



Looking after number 1



what is self care?

Just as we look after our physical health, it's important to look after our mental health.

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised.

There are lots of different ways you can try self-care, the only rule is it makes you feel good!

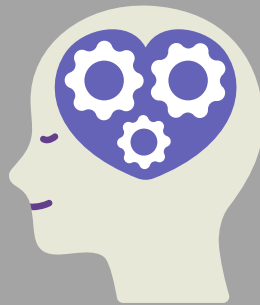
We have listed some activity suggestions in this booklet, give them a try and see what works for you!

Remember

- Everyone has mental health
- Talking almost always helps
- Listening always helps others

football misses you as much as you miss football, it will be back soon!

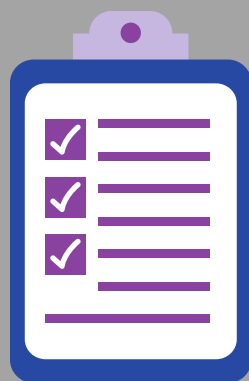
we've got something for everyone



3 FOR MUSICAL PEOPLE & DANCERS

4 FOR THE THOUGHTFUL

5 FOR THE ARTY



6 FOR THE POSITIVE

7 FOR THE PLANNER

8 CHALLENGES FOR EVERYONE!



ACTIVITY ONE - MUSIC & MOVING



Create a playlist of all your favourite tunes that fill you with joy and make you want to move your feet.

When you feel like you need a distraction or a boost, put on your playlist, listen and start to dance if you want to!



The combination of uplifting music and physical activity should trigger a positive response in your body.

Why not try **Happy** by Pharrell Williams or **Hold my hand** by Jess Glynn?



My favourite songs to listen to & dance to are:

1. _____
2. _____
3. _____
4. _____
5. _____

Why not share your favourite songs/playlist with a friend?

ACTIVITY TWO - MINDFUL MOMENTS



Being mindful means being aware of what is going on around you and how you are feeling.

Using the senses

There are 5 senses - seeing, hearing, smelling, touching and taste. Not everyone can use their senses to the same extent. Have a look at the list below and focus on the senses that are most important to you, and notice:

Taking a few moments in your day to be mindful can help to calm your mind. You could focus on an everyday activity more mindfully, or use a guided activity like the one below.

You can find other guided mindfulness activities on [Mentally](#), [Healthy Schools](#) or apps like [Headspace](#)

5 things you can see

1. _____
2. _____
3. _____
4. _____
5. _____

4 things you can hear

1. _____
2. _____
3. _____
4. _____

3 things you can smell

1. _____
2. _____
3. _____

2 things you can touch

1. _____
2. _____

1 thing you can taste

1. _____

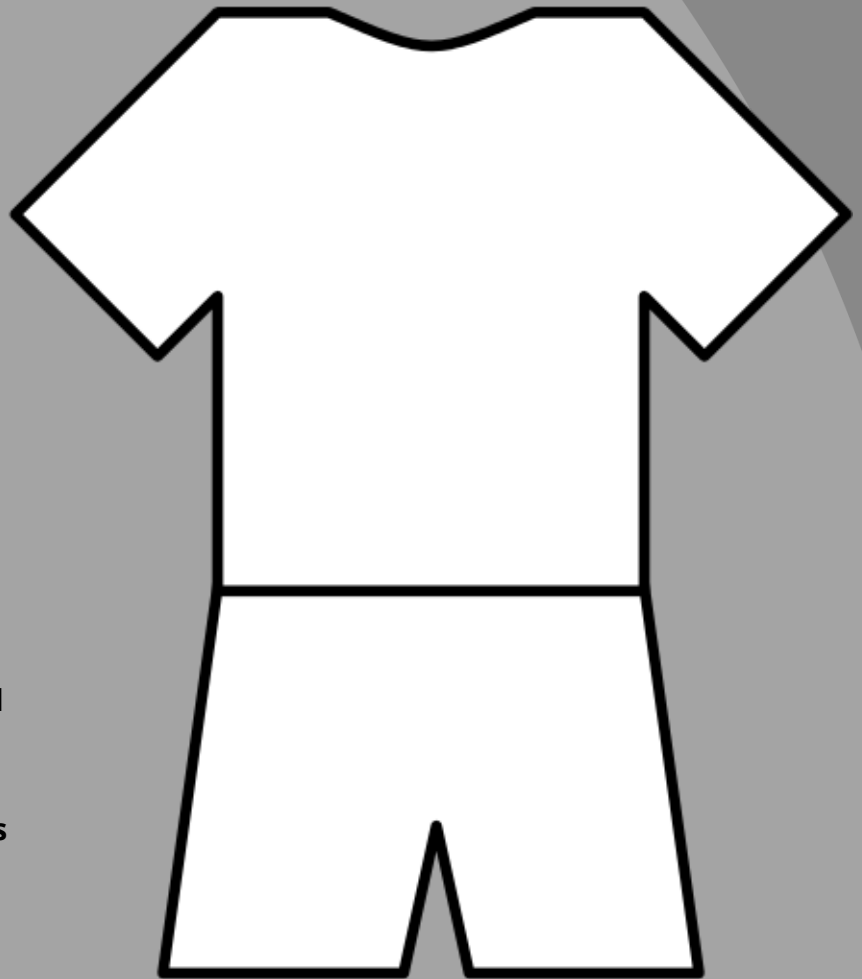
ACTIVITY THREE - GET ARTY



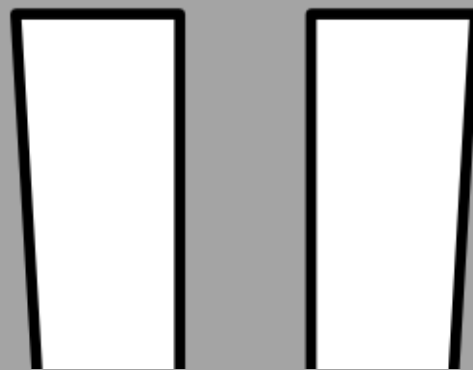
Keeping your mind and hands occupied may help you to focus attention from any worries or anxieties you are feeling. Arts and crafts are a great way of doing this and there are activities to suit everyone. You might want to try sewing, knitting, cut and stick mosaics or simple origami.

Below is a simple activity for anyone to use - all you need is paper and colouring pencils or pens although you can use chalks, crayons or paints if you prefer.

Use the blank template to the right and use your imagination to re-design your favourite teams kit, or maybe even the kit for the team that you play for. Be as imaginative as possible!



My new kit for:



ACTIVITY FOUR - THE POWER OF POSITIVITY

Sometimes we remember the negatives more than the positives. At home you could create a hope box or notebook to remind yourself of all the amazing things about you, for any time you are feeling low.

To start with, think of ten things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box.

These could be statements like "I am healthy", "I am kind", "I am a great striker". You can decorate the box or notebook and keep adding to it as you learn new positive things about yourself and you can ask friends and family to tell you their favourite quality about you to write down. Perhaps you could reach out to some of your teammates and see what they think is positive about you and the way you play football. Encourage them to do the same!



Write 10 positive things about yourself below...

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____





Activities to try:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Which self-care activities work best for me:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____



MY SELF-CARE PLAN



I found that my favourite activity was...

Before I completed the activity I felt...

After I completed the activity I felt...

Another idea I could try is...





Can you name all the footballers?

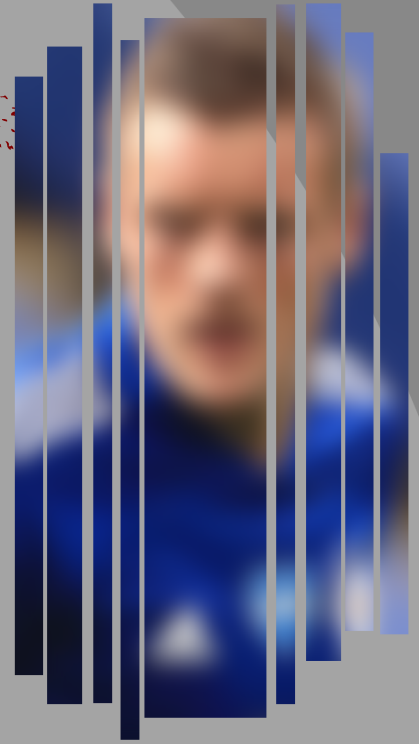
- 1) 🚀 👤 🚢
- 2) 🐣 🚗 per 🚤
- 3) Sh 🍷 s 🐕
- 4) 🚫 urd 🙄
- 5) 🚗 A 🇩🇪
- 6) ☁️ ♉️ A © A L 📧 L 📧
- 7) M 🇺🇸 👫 OK O
- 8. P @ 🏠
- 9) 🚽 🚗 mod 💰 💰 💰 💰 💰
- 10) 🐳 🇫🇷 ID 🎀 🗽
- 11) ☁️ EO 🍕 🚤
- 12) 💍 O ⚽ O 📺
- 13) ✅ 📞 🚬 🐜
- 14) 🇩🇪 🖋️ 🐜
- 15) U 👁️ 👁️ ✅ 📞 _____ 🐜

GUESS WHO?

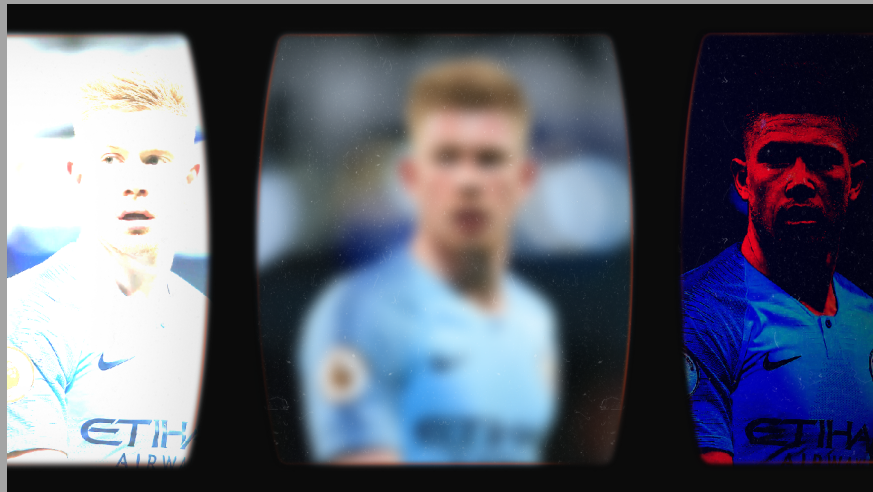
Can you name all the footballers?



- A) Fabinho
- B) Mo Salah
- C) Paul Pogba
- D) Alexander Lacazette



- A) Jamie Vardy
- B) Timo Werner
- C) Jordan Henderson
- D) Bruno Fernandes



- A) Oleksandr Zinchenko
- B) Phil Foden
- C) Declan Rice
- D) Kevin De Bruyne



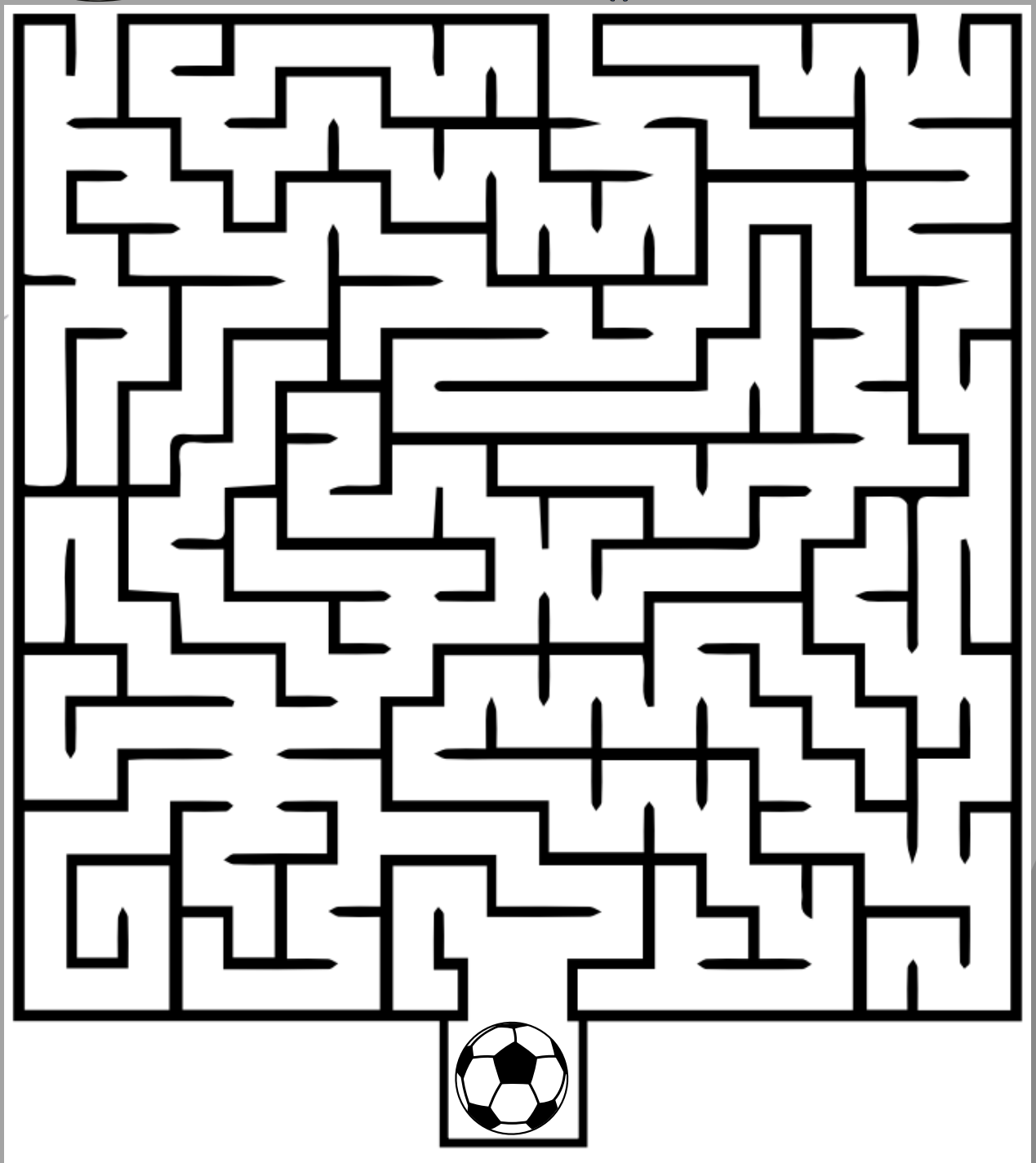
C	T	E	A	M	M	A	T	E	Q	M
V	S	T	R	I	K	E	R	S	W	I
O	O	B	A	Z	L	T	S	S	D	D
G	O	A	L	K	E	E	P	E	R	F
L	T	C	P	Y	E	A	E	P	R	I
R	Q	K	N	W	U	M	C	E	E	E
G	O	A	L	S	E	W	T	N	S	L
B	V	T	T	N	A	O	A	A	P	D
K	C	O	A	C	H	R	T	L	E	E
L	Y	W	J	Z	V	K	O	T	C	R
D	E	F	E	N	D	E	R	Y	T	Q

Goalkeeper - Defender - Midfielder - Striker -
Teammate - Teamwork - Coach- Respect -
Spectator - Goals - Penalty

MAZE PUZZLE



Which player makes it to the football first?



15 CREATIVE CHALLENGES FOR LOCKDOWN!

1. Draw a picture of you favourite footballer
2. Try doing kick ups with different household items
3. Ask a family member to play you their favourite song from when they were your age
4. Write a letter to an elderly family member or neighbour
5. Decorate eggs to look like your friends or family
6. Find out what song was number one when you were born and perform it!
7. Learn to count to 10 in another language
8. Recreate a scene from your favourite film to share with friends
9. Learn a dance and teach it to your family
10. Learn to do a handstand. How long can you hold it?
11. Help your parents or carers tidy the house so you can all relax together
12. Build the highest tower you can using playing cards
13. Learn how to do the alphabet in Sign Language
14. Create a hope box of things that make you smile
15. Recreate your favourite goal celebration



WHERE CAN I FIND SUPPORT?

If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer or a trusted adult such as your GP.

If talking to an adult is not possible, you can find a list of organisations which offer 24 hour support by text, email and phone on the website [here](#)

Other people and organisations who can support you are listed below:



Raffi Coverdale

Designated Safeguarding Officer
Safeguarding@Northantsfa.com
07535 640452



Luke Scott

Deputy Designated Safeguarding Officer
Safeguarding@Northantsfa.com
07943 809195

NSPCC

0808 800 5000

help@nspcc.org.uk

Childline

0800 1111

email | online chat

Emergency

Services

Call: 999

The FA

safeguarding@thefa.com

Your Club

Welfare Officer

Every club has it's own Welfare Officer who is responsible for making sure all players are safe. If you don't know who that person is, you can contact us on the above details and we will be happy to let you know!

