type="checkbox"/> H  BIKE RIDE
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<input type="checkbox"/> <input type="checkbox"/> H  SCOOTER	<input type="checkbox"/> <input type="checkbox"/> H  LISTEN TO LOUD/ FAST MUSIC	<input type="checkbox"/> <input type="checkbox"/> H  HULA HOOPING
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## DIAL DOWN MY ENERGY

<input type="checkbox"/> <input type="checkbox"/> H  COOK OR BAKE	<input type="checkbox"/> <input type="checkbox"/> H  READ	<input type="checkbox"/> <input type="checkbox"/> H  ARTS & CRAFTS	<input type="checkbox"/> <input type="checkbox"/> H  MINDFULNESS OR MEDITATION
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<input type="checkbox"/> <input type="checkbox"/> H  WATCH A FILM/TV	<input type="checkbox"/> <input type="checkbox"/> H  LISTEN TO CALM MUSIC	<input type="checkbox"/> <input type="checkbox"/> H  WALK	<input type="checkbox"/> <input type="checkbox"/> H  GARDENING
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# CONNECTING WITH OTHERS AND MAKING FRIENDS

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## **Treat other people the way you would like to be treated.**

Try not to judge others based on their appearance or on your first impression. You can only judge whether you get on with someone once you have spent time with them and have spoken with them.

See if you can find common interests with other people. Talk about the things you enjoy and be curious about what other people have to say.



Saying hello and smiling at other lets them know you are friendly and would like to interact. If you see someone is on their own, invite them to sit with you or join in with you and your friends.

Sit next to or talk to people you might not have sat next to or spoken to before at school.



# FIVE FINGER POSITIVITY CHALLENGE

Every day, practice identifying and saying out loud five strengths and positive qualities that you possess.

You could adapt this and think of different things each day;

five qualities that make you a good friend,  
five of your life goals, five things you enjoy doing,  
five things you are proud of,  
five things that make you unique etc.





# MANAGING BOREDOM

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Boredom is often linked to a lack of connection; so communicate - speak face to face or on the phone with someone. Connecting with someone can often break the boredom cycle.

Have a routine; getting up at the same time, eating meals and going to bed at the same time can help you to plan your days. Try to have at least one thing planned a day.



Keep a to-do list; a mix of things you need or should do - for example tidying your room, doing school work - and things you'd like to do (e.g., see friends, play games, listen to music).

Pick two from the 'need/should' list and two from the 'like to do' list. You might be able to combine the two - e.g. listening to music whilst you tidy your room.

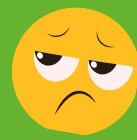
Offer to help someone do something or invite someone to do something with you.

Set yourself goals of things you want to achieve and break these goals down into smaller steps to help you get there.












# HOW ARE YOU FEELING?



0/10 = no emotion 10/10 = maximum intensity of emotion

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SAD							
 ANGRY							
 WORRIED							
 EMPTY							
 TIRED							
 HAPPY							
 CALM							

Our emotions can change regularly so it can be useful to keep a track on how you are feeling and how strong these feelings are. This is so that you can see how your moods change throughout the day and week.

When we are feeling sad or worried we can sometimes think that we will always feel this way but by tracking our mood you will be able to see how it can vary. If you notice that you are feeling sad, worried or angry regularly this might be a good time to ask for help and talk to someone about how you are feeling.

# MANAGING FEELINGS OF LONLIENESS

Manage your expectations; we all have quiet times with no plans and nothing exciting going on. Be careful not to compare yourself to others, particularly on social media where it can feel like everyone has more exciting lives than you.



Let people know how you feel. Chances are some of your friends and family members feel this to. You could schedule in regular calls or meet ups.

Make new connections; joining a club or group is a good way to meet people with similar interests. There are many online communities and virtual groups which are running too.



If you are old enough, getting a part time job or volunteering can be a great way to occupy yourself and meet new people.

**Don't be afraid to ask for help.**

**Seek support from a helpline -  
Call Childline on 0800 1111 (free  
phone, 24 hours a day, 7 days a week).**

# GIVING

Behaving kindly and compassionately towards others is good for us and for other people. Treating other people how we would like to be treated ourselves is important to hold in mind. Respect, honesty and kindness are qualities and values that we can expect from other people and give to others in return.



Even though we would hope others would show kindness and compassion towards us, we should behave kindly and compassionately to everyone, even if they are not always kind to us.

Just because someone might seem happy and confident, you never know what challenges or difficulties they may be experiencing, **so it's important to be kind.**



There are many ways of showing people you care and different people will have different preferences in terms of how they show others that they care about them.

See the bottom of this page to watch this short film about the **Five Languages of Love** and think more about your own preferences for giving and receiving love and care.

Remember you are part of a wider community and part of society. If you see something that needs doing (e.g., litter picking up), don't assume, expect or wait for someone else to do something about it yourself.

**Take responsibility for being a good citizen; be a role model to your friends and those around you about how to behave responsibly and appropriately.**

Have a look at our Kindness Toolkit on page 13 for more ideas on how to develop compassion for yourself and other people.



Scan the QR code to watch a short film about the five languages of love.

Quick link:

[https://youtu.be/2F\\_neejm5Zw](https://youtu.be/2F_neejm5Zw)

# THE KINDNESS TOOLKIT



One of the Five Steps to Wellbeing is **GIVING**. We have chosen to focus on giving kindness, to both ourselves and other people. Our kindness toolkit has lots of suggestions for how you can develop kindness and compassion as well as practice behaving kindly daily.

**Why not do a daily “Random Act of Kindness”. Pick from these or think of your own!**

- Tidy your room without being asked
- Wash someone’s car
- Offer to make someone a cup of tea / get them a drink
- Pick up leaves
- Post someone a letter, card or postcard to let them know you’re thinking of them
- Help set the table for dinner
- Offer to play with someone who doesn’t have anyone to play with at school
- Write thank you notes to people who have helped you or been kind to you
- Draw a picture to brighten someone’s day
- Load the dishwasher
- Help unpack the grocery shopping
- Pick some flowers for a parent / carer, family member or neighbour



- Spend time with an elderly relative or neighbour
- Hold the door open for someone
- Donate toys, books or clothes that you don’t use to charity
- Bake a cake for a friend, family member or neighbour



- Help make dinner
- Make a friendship bracelet for a friend

**Can you think of any others?**

# PRACTICE KINDNESS TOWARDS YOURSELF

Self-compassion and kindness towards oneself is really important; it benefits our physical, mental and emotional wellbeing. It's not always easy being kind to ourselves or putting our needs first but with practice this will help you to feel healthier and happier.

Here are some ideas of self-care activities to practice. See if you can practice every day of Mental Health Awareness Week and hopefully by the end of the week you will want to build it into your everyday routine.

- Have a bath or shower every day.
- Make sure you have breakfast every day.
- Limit the amount of time you spend on your phone / using social media.
- Connect with friends.
- Let someone know / ask for help if you are struggling.
- Spend time doing a hobby or interest that you haven't done for a while.
- Have an afternoon / night off from studying.
- Spend time doing activities that help relax you (e.g., listen to music).
- Get some fresh air or gentle exercise.
- Tidy and sort out your room (clean and organised spaces can help make us feel calmer).
- Go to bed early and get a good night's sleep.
- Access self-help if you are struggling [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)
- Make yourself a self-soothe coping box; <https://youtu.be/OyfgodSSdV>
- Create a daily routine; get up and go to bed at similar times every day.
- Plan things to look forward to.
- Write down how you are feeling (e.g. diary, blog).
- Set yourself some goals to achieve (make sure they are realistic and achievable).
- Make a positive board; things that make you smile, motivate you or that make you feel good.
- Spend time with a pet.

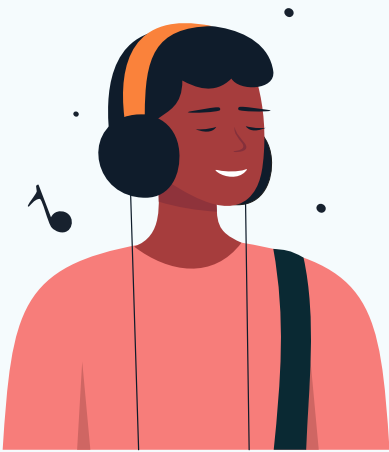


# WHAT DOES KINDNESS MEAN TO ME?

Fill in and decorate our kindness heart. You can do this on your own or in a group and create a kindness collage of all the things kindness means...



# LEARNING



There are so many fun and creative ways to learn new things; reading books, watching TV, films and YouTube videos, TED Talks, listening to the radio or to podcasts, joining a new club or group, talking to and copying other people and just trying something new and practicing.

We're all learning all the time. Why don't you learn a new skill together with someone in your family - learning with someone can be lots of fun, you can help each other and keep each other motivated too.



**Set yourself goals of things you'd like to achieve and learn how to do. You can break down big goals into smaller steps and tackle each step one at a time.**

To learn more about how look after your own mental and emotional health, visit our website to watch videos or listen to podcasts about many different aspects of our mental and emotional health.

Scan the QR code to watch videos about emotional and mental health

Quick link:

<https://hampshirecamhs.nhs.uk/videos-podcasts/>

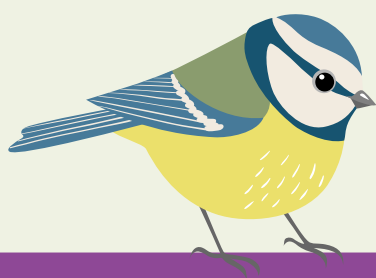




# NOTICING

Noticing means being aware of, paying attention to and being in the present moment - noticing how you feel (emotionally and physically) and what is going around you.

You can practice the art of noticing and being in the present moment by trying this grounding exercise video about using your five senses.



Scan the QR code to watch a short film about muscle relaxation.

Quick link:  
<https://youtu.be/Li6BNa75TQw>



Scan the QR code to watch a video about using your five senses.

Quick link: [https://youtu.be/rGpZ\\_r3c1PU](https://youtu.be/rGpZ_r3c1PU)

Playing games and activities such as 'Eye Spy', wildlife spotting (e.g. birds, bugs and trees), geocaching, foraging and treasure hunts are fun ways of connecting with and being in the present moment and noticing your surroundings.

Paying attention to and looking after your body is important. Noticing how you are feeling; whether you are hungry, thirsty, too hot / cold, tired, in pain etc and responding appropriately. You can practice doing a body scan to see how your body is feeling by watching the short film on the left on body scanning and muscle relaxation.

Whatever is going on for you, be aware that moments come and moments go whether good or difficult.

Try not to judge, change or wish away moments; practice accepting moments as they are, knowing that they will come and go.



# CONNECT 2 THRIVE IN 25

Learn to use chopsticks

Create a memory box

Grow something from seed

Sign up for an art class

Go berry picking and make something with them

Make something with your hands

Watch a classic film with friends

Learn a magic trick

Make a kite and fly it

Cook an entire meal yourself

Write a letter to a friend or family member

Visit a museum

Make a collage of your dreams and goals

Do some volunteering

Go and watch the sunset

Write a story or poem

Join a park run

Camp out

Start a savings account

Try a new sport

Join a club

Learn a card game

Write three of your own plans in the boxes below




There are five simple things you can do as part of your daily life to boost your wellbeing.

The Five Ways to Wellbeing are:

- **Connect**
- **Be Active**
- **Keep Learning**
- **Give**
- **Take Notice**

They help people take care of their mental health and wellbeing.

Hampshire CAMHS are setting the Connect 2 Thrive in 25 challenge to encourage young people to try new things and incorporate these steps into everyday life.

**Throughout 2025 try doing each of these suggested activities at least once. Then give yourself a tick when you have done it.**

# Young persons photo competition 2025

# Connections

Hampshire CAMHS are looking for creative photos that reflect connections, how we connect, who we connect with and the importance of connections.  
No faces permissible.

This competition is open to any young amateur photographer in Hampshire.  
Age categories: • Up to 12 years old • 13 to 18 years old

## Prizes in each category

**1st Place** £100 Amazon voucher

**2nd Place** £75 Amazon voucher

**3rd Place** £50 Amazon voucher

**Submission date: Midnight on 8th September 2025**  
**All submissions must be supplied with an entry form**

Submission assumes permission to use to promote this project and possible inclusion in a book / exhibition exclusively.

The entry form and details, along with our terms and conditions can be found on our website

[hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk)



Prize money sponsored by



For more information and other potential projects and activities check out the Hampshire CAMHS website campaign page

<https://hampshirecamhs.nhs.uk/campaigns/>

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