

The Wellbeing Booklet

**A Youth Guide to
Feeling Great Inside and Out!**



Blue Influencers Group

@ The Hut

The Wellbeing booklet

A Youth Guide to feeling great inside and out!

We are just like you, and I hope some of our
experiences help you to feel less alone.

Follow through the book to find brighter days.

*Please note: The thoughts and feelings throughout the book are all
real feelings from the young authors who contributed.*

Blue Influencers group @ The Hut

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Foreword

What are The Blue Influencers?

The Blue Influencers Scheme is a match-funded project through the #iwill Fund. This funding is made possible thanks to £66 million joint investment from The National Lottery Community Fund and the Department for Culture, Media and Sport (DCMS) to support young people to access high quality social action opportunities. The Ernest Cook Trust is acting as a match funder and awarding grants on behalf of the #iwill Fund. The Blue Influencers Scheme is funding 22 Blue Mentor roles across England to facilitate groups of empowered young people to work on environmental social action for blue spaces.

A word from the Blue Influencers

This book is important because many young people need help and support with their mental health. We have put the book together so you too can get help and hopefully the book will make a difference in a way. We want to help you through rough times and let you know you aren't alone.

The Blue influencer project is important to us because it can help with the environment and people as well. Some of us really need the help, and want to share what we have learnt, because it helps us to know we are helping others. The project has helped us as well as helping nature.

From being part of this project, our Confidence has grown a little and we have learnt that there are always people there for you when you need it, and that everyone has a story, no one is perfect.

Don't waste your younger years struggling. At least not alone, these are the best years of your life, enjoy yourself. You'll look back and wish you did more and made the most of it, but you still can do that! 😊

If you need help, don't be afraid to ask, someone will always be there for you.

All we ask you is – Treat people as you want to be treated yourself, and to understand that no one is perfect, and everyone has their own story.

Contents

There is no correct order to this book, as you may find different pages useful on different days.

However, we had the idea to make the book get brighter as you work your way through.

The front cover is a darker place, full of uncertainty and mixed feelings.

You may be feeling low, or lost when you opened the book, but we are hopeful by the end you will be feeling much better and much less alone.

When you turn to the last page and close the book, you will see a brighter image to help you smile.

Page	Contents
Next Page	- Welcome page
1 – 4	- Help and guidance / Help Line numbers
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48 – 81	- How can we feel better
82	- Who are the authors

This book is yours – Colour me, draw on me, scribble on me! Write notes, explore your own feelings, whatever you need to get you through today 😊



*Whatever colour your life shapes into,
we will stand together in the storm.*

Be you -

As that is the Best version of you!

The Struggle is real!

I'm guessing if you are reading this, you want some help. Growing up is really hard. Even when we make it to 18, it doesn't seem to get any easier.

These pages are for you to give you guidance, point you in the right direction, and give you a space that is just for you.

And if nothing more, help you to realise that all the kids around you are probably struggling with something as well.

If the struggle is getting too much, the next pages are especially for you.

Stay strong, there really are people out there to help and that care about you.

I need Urgent help – Now!

**If you are thinking about suicide or worried
about someone else:**

NHS 111

To get urgent mental health advice from the NHS, call 111 and select the mental health option. 111 will tell you where you can get help. They may also be able to put you through to a trained mental health professional over the phone.

111 can support anyone who is feeling unsafe, distressed or worried about their mental health. They can also give information and advice about what to do if you're worried about someone else.

If you would rather get help online, you can use 111 online.

Opening times: 24/7

Call: 111

Website: 111.nhs.uk

Samaritans

Whatever you're going through, you can contact the Samaritans for support. N.B. This is a listening service and does not offer advice or intervention.

Opening times: 24/7

Call: 01482 116123

Chat Online: www.samaritans.org

Email: jo@samaritans.org

Shout

Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Opening times: 24/7

Text SHOUT to 85258

Papyrus

Offers confidential advice and support if you're struggling with suicidal thoughts, and information about how to make a safety plan.

Its helpline service - HOPELINE247 - is available to anybody under the age of 35 experiencing suicidal thoughts, or for anyone concerned that a young person could be thinking about suicide.

Opening times: 24/7

Call: 0800 068 4141

Text: 88247

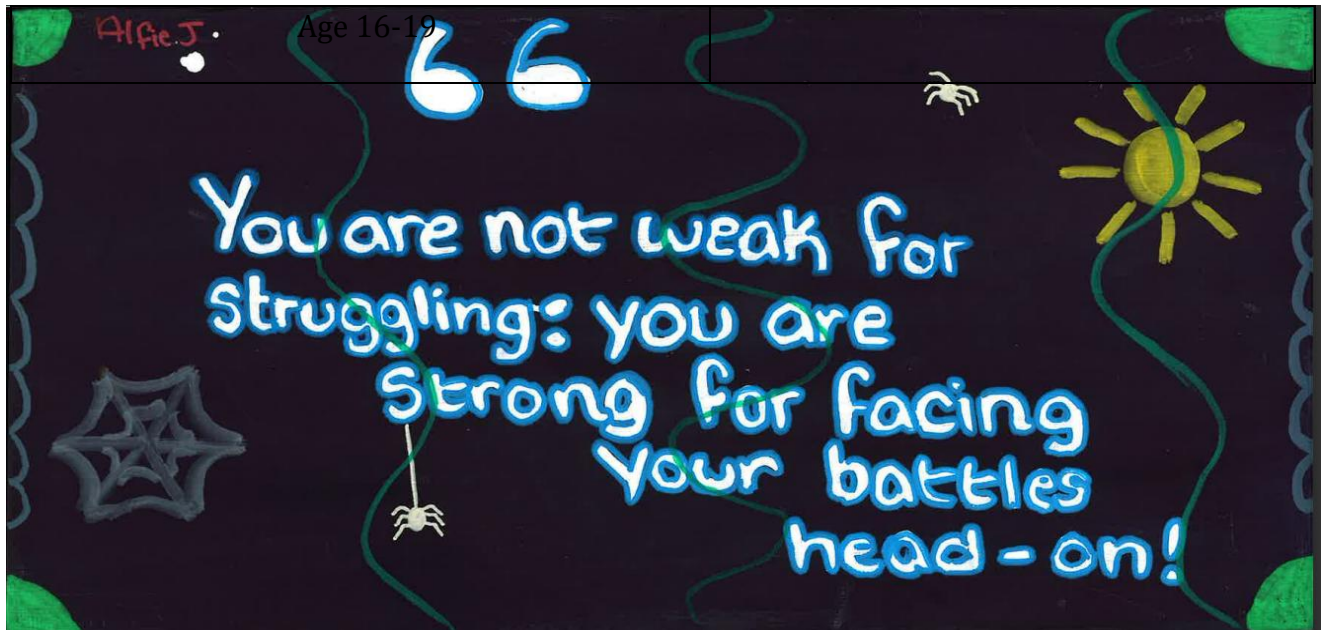
Chat Online: www.papyrus-uk.org

Email: pat@papyrus-uk.org

Something is bothering me!

National Helplines and Other health advice services:

Child line If you're under 19 you can confidentially call, chat online or email about any problem big or small. Opening times: 24/7 Call: 0800 11 11 Chat Online: www.childline.org.uk	Beat – Eating Disorders Provides support to help young people beat their eating disorders Helplines / chat rooms / resources Opening times: 3pm – 8pm Mon to Fri Call: 0808 801 0677 Email: help@beateatingdisorders.org.uk Website: www.beateatingdisorders.org.uk
Frank, Honest Information about Drugs Offers friendly, confidential advice about drugs. Call: 0300 1236600 Text: 82111 Chat Online: from 2pm - 6pm, 7 days a week. https://www.talktofrank.com/ Email: frank@talktofrank.com	Refresh - Hull Young People's Support Service Drug addiction support A confidential support service for under 19's They also provide stop smoking support for under 16's. Call: 01482 331059 Text: 07795 563 000 https://www.refreshhull.org.uk/
National Bullying Helpline Help and advice for children being bullied Opening times: 9am – 5pm Mon to Fri Call: 0300 323 0169 Help and Advice for Children affected by bullying https://www.nationalbullyinghelpline.co.uk/children.html	National Self Harm Network Aims to support, empower and educate people around self-harm. Forum: www.nshn.co.uk
Young Minds Whether you want to understand how you're feeling, find ways to feel better, or support someone who's struggling, Young Minds are here to help. Help and advice for young people, or for parents. Website: www.youngminds.org.uk Click on the Yellow Find Help and Advice button Counselling: heymind.org.uk/counselling-youngpeople	How Are you Feeling? How are you feeling provides advice and support on emotional health and access to information on local services including links to other relevant websites. https://www.howareyoufeeling.org.uk/



Use this space to jot down any important information

Brain Break!

Take A Moment for
Some Mindfulness

~ Can you find all the words? ~

Words to find		
Awareness	important	recovery
coping	Mental health	support
emotions	Mind	think
hopeful	physiological	wellbeing

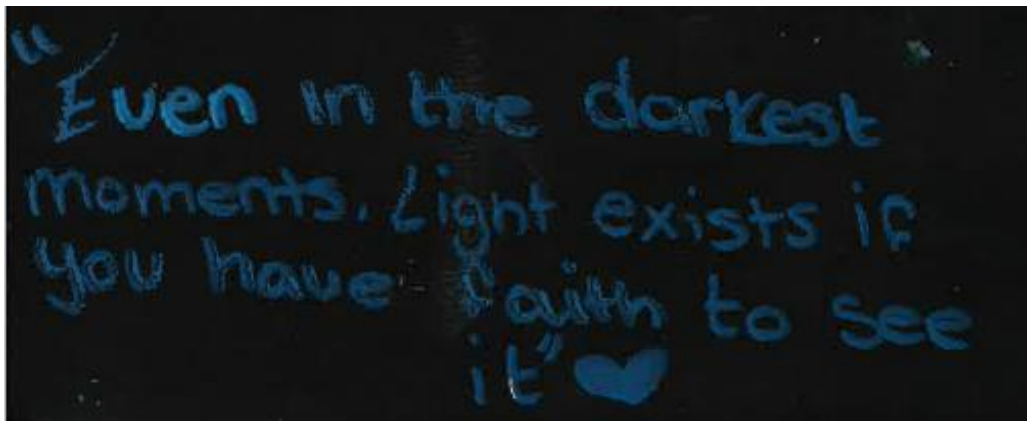
C	P	D	O	E	P	A	O	M	T	H	I	N	K	C
V	M	S	L	I	A	D	S	L	G	Y	Y	C	D	Z
R	E	K	O	M	R	O	N	U	D	J	A	T	G	E
I	N	N	P	P	Q	C	A	C	P	F	Y	A	X	L
N	T	E	M	O	X	X	T	R	A	P	A	O	O	E
T	A	P	Z	R	T	B	Y	K	E	J	O	H	U	M
L	L	B	D	T	A	H	L	O	R	N	N	R	C	J
M	H	A	M	A	G	G	D	U	B	B	E	I	T	C
T	E	D	V	N	E	I	F	W	Q	A	O	S	I	N
Z	A	A	G	T	L	Q	H	A	C	Y	D	W	S	T
Y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

Mental health awareness

Mental health issues vary widely, much more than we can cover here. But we have collected some things for you to think about.

You don't need a diagnosis to have problems, and they can be temporary, short term, or long lasting. Depending on the situation, how you cope as a person and what support you may have around you are all factors in our recovery from stressful situations.

Be mindful of what other people might be going through and be kind to yourself as well.

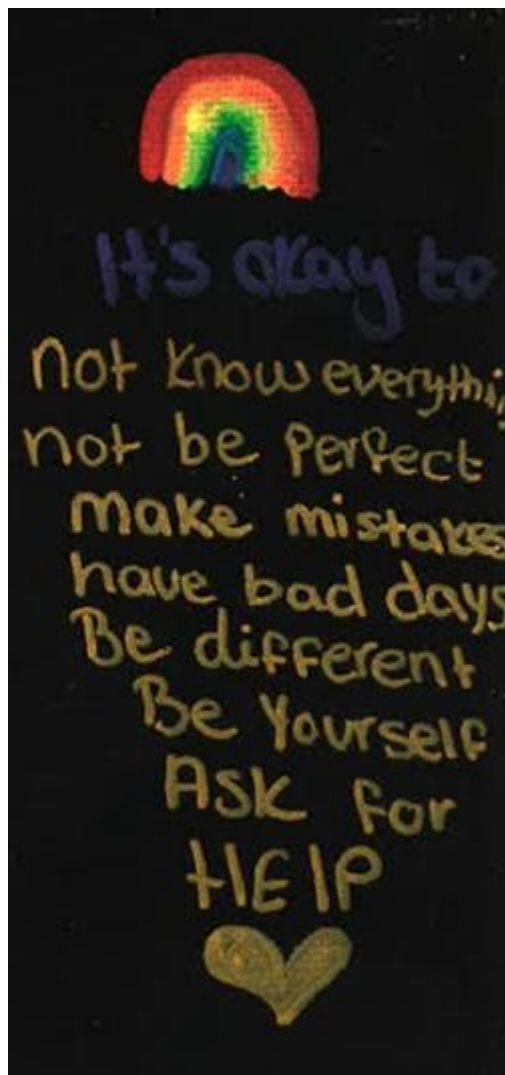


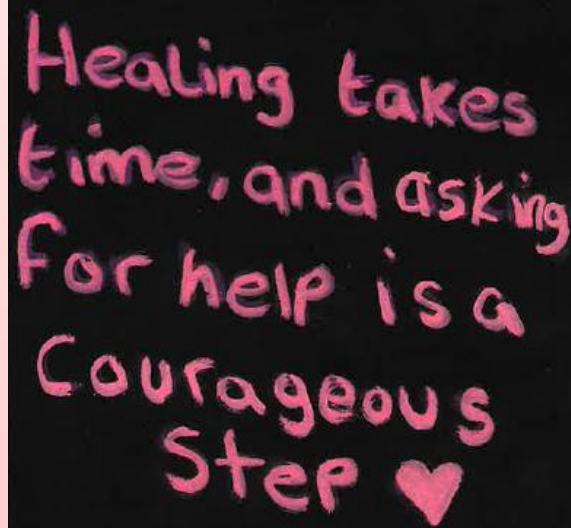
Your body hears everything your mind says

Stress, anxiety, depression can all manifest through the body. It's common to cause stomach issues, headaches, lack of sleep, aches and pains, or generally struggling to focus. These will pass as you work through the problem.

"I have mental health struggles and problems, but this lingers in my head the most.

When my granddad came to my house for a week, one of those days he couldn't move out of the chair. He was having a seizure. How I dealt with it was by having a mental breakdown. I went and got my dad, but I came back and stayed with my granddad until he went to hospital. It scared me and I was worried. "



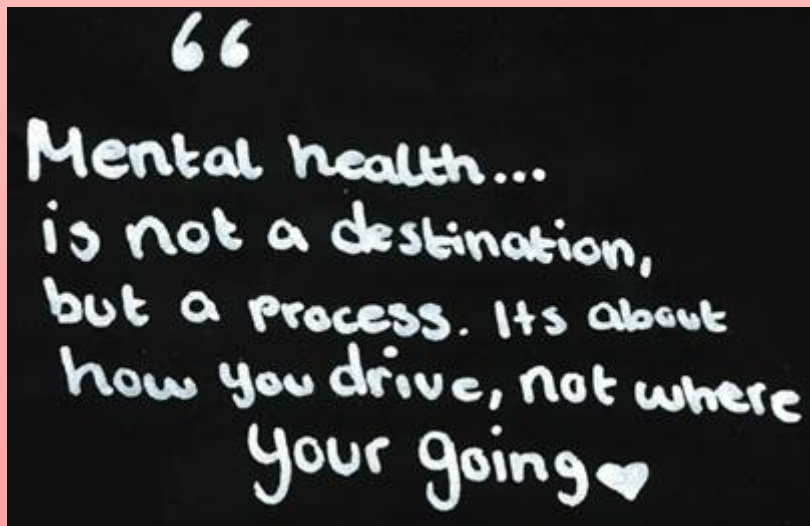


Healing takes
time, and asking
for help is a
courageous
step ♥

Staff at the Hut are there to help you.

Have a word, put a note in the suggestion box, or
pop in and ask to speak to someone, you don't have
to be alone.

If they can't help, they will know someone that
can, and your conversation is confidential.



66
Mental health...
is not a destination,
but a process. It's about
how you drive, not where
you're going ♥

How the internet, social media and being instantly contactable can be harmful

Social media encompasses websites and mobile applications that allow individuals, communities, businesses, and organizations to share ideas, interests, and content such as text, images, videos, and live broadcasts in real time. Unlike traditional media, social media emphasizes interactivity, user-generated content, and community engagement, enabling users to build networks, form friendships, and participate in discussions. It is widely used for personal communication, marketing, education, activism, and entertainment.



The internet is a wide-open space, where almost anything can be found. There are measures in place to protect people, especially young people, but it can be a scary place.

With the protection of a screen, and anonymity, most people act differently online to in real life. This can lead people to say and do things they wouldn't in everyday life.



Here are some examples of how the internet can negatively impact your mental health.

- Often misleading posts, or articles can make you feel bad about yourself.
- Losing yourself on the internet can make you distant from people in real life.
- There are many people online who don't think twice about putting you down. This could lead to
 - Feeling scared to leave your room or house
 - Feeling depressed or suicidal
 - Changes in how you feel about yourself
 - Feeling regret about something you posted
 - you feeling angry or upset
 - thinking people don't like you, when it's not true.

Follow this rule for a happy
online life

Only put in on the internet if
it doesn't offend and doesn't
leave you open to abuse

I was at home and my friends were having a sleepover. I asked one of them what TikTok they used as me and my best friend wanted to do it. I overheard one of the other girls in the background, and I asked they were having a sleepover because it was a school night, and they go to different schools.

They then started to kick off, so I did too.

They added me to a group and one of the girls started calling me nitty gritty and a slag. My ex stuck up for me, but then she started messaging other people spreading stuff about my medical condition. One of the girls then blocked me.

The girl who had been calling me names, offered me out for a fight and then flapped it.

But the thing is, it made me feel like I wanted to die. I broke down really badly and went to grab scissors.

I reached out to my sister in-law, and she helped me calm down.

Bullying is NOT okay in any form!

Even if you think you are joking, it can still be very hurtful to the recipient.



What can you do if someone is bullying you online?

- Block them
- Tell a trusted adult, if not, at least a friend
- If they create a new account, report and block them.
- Spread kindness to those who hate
- Speak to that person to understand where its stemming from
- Blast it every where so everyone knows who it is (If your feeling petty)



The internet isn't all bad though, let's look at some positives.

Opens us up to different communities

Support from others

"When I think about social media, I think there should be funny videos and a joke of the day"

Easier way to get hold of a friend

No pressure to meet up or to have face to face contact

Shared interests

Builds courage to open up if someone is telling their stories to millions of people

People share

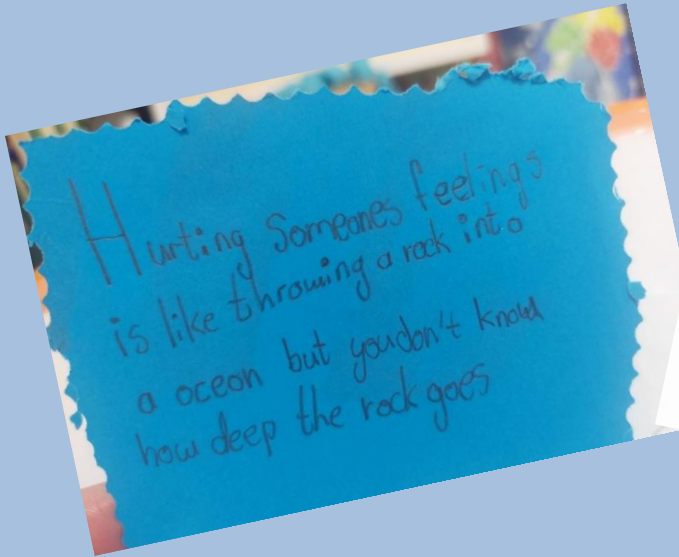
Ring 999 / Access Mind

No pressure to fit in

Access ways to help mental health



Stress, anxiety, bullying, abuse can all show in various ways, that you may not even realise until it's bad.



One small comment, or one small random thought can do a lot to someone. You may never think about the way you look or you could be happy with the way already are. All it takes us one thing to change that, going from never worrying about what you eat to it being all you can think about, counting every calorie, becoming scared to eat anything, you can become ill really quick both mentally and physically. Once it starts, it can be hard to get out of but it's important to reach out for help before it's too late. You can get better and your body doesn't define what you are as long as your happy and healthy.

"Healing isn't a straight line;
it's a path you learn to walk
with kindness toward yourself."



Self-harm

Sometimes things can go too far and people can start to do self-harm but if someone does it the wrong places can seriously take their life. Disappointing some people take it out as a joke and bully people about it people find it funny and make fun of people for it.

Suicide

Mental health issues

People might do suicide because they might suffer with anxiety, bipolar disorder and substance abuse and the risk of suicide. There is a large percentage of people who have tried doing it because people get bullied and

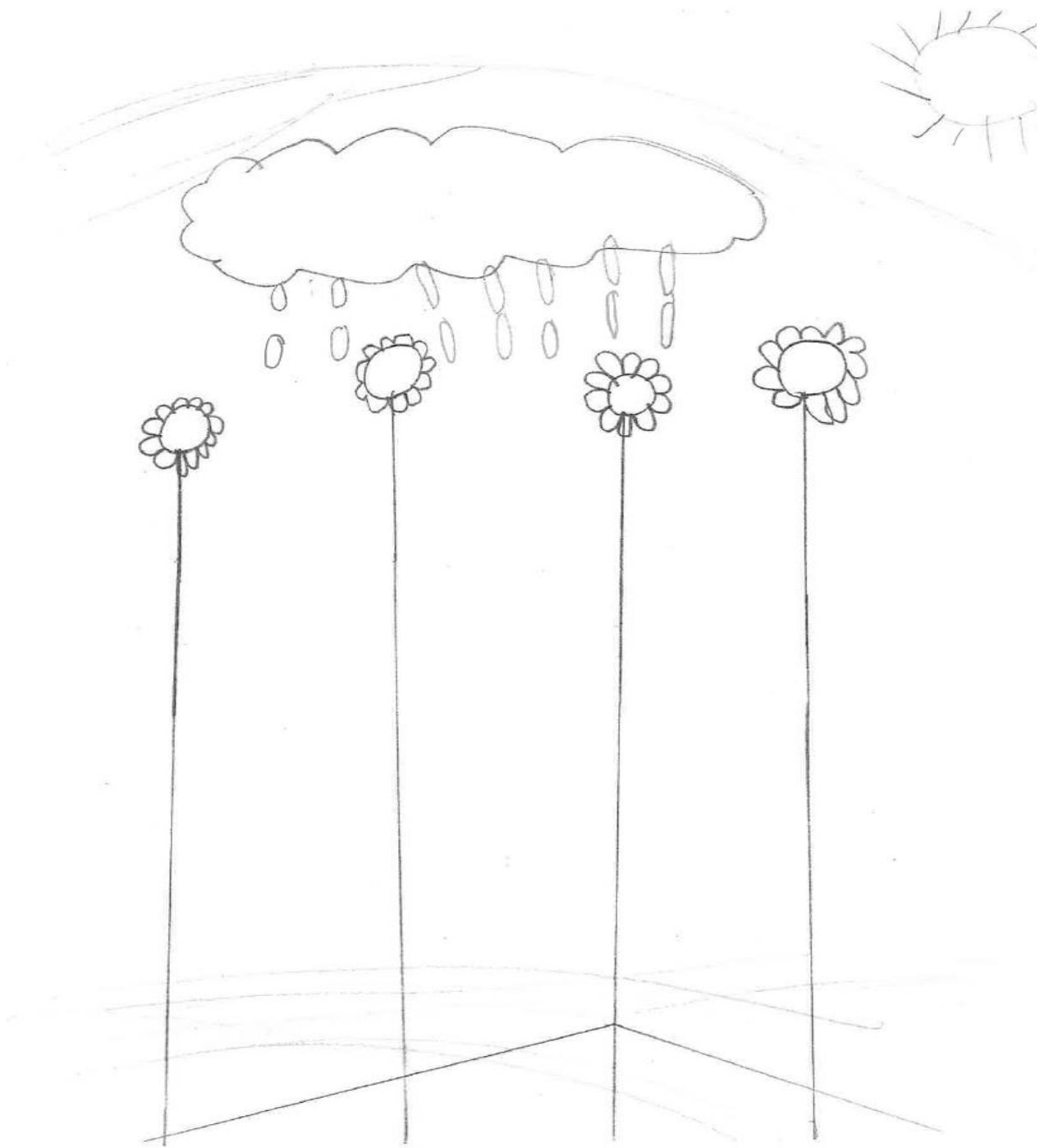
If you or someone you know are struggling with suicidal thoughts, please reach out for help.

Speak to someone close to you, a safe adult such as hut staff, or ring 999.

More help numbers can be found on Page 2.

Be kind to yourself.

If you can change your mind, you can change your life



We need to dance in the rain to grow,
It makes us stronger!

Give me some colour – And a rainbow
too!

I Feel Silent

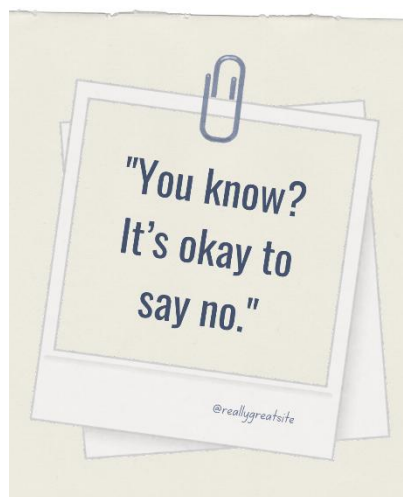
My words fell silent
But my mouth was open wide
He heard no noise
But my own voice echoed in my mind
I feel silent
Hands on things that wasn't his
His mouth saying things that didn't matter
His nails craving deep
Lies flooding my mind
I couldn't fight against him
Even as my cries surround us

I was dumb and young
Now I blame myself
My body felt limp
My heart was heavy
And still I'm brave enough to be alive
As I lay down I feel his weight
As I look at my body, I see his mistakes
Knowing I am not the first
Who knows if I am the last
I feel silent, fighting a battle I lost.

No one should ever have to feel like this.

You are NOT alone. Please speak to staff members at The Hut, or another safe person you know.

It's easy to take on blame for the situation, but if you are a victim – Then this was most definitely not your fault. We all have the right to be treated with respect.



Neurodiversity adds a whole extra bunch of emotions into life! Even if you don't suffer yourself, I can guarantee you know someone who does!

What is Neurodiversity?

Neurodiversity is a bundle of multiple hidden disabilities that include Tics, Tourette's, ADHD, Autism and OCD.

How do they effect people?

Tics can affect people in different ways. Verbal tics affect people by causing them to blurt out random noises. Some even offensive words! Crazy right? But we respect these people (ALWAYS!)

Coping methods

Some coping methods include therapy, doodling, chewing gum (I do this!), alone time and breathing exercises.

Where can I get Help?

<https://tic-yorkshire.co.uk/contact-us-referrals>

<https://matthewshub.org>

Young people from the age of 13 with ADHD / Autism

<https://www.aimhighercharity.com>

help young people with autism or other mental health conditions

A life of misunderstanding

Once this would have been a letter to my dad, as he made me angry for many years.

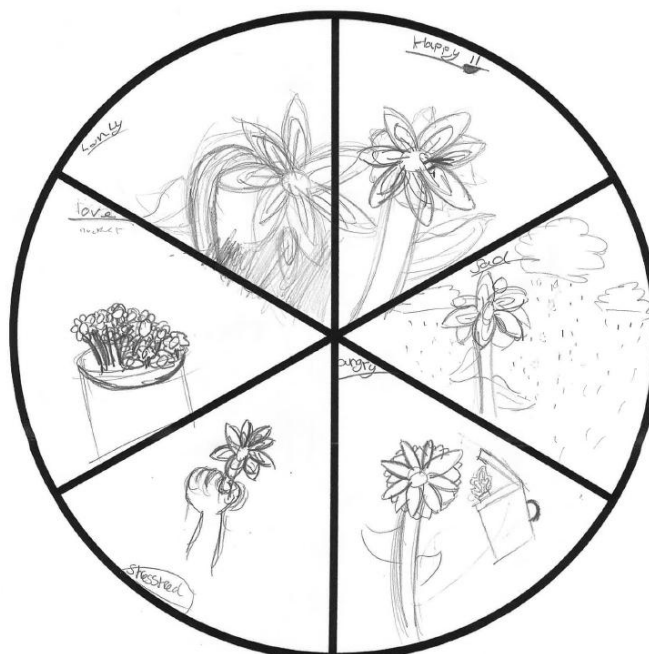
My childhood was hard, and growing up in chaos was harder. He never understood me and I never felt he cared. He certainly never seemed to try.

What I know now is that my full family is neurodivergent. Dad – he had undiagnosed autism, ADHD and Tourette's. He literally didn't understand emotions. Mum has undiagnosed ADHD and Tourette's and I have all 3. Mum and myself feel and empathise way too much. So while he didn't understand he was hurting us, we were being emotionally crushed.

The family broke down and we went our different ways. I didn't talk to my dad for a long time because I needed time to heal. He was never a good dad and was always interested in himself. He would shout at everything, including the TV.

Only when he got cancer did he realise what he was missing. For the last 2 years of his life I had the dad I had always needed.

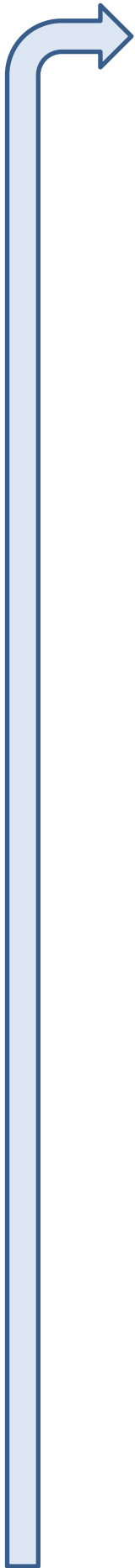
I went from not caring if he dies, to grieving the dad I should have had all along. I am sad it took him so long, but I am glad he made it in the end.

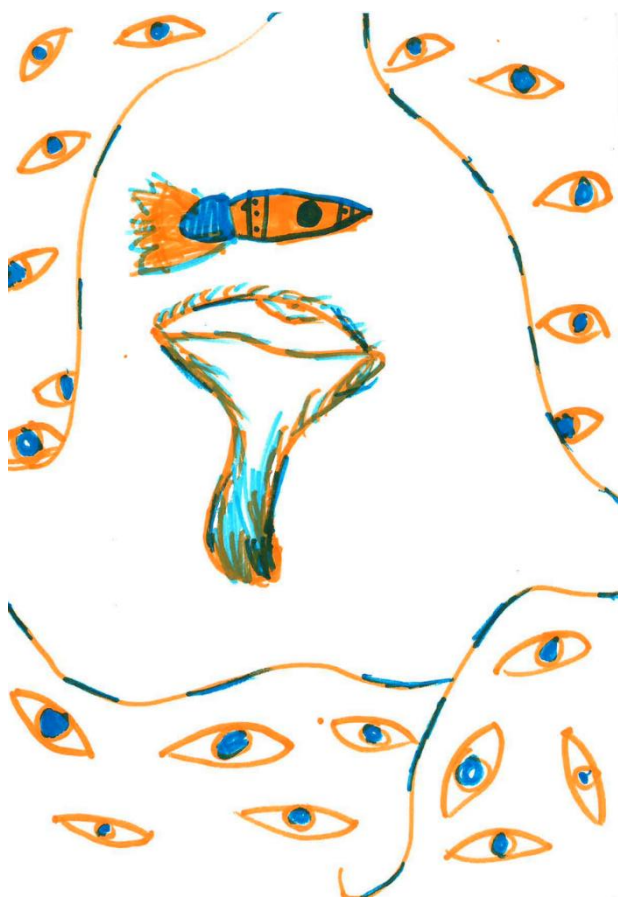




Doodle Page!

Let your squiggles out





Sometimes we feel
different on the inside to
how we look on the
outside.

And it can feel like the
whole world is ignoring
us, or worse, staring at
us..

We all have these
thoughts, if you are
struggling, tell someone.



Insecurities

They whisper words that cut so deep
In shadows where my worries sleep
Their voices lingering, eyes following me,
A heavy cloud, hanging, bothering me.

I see myself through their gaze,
Caught in a mirrors twisted maze,
Insecurities like chains that drag and bind,
A silent battle in my mind.

Behind a smile, I hide the pain,
A secret shield from hurt and shame,
Through shadows whisper I feel the flame,
The spark inside will never be the same.

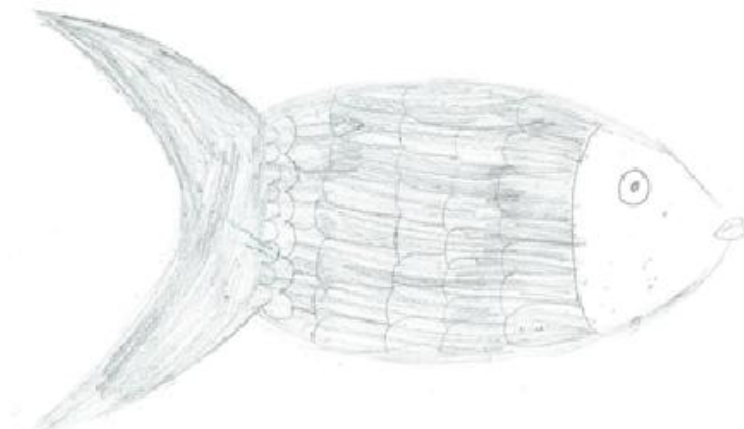
“Vulnerability sounds like
truth and feels
like courage.”

Truth and courage
aren't always comfortable,
but they're never weakness.



Recent research suggests there are at least
27 distinct human
emotions, though the total number can be much higher
when considering complex feelings.

There are so many different emotions!
How many can you list?



Grief

Is a difficult subject as it comes in many ways.

Grief is a collection of feelings you get when someone or something is lost to you.

What causes grief?

It could be the death of a loved one, or friend.

Loss of a pet that went missing or died suddenly.

Losing something that is important to you.

A friend or relative moving a long way away.

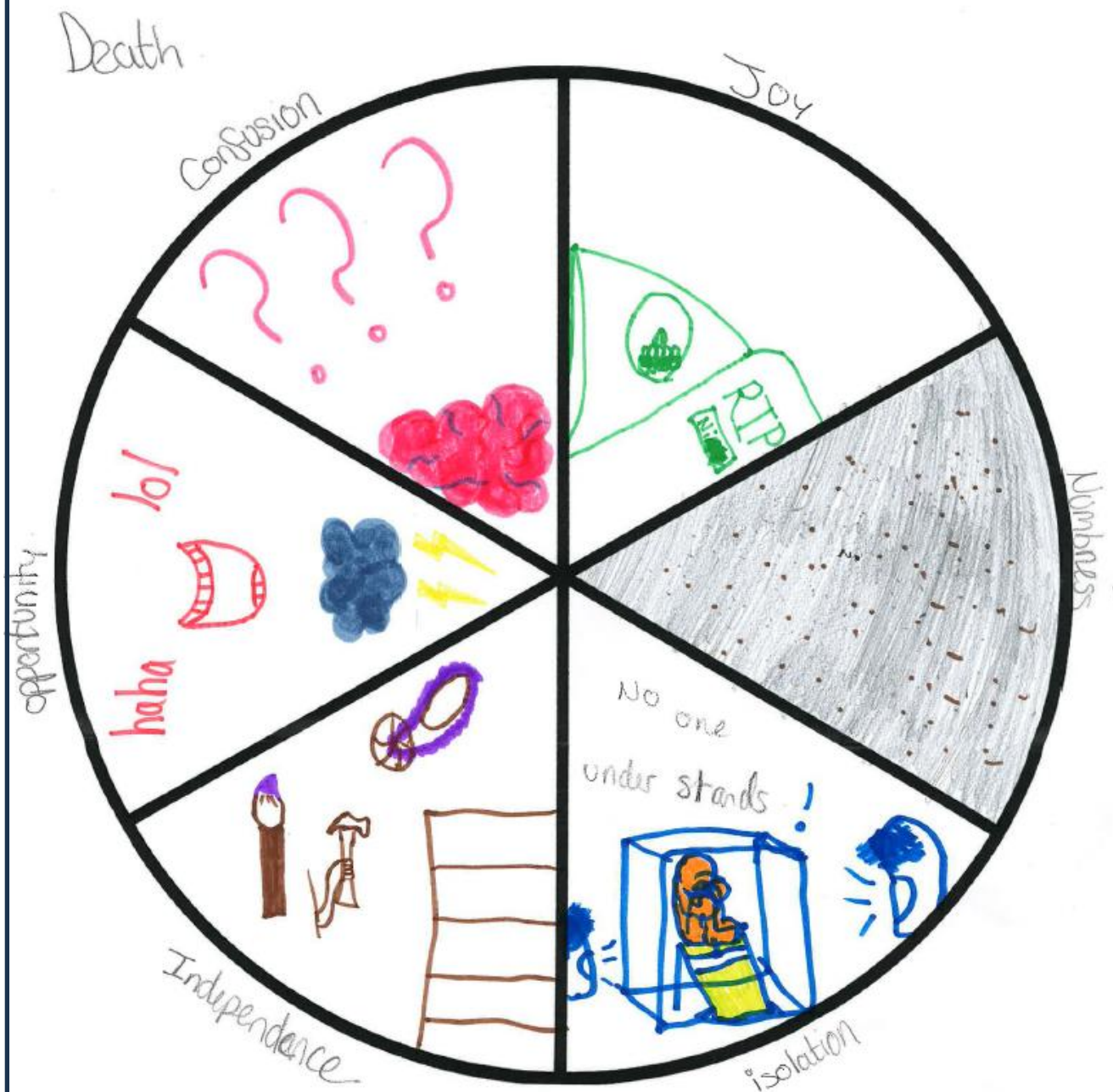
Losing contact with someone that was a big part of your life.

But whatever the cause, the feelings can be very confusing.



Please understand, that all these feelings are normal.

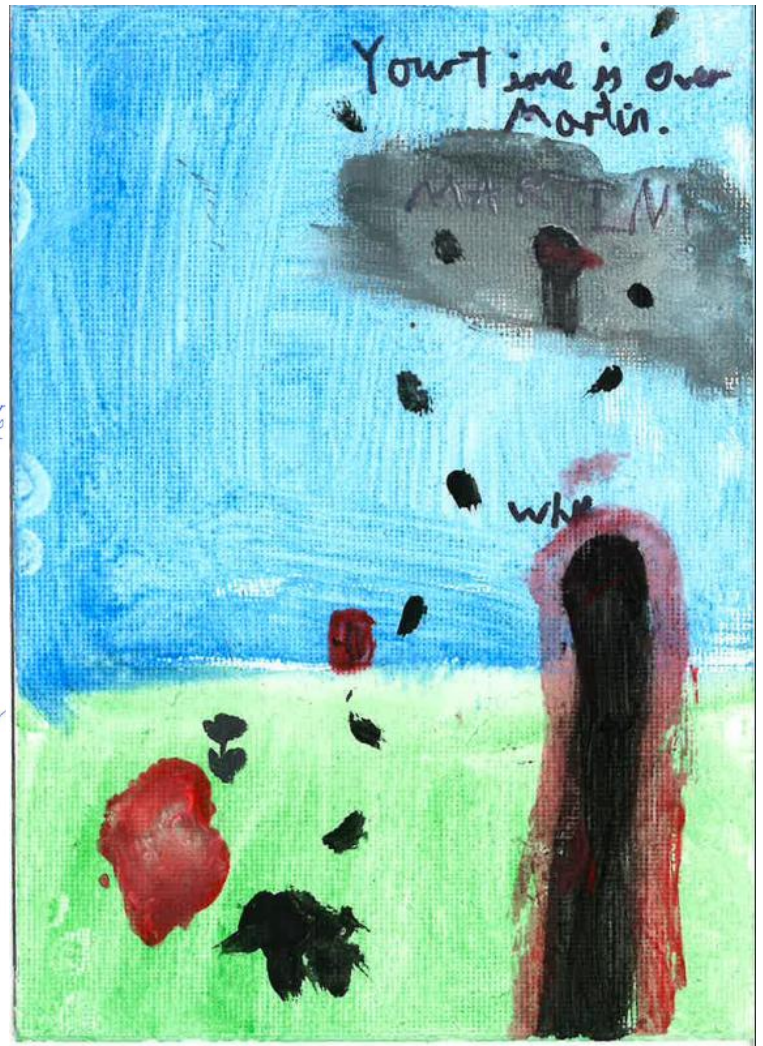
There is no right or wrong way to feel, and we have to work through those feelings until we get to a better place. Often talking to someone about our feelings or memories can help us deal with them.





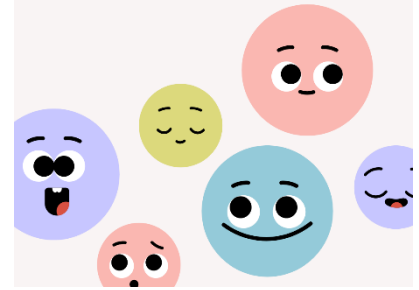
Our memories are important but try not to dwell on the bad ones. Try and remember the nice times.

To my mum's sister who I only met once
in my life I miss you so much
and I wish I died instead of you
so you could live the rest of your
life because have to go I miss you
so much love you xxx *Sam*



Writing down how you feel can help, or make a scrap book about your happy times.

Your struggles today
bring strength for
tomorrow



I wish for

my grandma to
come back but
that's impossible
♡ ~

I Miss

Day's out to beach with
dad, brothers and
grandma
♡

A light that never fades

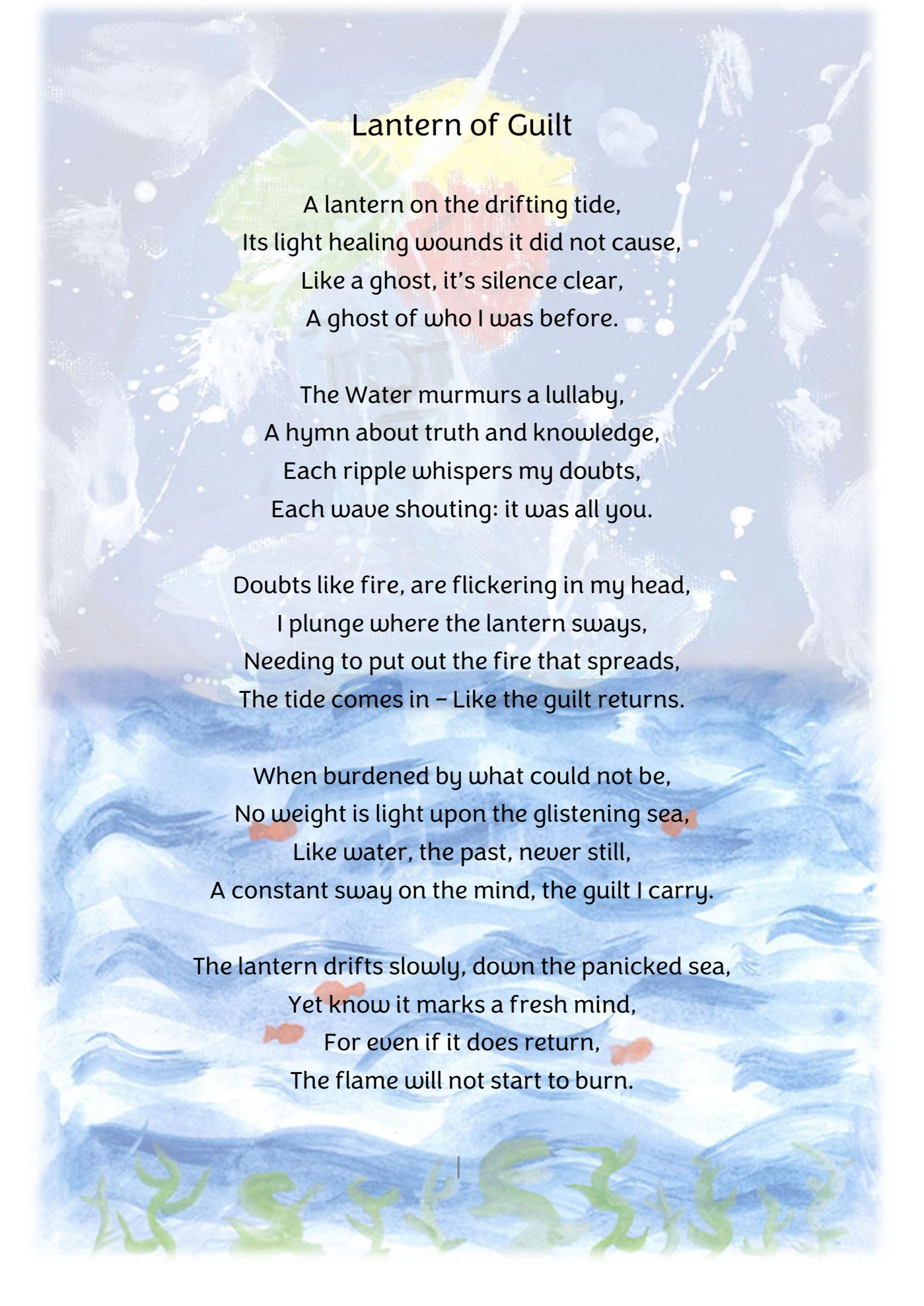
She lived with warmth in every smile,
A gentle heart that stayed awhile.
Though she's gone beyond our sight,
Her love remains, a guiding light.

In memories, she softly stays,
Through quiet nights and sunny days.
Life's circles turn, both joy and pain,
But in our hearts, she lives again.

If you want, I'll make you proud,
Always be strong, try not to drown.
But in the pain, her spirit stays,
A gentle light through darkest days.

Her memory stays, a soft embrace,
A quiet strength, a sacred place.
Though tears may fall and hearts may ache,
Her love remains, no time can take.





Lantern of Guilt

A lantern on the drifting tide,
Its light healing wounds it did not cause,
Like a ghost, it's silence clear,
A ghost of who I was before.

The Water murmurs a lullaby,
A hymn about truth and knowledge,
Each ripple whispers my doubts,
Each wave shouting: it was all you.

Doubts like fire, are flickering in my head,
I plunge where the lantern sways,
Needing to put out the fire that spreads,
The tide comes in – Like the guilt returns.

When burdened by what could not be,
No weight is light upon the glistening sea,
Like water, the past, never still,
A constant sway on the mind, the guilt I carry.

The lantern drifts slowly, down the panicked sea,
Yet know it marks a fresh mind,
For even if it does return,
The flame will not start to burn.



"EVEN ON QUIET
DAYS YOU ARE HEALING"

Anxious Treasure

In showered chests, a pirates plea,
Guarding treasure, lost to times decree,
While outside, the heavens weep,
A gentle rainfall, secrets deep.

Each drop a memory, an anxious tale,
Of fortunes sought, beyond the veil.
The anxious heart, it starts to mend,
As natures rhythm starts to blend.

So let the rainfall wash away the fear,
Release them from the treasure, hold what's dear,

For in life's storm, a tranquil sign,
A peaceful heart, a Love divine.

By Emilee and Jess

We looked at our own emotions in more depth.

We tried painting the emotions we felt that day and looked at them as a group to see what it looked like to others.

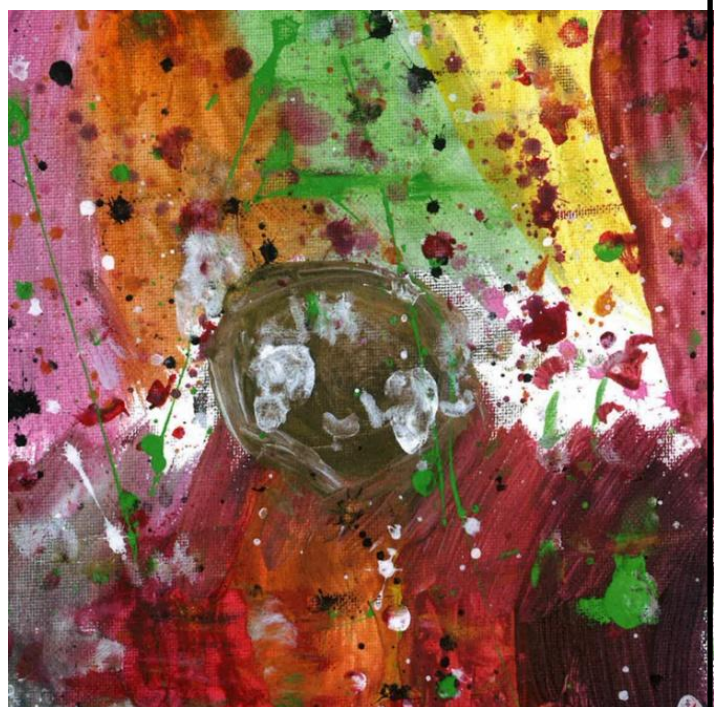


We saw - Sadness, fearless, happiness, fear, anxiety, calming.

What does the picture say to you?

We saw Diversity, togetherness, colourful. Chaos, equality, freedom, random.

What does the picture say to you?



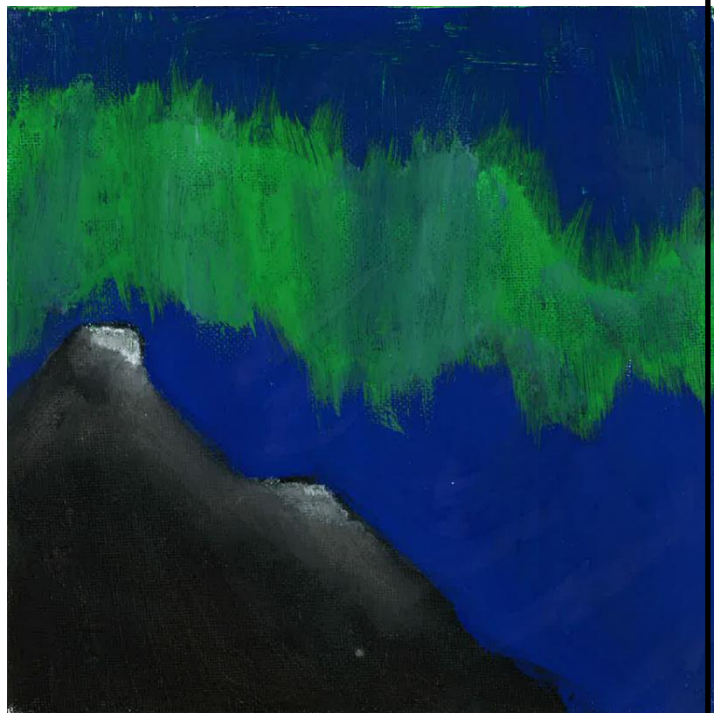


We saw – Passion, Chaos, Panic, Anxiety, Worry, disorientating, calm sunset and mixed emotions.

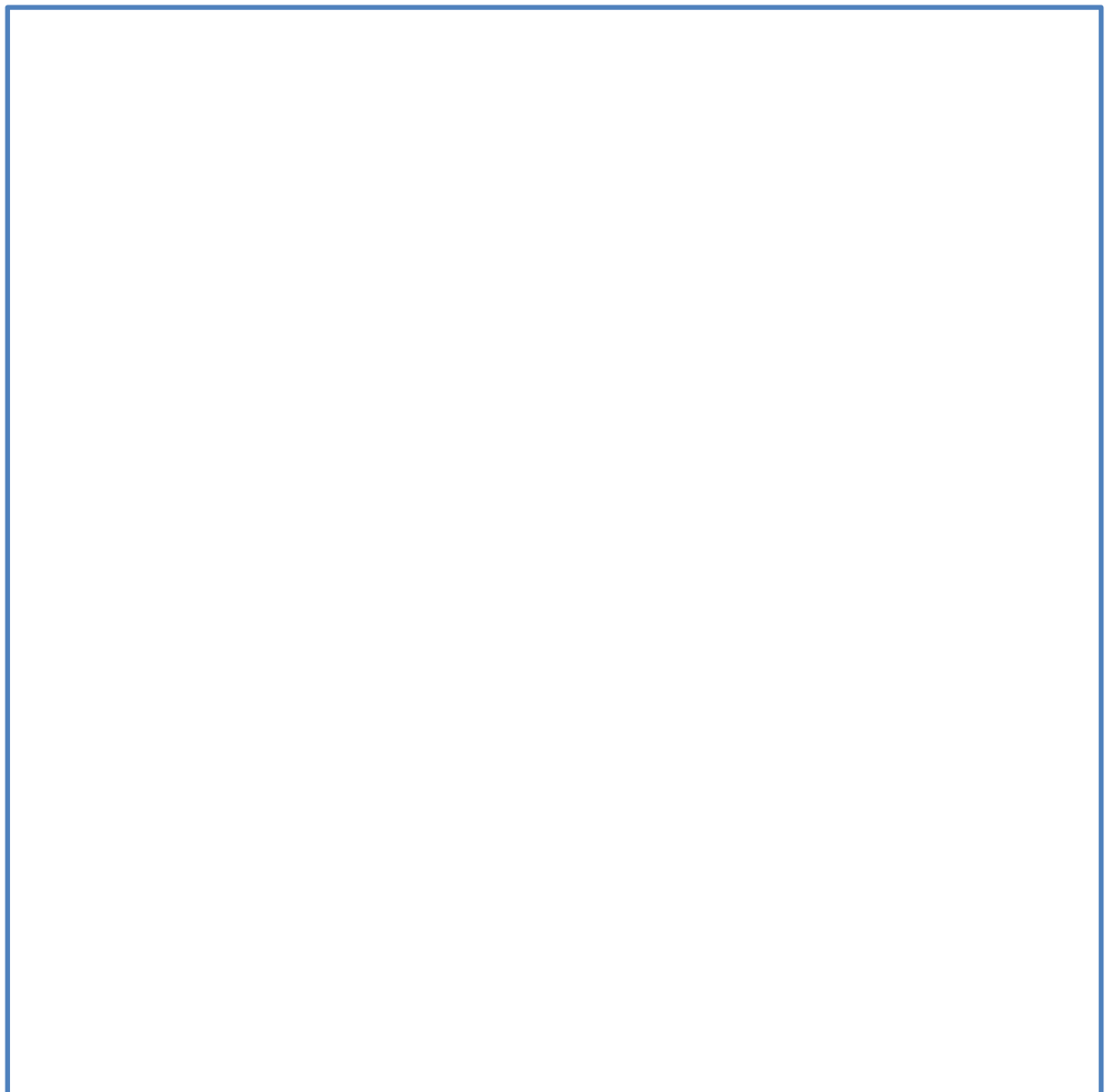
What does the picture say to you?

We saw – Serenity, tired, quiet, peace, calming, and adventure or a journey.

What does the picture say to you?



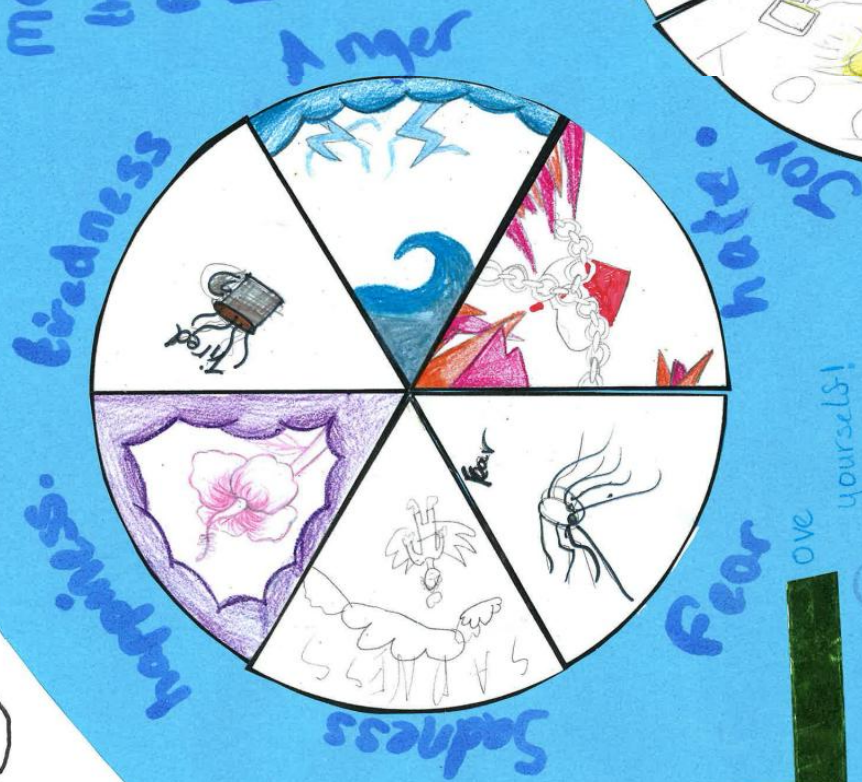
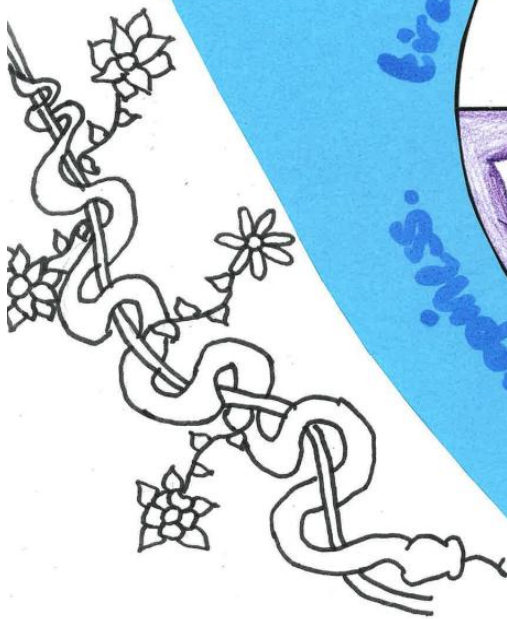
We learnt that we can feel many emotions all at the same time. Over the next few pages, we have explored separating these feelings, and there is space for you to try too.



Draw, doodle, or paint how you feel today. The picture doesn't have to make sense, as often our feelings don't!

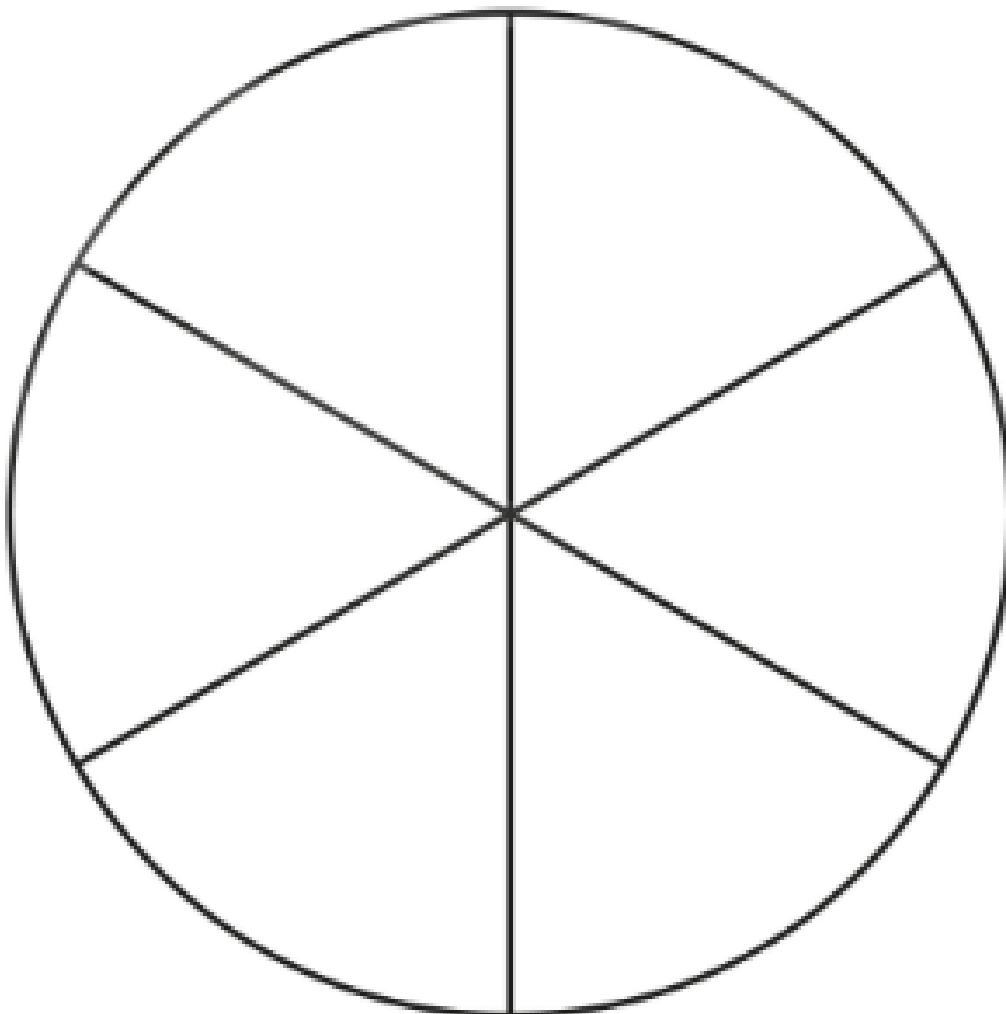
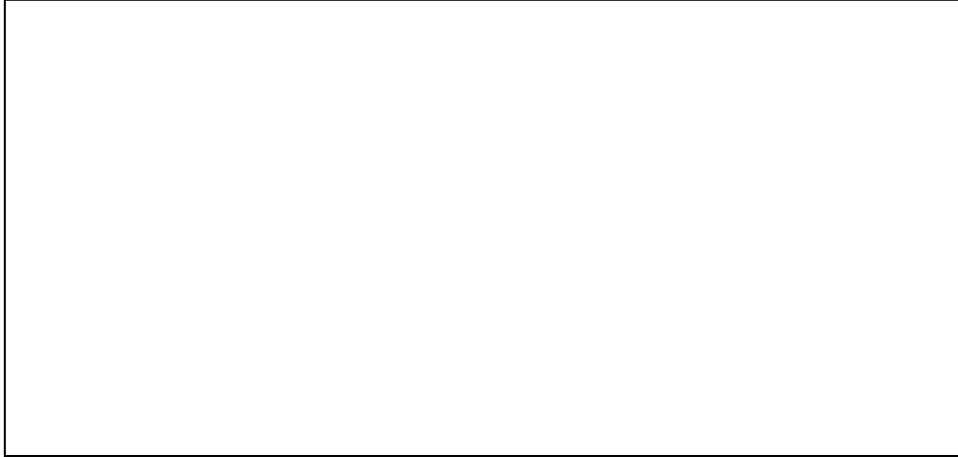
What emotions do you think best represent yourself?

Make an emotional wheel that best tells you using Positive + Negative Examples.



My Emotions Wheel

Write your story and draw your emotions in the circle



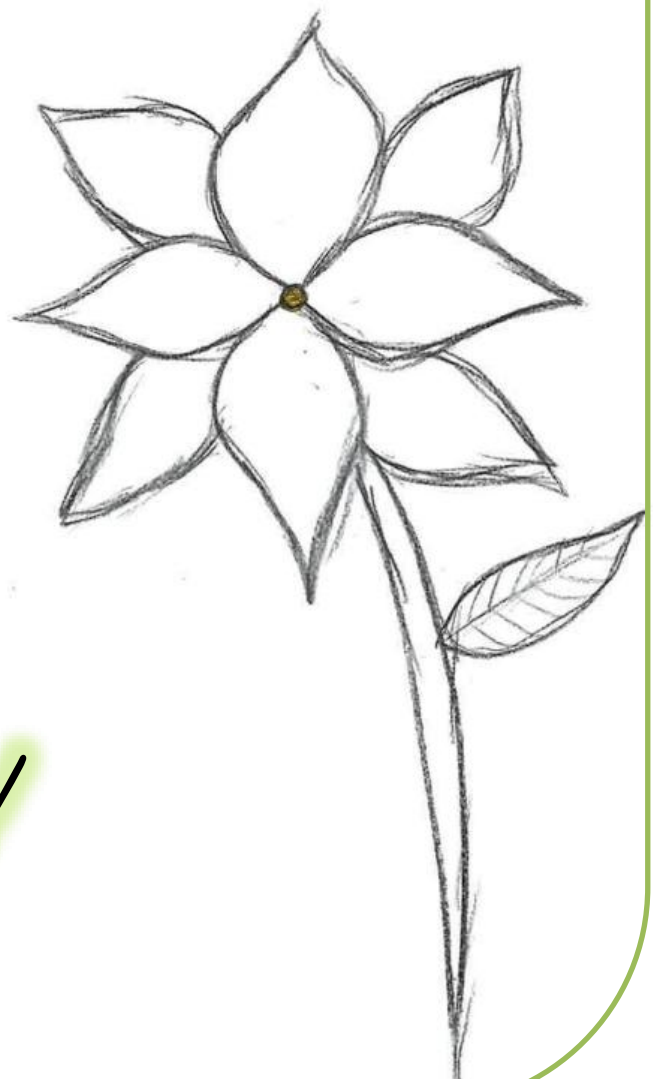
If my life was surrounded by nature, I don't think it'd be so bad. When your whole world is full of sadness, you can't really do much with your life until you get help. Imagine being sat by a lagoon in the dusk of Moonlight, the stars are twinkling, it's just quiet enough too hear the water flowing along the rocks, and you can hear the quietness of the crickets chirping. That is my kind of help. Although silence usually takes over my brain this silence is peaceful and calms me down.



Words to find

mindfulness	unhappy	Greatful
wellbeing	help	depression
advice	anxiety	crying
emotion	care	laughing

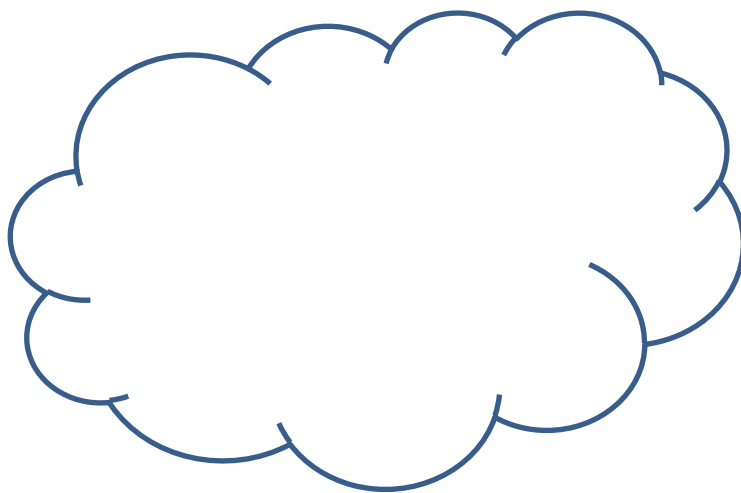
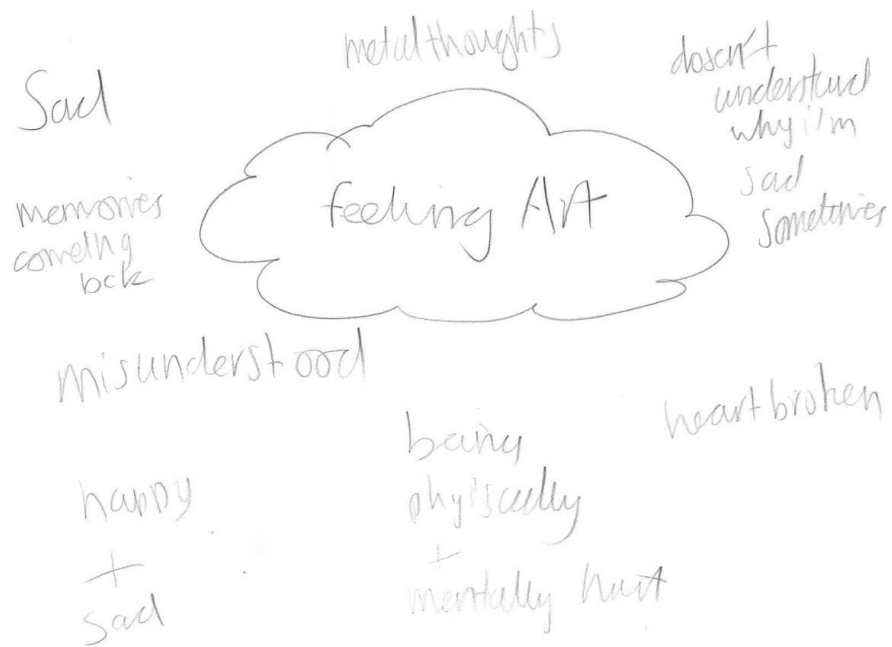
L	A	U	G	H	I	N	G	R	C	A	R	E	V	X
A	E	M	F	L	B	K	N	Q	M	C	G	S	I	D
Z	O	I	F	C	D	I	E	T	D	Y	H	C	E	B
D	Z	N	D	T	U	N	H	A	P	P	U	R	C	D
B	X	D	W	B	T	M	W	O	D	T	O	B	L	E
A	U	F	U	E	O	H	Z	F	I	V	E	F	D	A
E	D	U	V	I	U	B	X	R	W	F	I	L	E	V
O	C	L	I	D	F	U	C	H	I	J	O	C	P	D
F	A	N	X	I	E	T	Y	E	R	E	B	J	E	I
D	F	E	C	D	I	B	R	L	X	I	J	R	N	D
E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



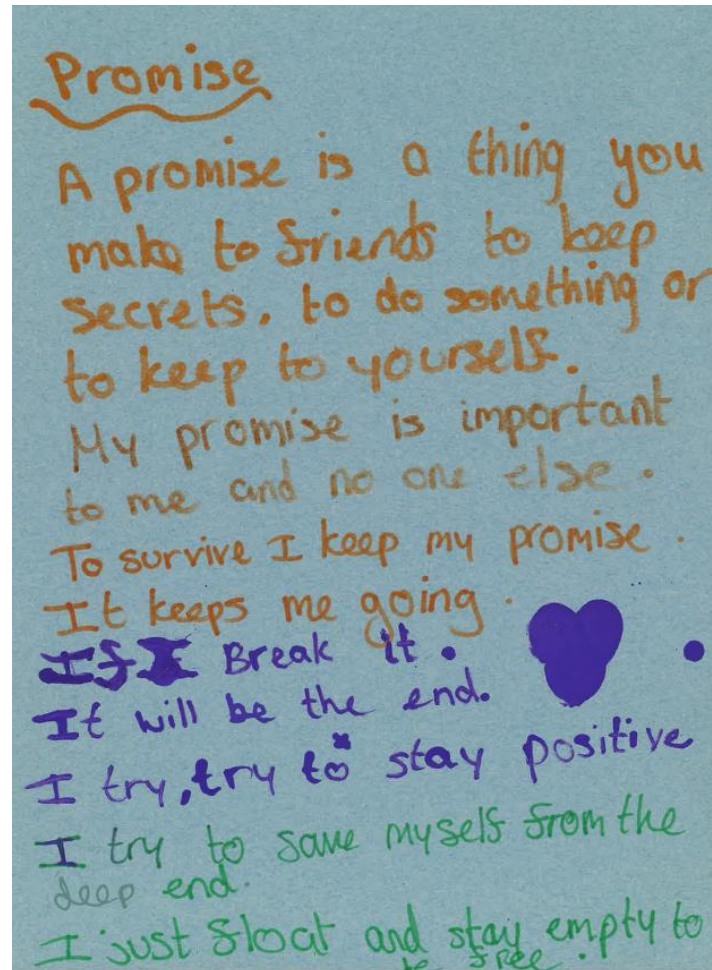
Draw me a garden!

Writing down your feelings can help
you to work through them.

Put the situation in the cloud and write down all
your emotions around it.



Dealing with the emotions

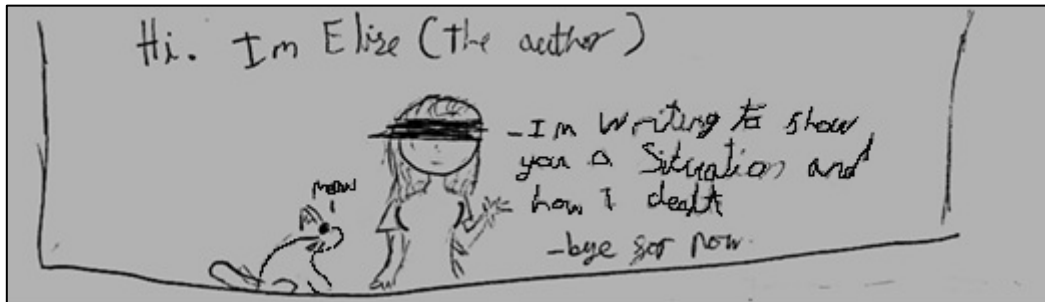


We have looked at where you are, and how you see yourself.

We've checked you have all the right support available to you.

But sometimes we get held up on memories.

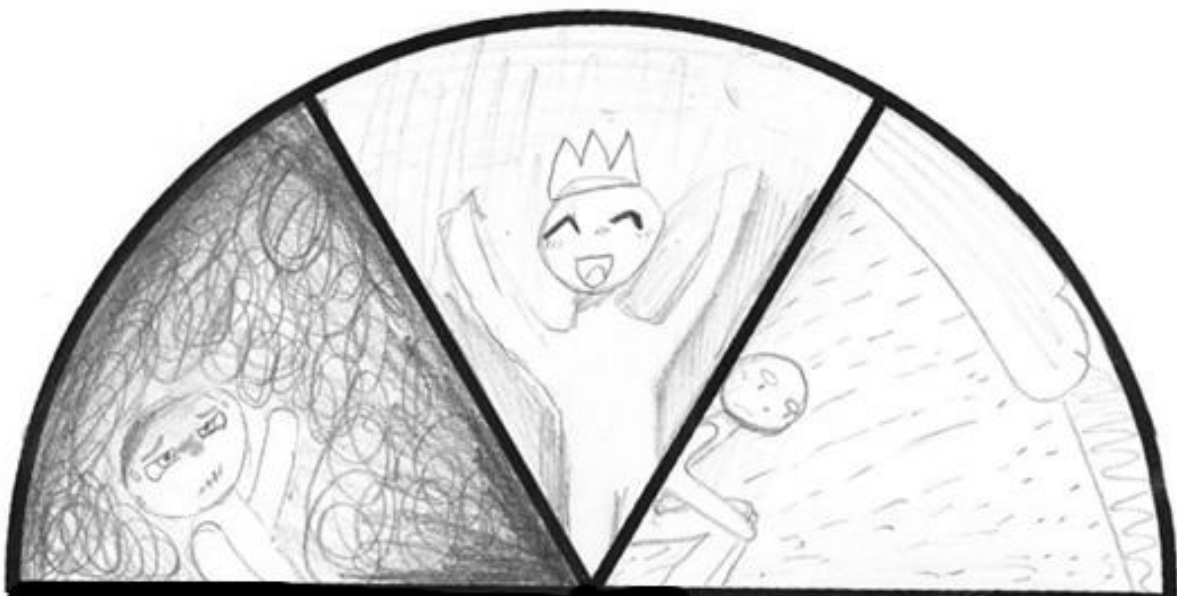
How do we move past them?



Sometimes everything and everyone turns to woe,
Sometimes people have to take it solo,
This shouldn't be the case when you need someone to talk to,
You need someone to talk to, but who?
Open up to someone who should be there...
But your words pass by their hair.
Do they even care?
If only I could read their thoughts, if only I knew,
But they say "We have no room for you"

This is sometimes the sad truth, that the ones we expect to be there
are the ones that push us away.

Here at the Hut you will always have someone to listen, never feel
scared of reaching out.



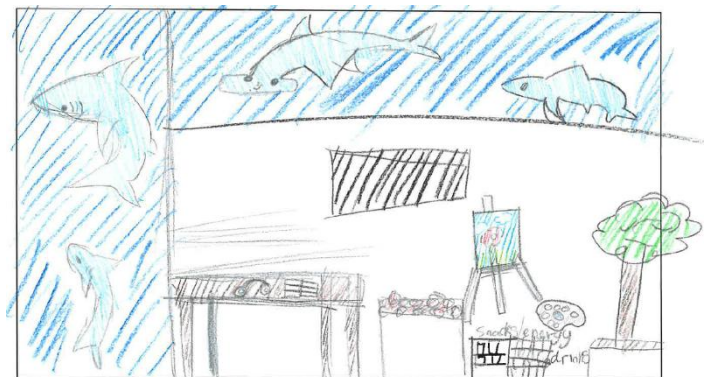
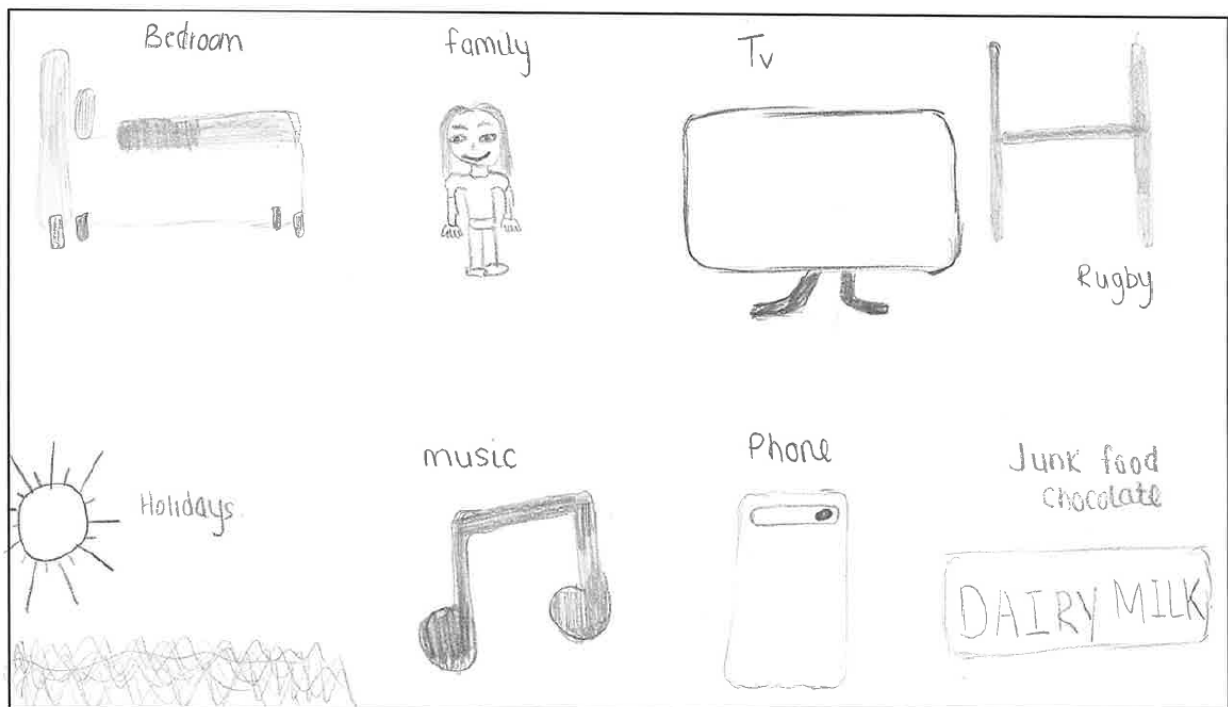
Your own safe space

What is a safe space?

A safe space you can go with no judgement and no expectations. You can just be yourself and be free from the terrors that haunt your mind. A safe space is a place you don't need to worry, it's calm like a summer breeze. You can let go of your fears and the past and look towards the future.

We looked at what a safe space meant to us, have a look and then create your own.

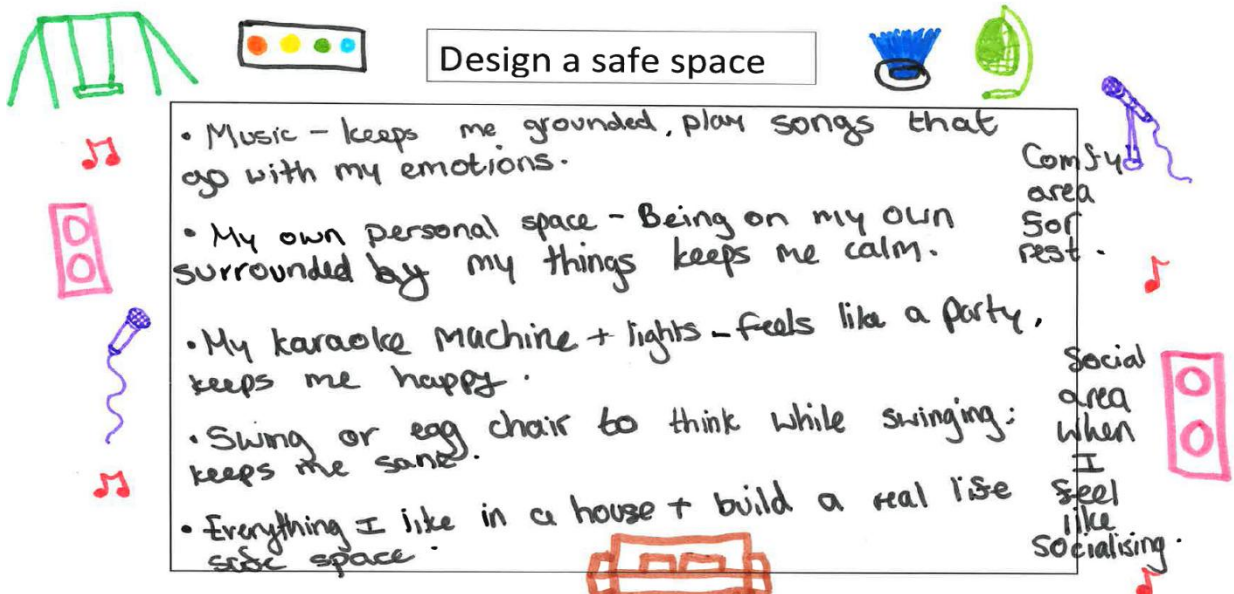
Design a safe space



If money were no object, what would your safe space look like?

Things to think about,

- What helps you to not get overwhelmed
- What keeps you calm in a stressful situation
- Is there anything you currently have that you would put in your safe space?
- Is there anything you would like that you don't already have?
- Is there a place that makes you feel calm?



When I need to calm down, I usually go in my room and listen to music. When I am at school I would like to have a fidget cube to help me because I am usually fidgety and need something



I Love you
thotthor xxx

This is my dog, who gets me through everything. Even when someone died, and when my brother had a seizure.

He helped me when my dad was in hospital and when he passed out, when it was just us and him at home.

Hopeful Fool

Some days I am a hopeful fool,
Drowning in my hopeful pool.
A puzzle of a mind,
To solve, to find.

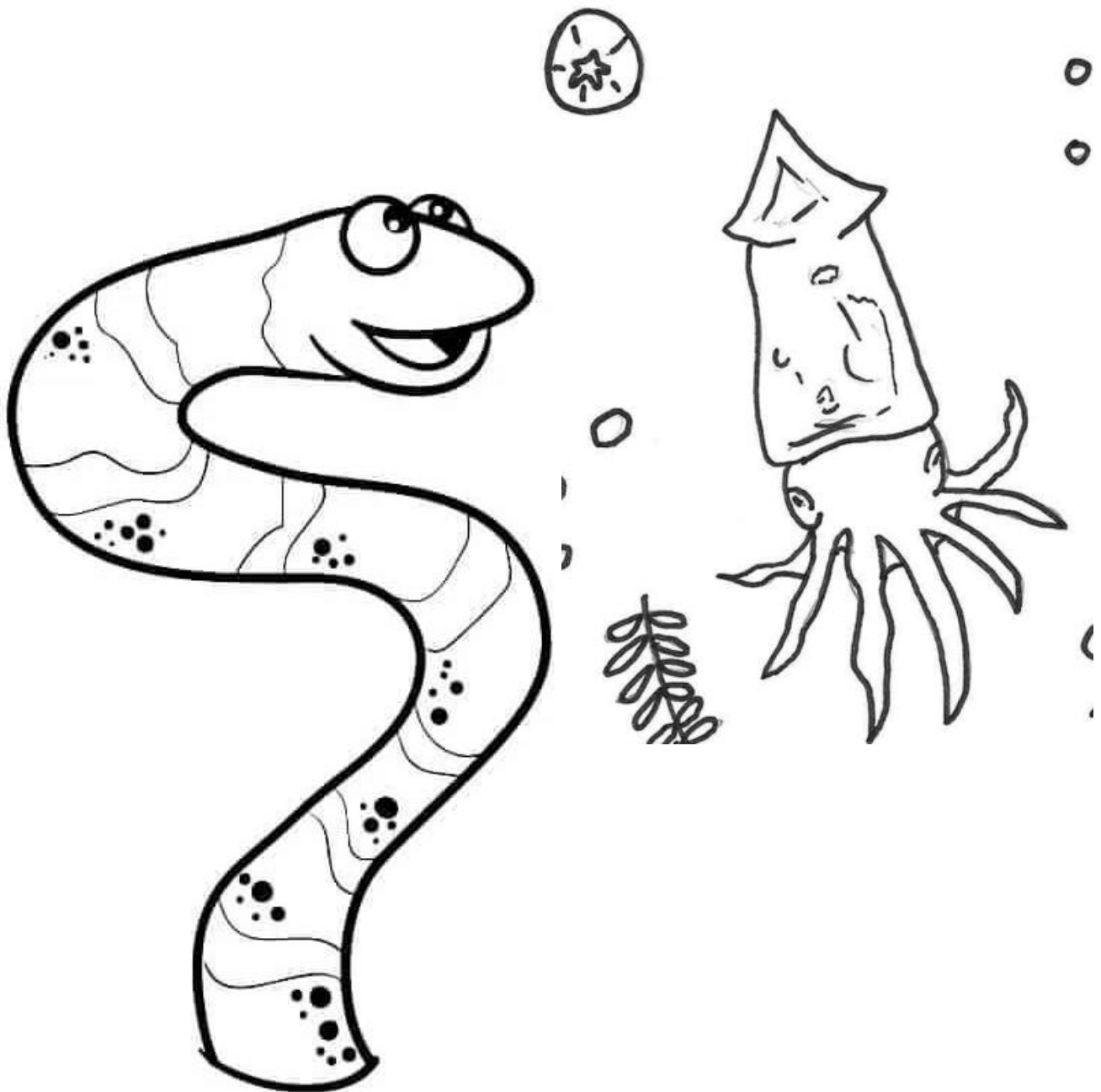
The Answers I need,
To win, succeed.
I like to try keep my cool.
I'm me. I am a hopeful fool

Sometimes poems help
express thoughts + feelings
by expressing what you're
currently feeling

Let's look at the brighter side - How can we feel better?

We went for a trip to The Deep, which is an amazing place to find some calm

While we were there, we pondered what animals we identify with.



I identify with a Sand worm because they enjoy company and get involved, but sometimes it gets too much, so they can back away and hide!



I am like a penguin because they are very energetic, they like to jump and belly flop, and they like sliding down hills.

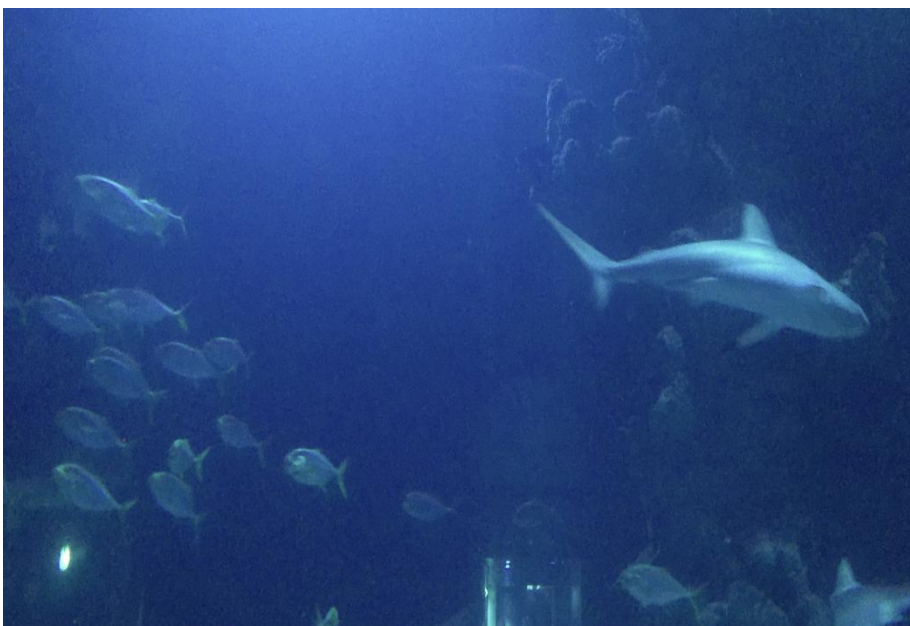
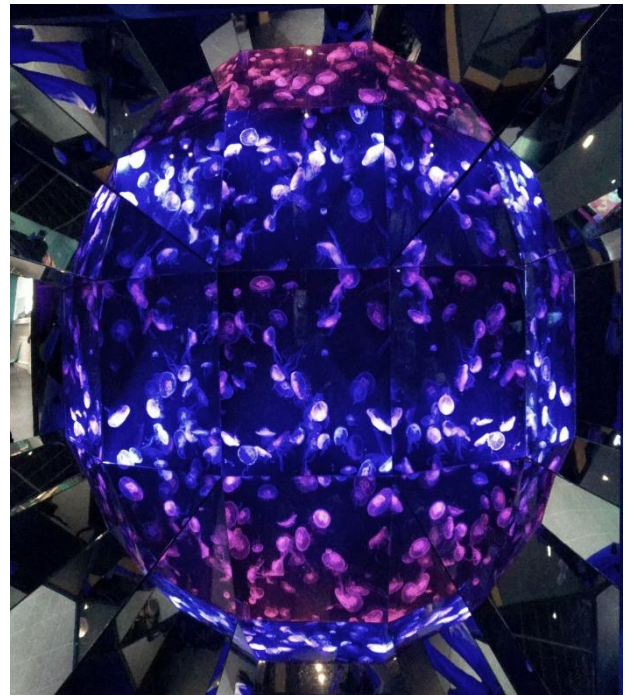




I identify with a penguin because they love the cold, laying on their bellies and just flopping around!



I like Jelly fish, they are amazing, but they are weird and you can see right through them.

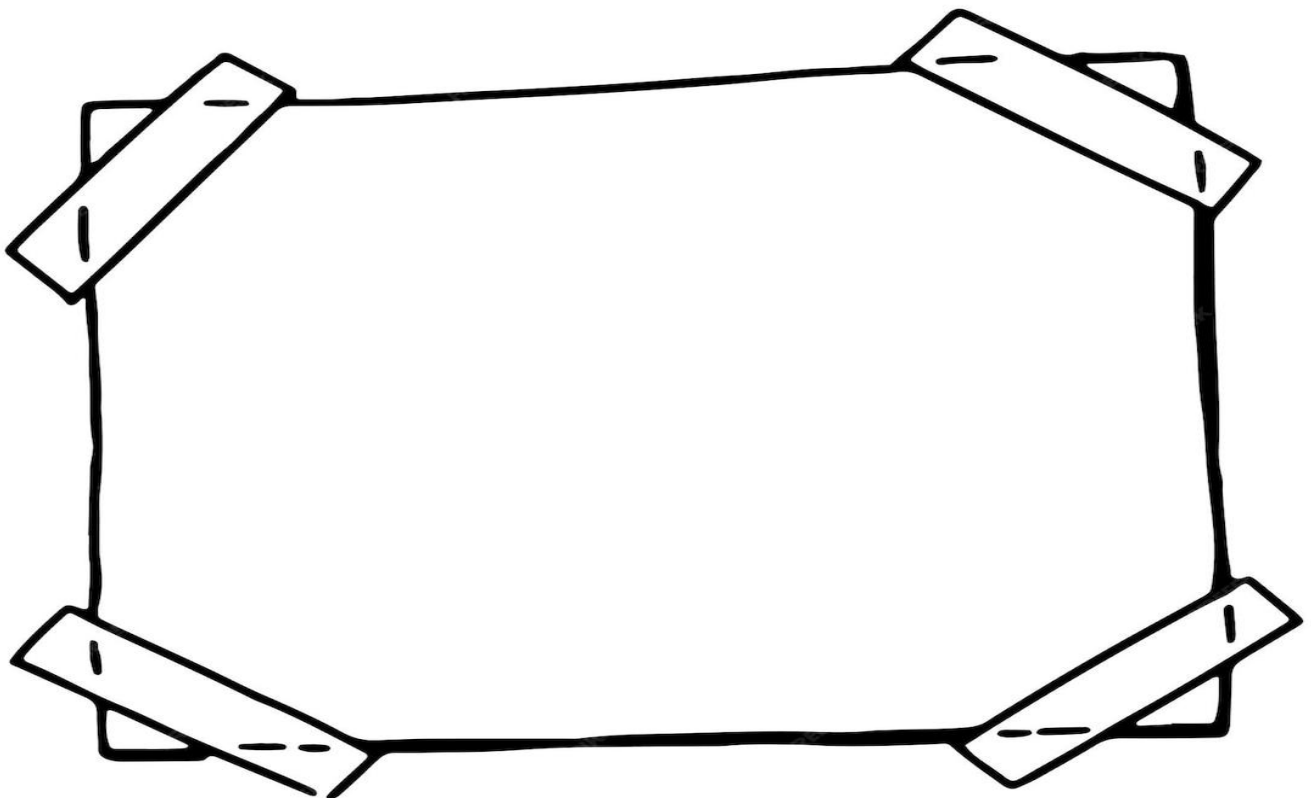


We love sharks because they are really cool!

I identify with a panda because I like to sleep for most the day. I love to eat veg and be around my own people all day. However, I can also be clumsy and funny at times



What do you identify with? And why?



Mental Health

When I wake up in the morning,
Whether feeling complete or overwhelmed.
I take a look in the mirror.

When I sit in a forest,
Surrounded by green,
I take a look at the beautiful scenes.

Like a ripple in the water,
A father and his daughter,
We all stand here today,
Under the Sky that looks gray.

However there is a light in the dark,
Whether in your room, or in a park,
So although we all stand today,
Tomorrow may not be so gray.

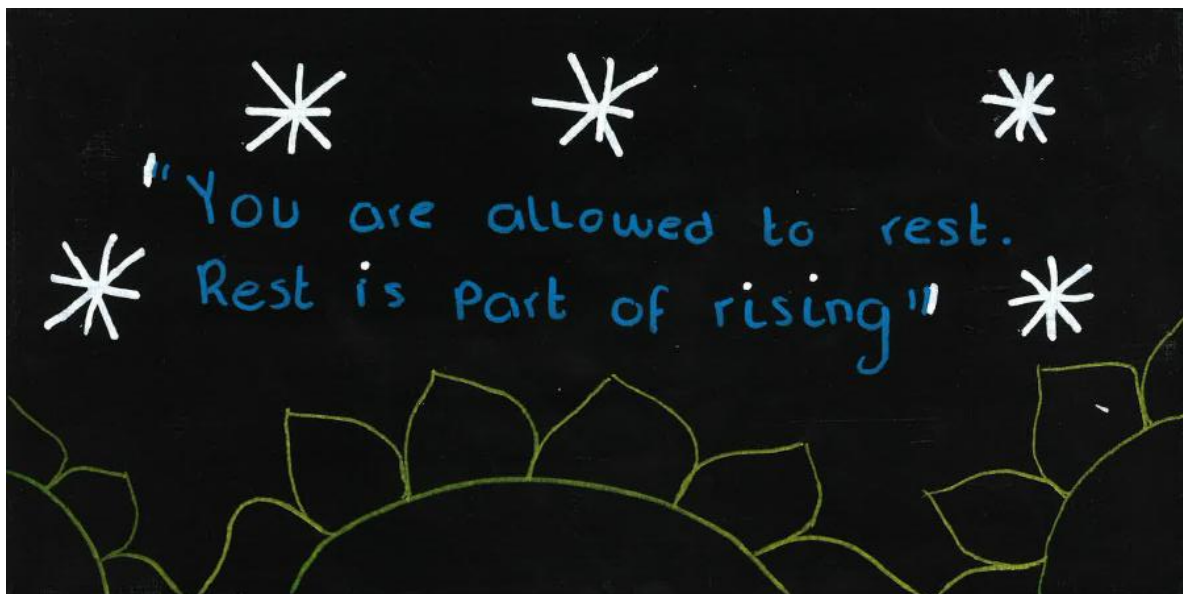
By Adrian Dixon
Monday 7th July 2025

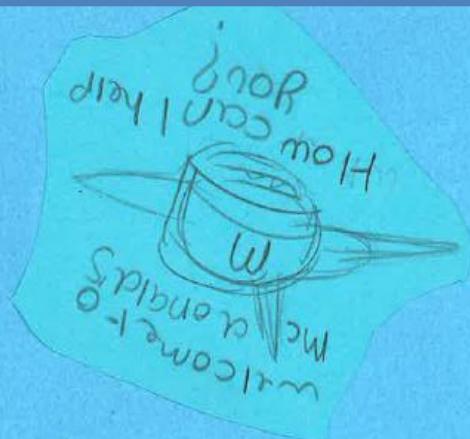
Mindfulness activities

Mindfulness is a form of escaping reality for a while, giving you a mental break. We all need this, and is an important part of taking care of yourself.

The Following pages are examples, colouring sheets and activities for you to enjoy in your own time.

Go on, give yourself a break!





FORGOT



ain't no law like
geehaw



How
To

Shatch



Music is amazing for the soul! We have listed some songs we love, and left space for you to add yours!

<i>Happy Songs</i>		<i>Sad Songs</i>	
<i>I feel good</i>	<i>City of Angels</i>	<i>Someone You Loved</i>	<i>Jar of Hearts</i>
<i>Family Matters</i>	<i>FuFN - Jade</i>	<i>Dancing in the Sky</i>	<i>Zombie - Cranberries</i>
<i>Baseline Junkie</i>	<i>Heaven - Demi Lovato</i>	<i>Chalkline Outline</i>	<i>Sound of Silence</i>
<i>Minions - Theme song</i>	<i>Worth it - Fifth Harmony</i>	<i>Hands up</i>	<i>For the Love of a Daughter</i>
<i>Drive by</i>	<i>Cheerleader</i>	<i>Everybody dies</i>	<i>Good enough - Little Mix</i>
<i>Bring me to life</i>	<i>White Chicks ST 19</i>	<i>How do I say Goodbye</i>	<i>What I was made for (Cat version)</i>
<i>Opportunity</i>	<i>Hairdresser</i>	<i>Love me or Leave me</i>	<i>Work song - Hozia</i>

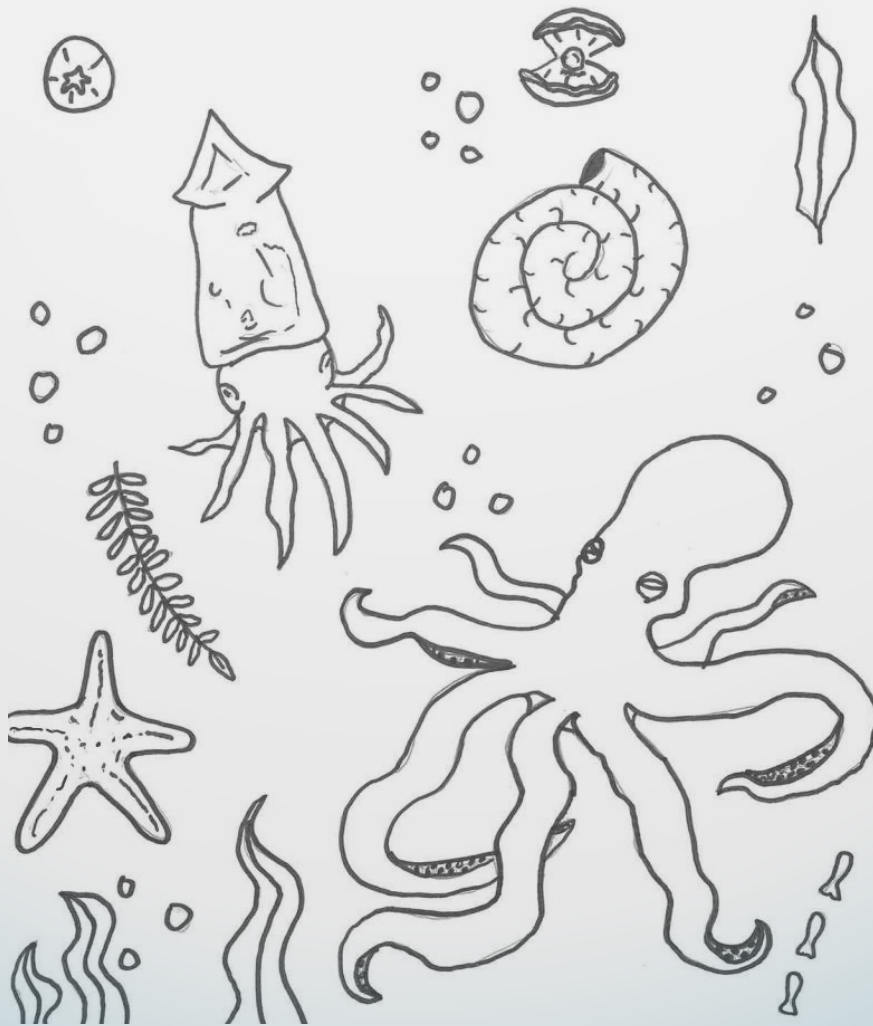
Creature

SKETCH

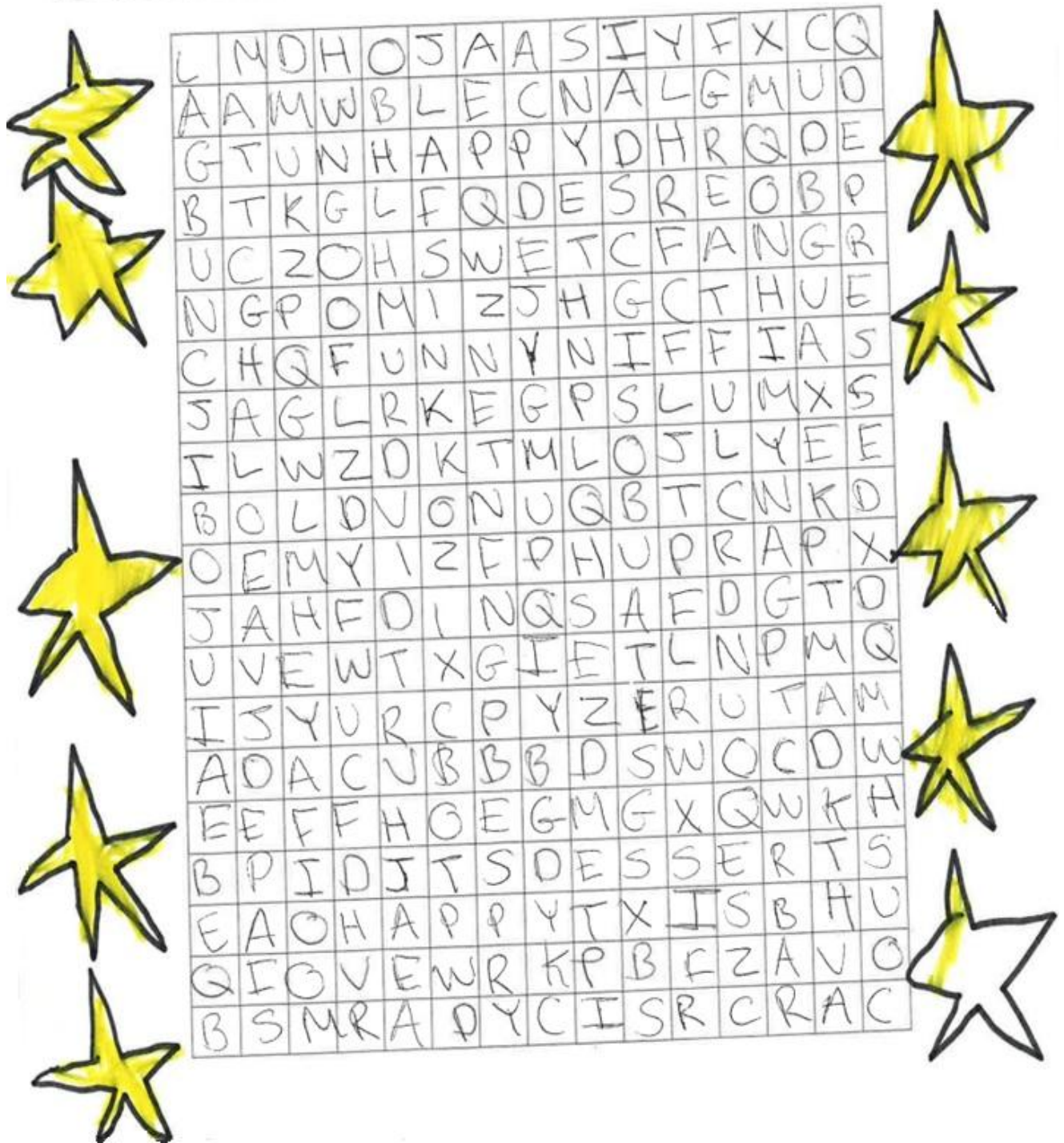
YOUR

Sea

Favourite UK



Words to find		
happy	funny	beautiful
depressed	mature	mad
laughing	luck	unhappy
Greatful	Stressed	Bald



I am human
I'm tired from cities
I am going to nature
to find peace

The plain ground
with stars and sauna
and silence all over the area
made me feel peace

Long and shady trees
and that cool breeze
made me relax and calm
and sound free's palm

The clouds were as light as
air,
And blew with the wind
And the sun set
was the day's end





Nisha

emotion

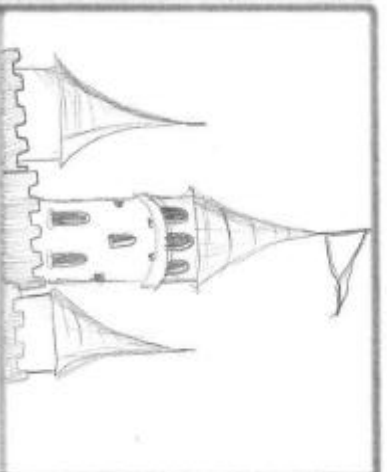
HANGRY

Comic Strip

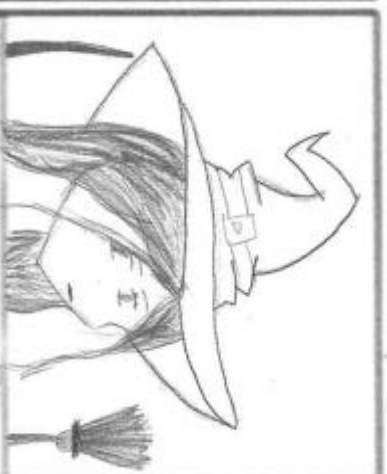
Misna o



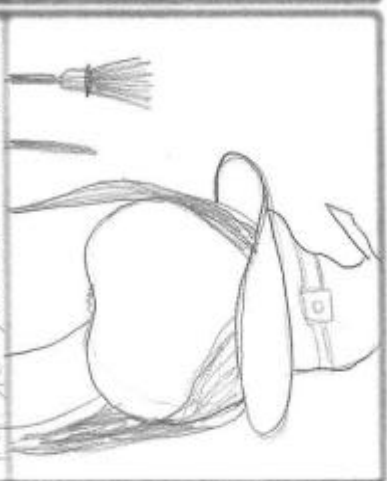
Once upon a mythical time there was a fairy named Faeel



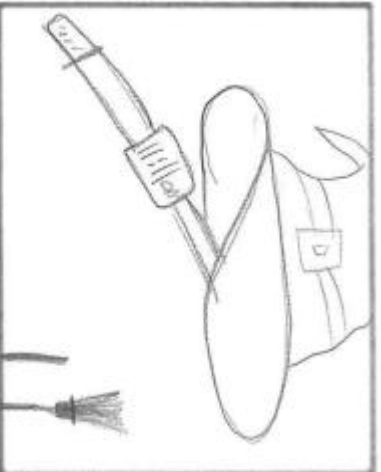
She stumbled into a large (brilliantly) castle where she met a witch



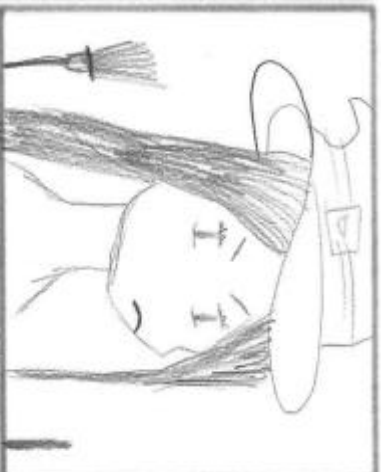
The witch was called Nikita, she asked the fair for the time



The fairy wasn't skilled and turned the witch into an apple instead of creating an apple witch



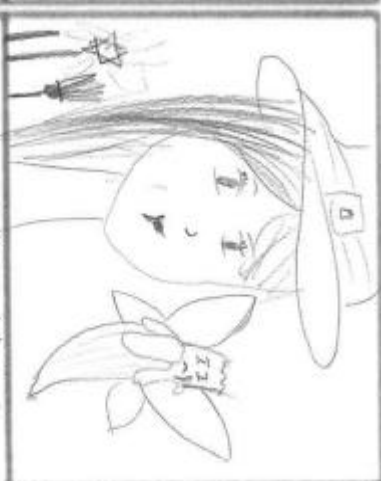
The fairy tried again but turned the witch into an apple witch



The witch warned of ill to turn back and some could get karma on the fairy



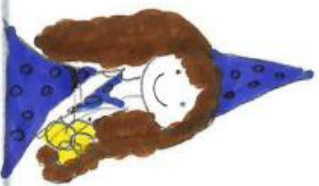
The witch turned the fairy into a PANADA!



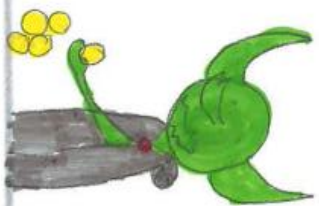
The witch then eats the fairy, and the time was 11:13

Goblin/princess Depression

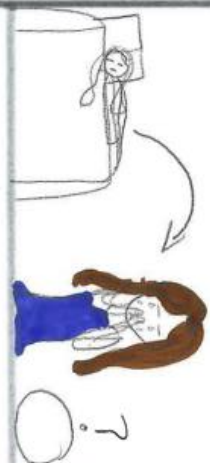
Can you finish this story in the last 2 slides?



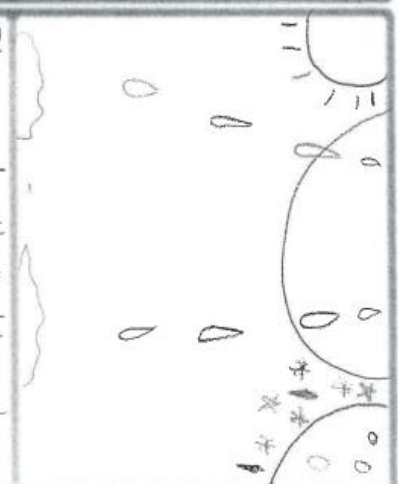
There was a princess
who loved her gold.



One day the gold
got stolen by an evil
goblin.



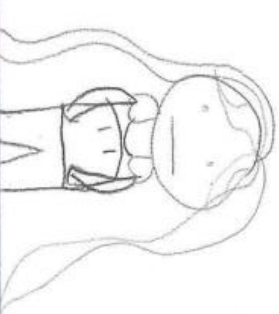
The princess saw her
gold was missing and had
been stolen while she was
asleep



She cried all night and
all day,



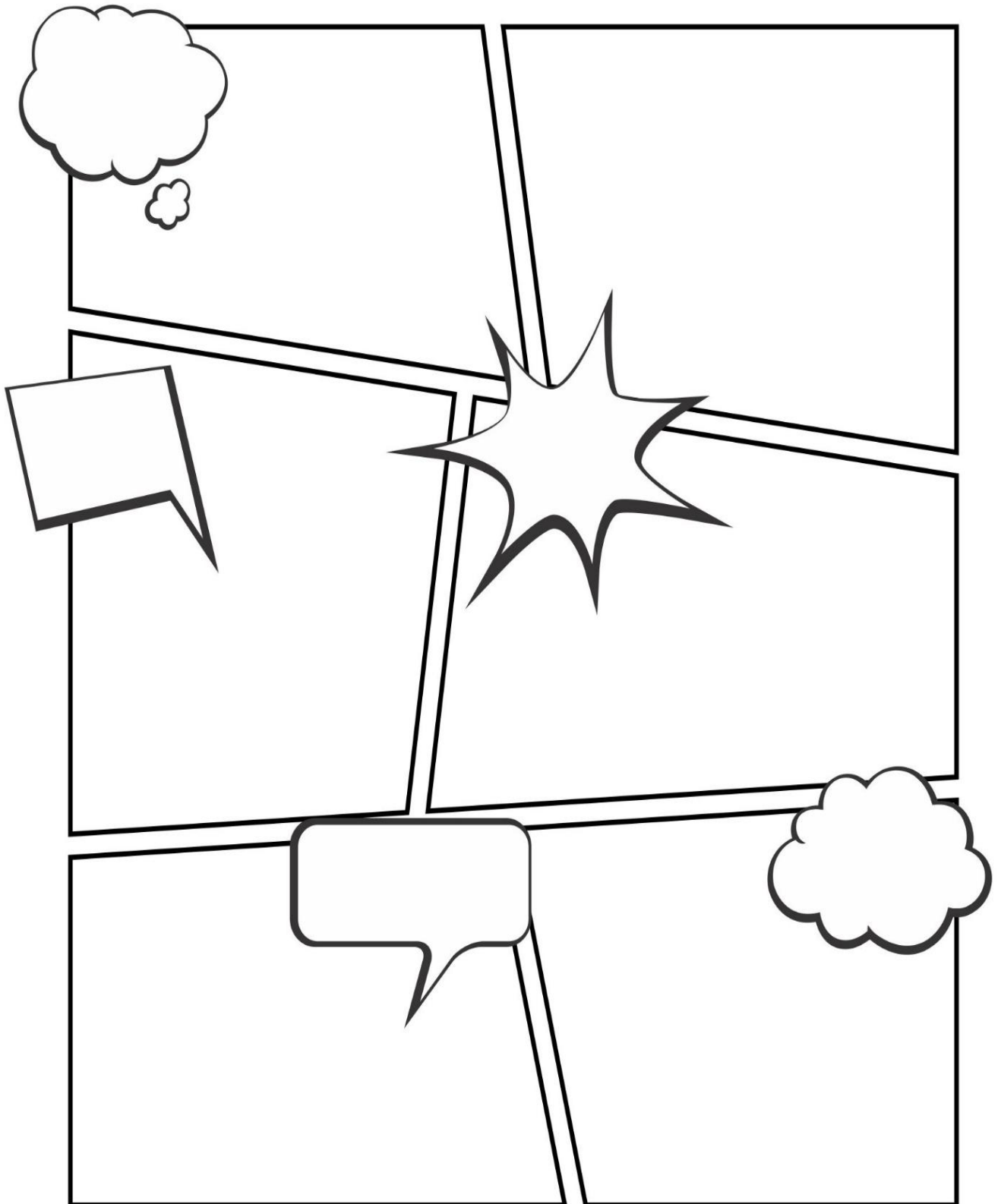
She knew she'd never
get her gold back.

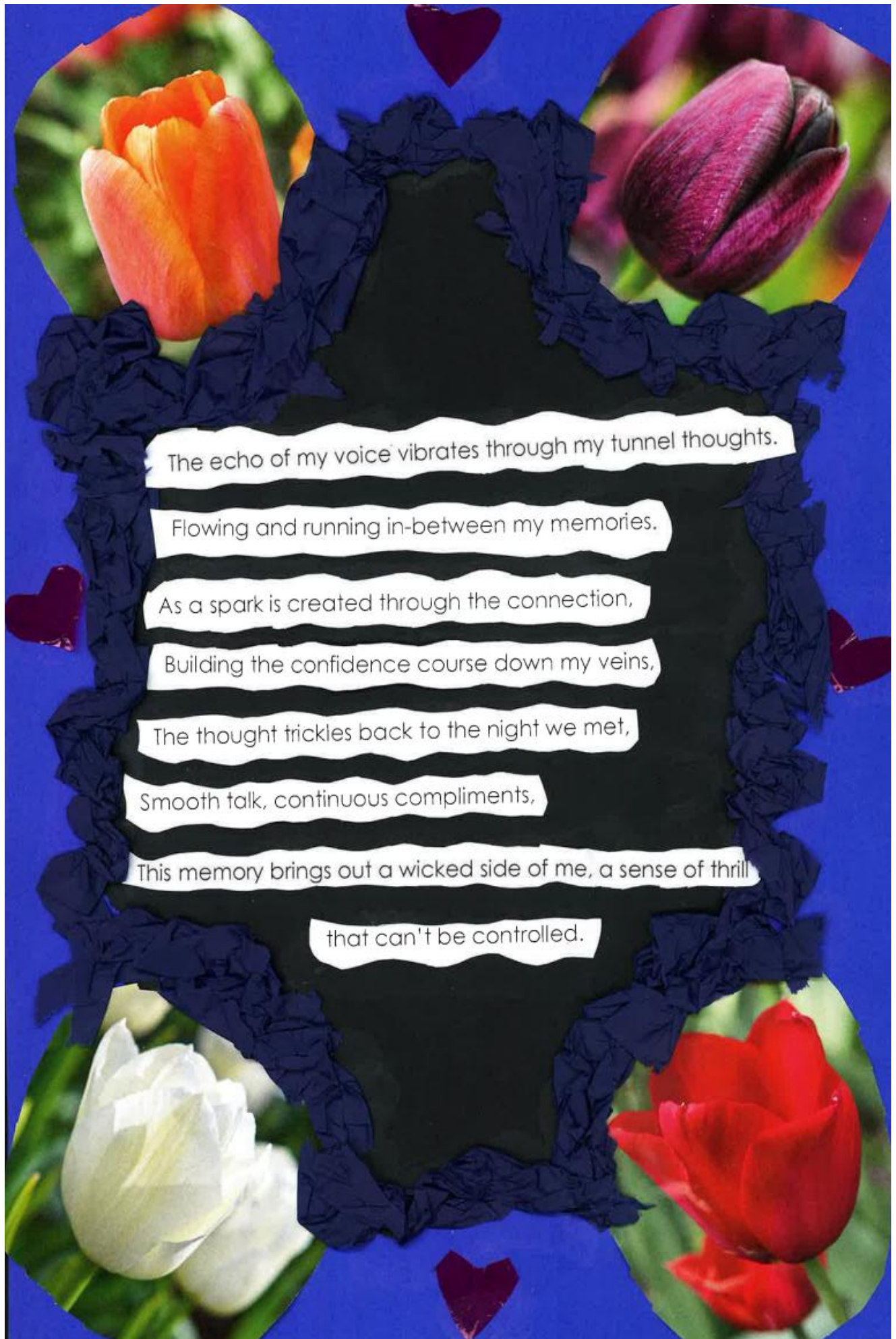


It lead to her feeling
numb and no more
tears running down her
face

We had great fun creating comics!

Why don't you try? We tried to mix real emotions with made up characters





The echo of my voice vibrates through my tunnel thoughts.

Flowing and running in-between my memories.

As a spark is created through the connection,

Building the confidence course down my veins,

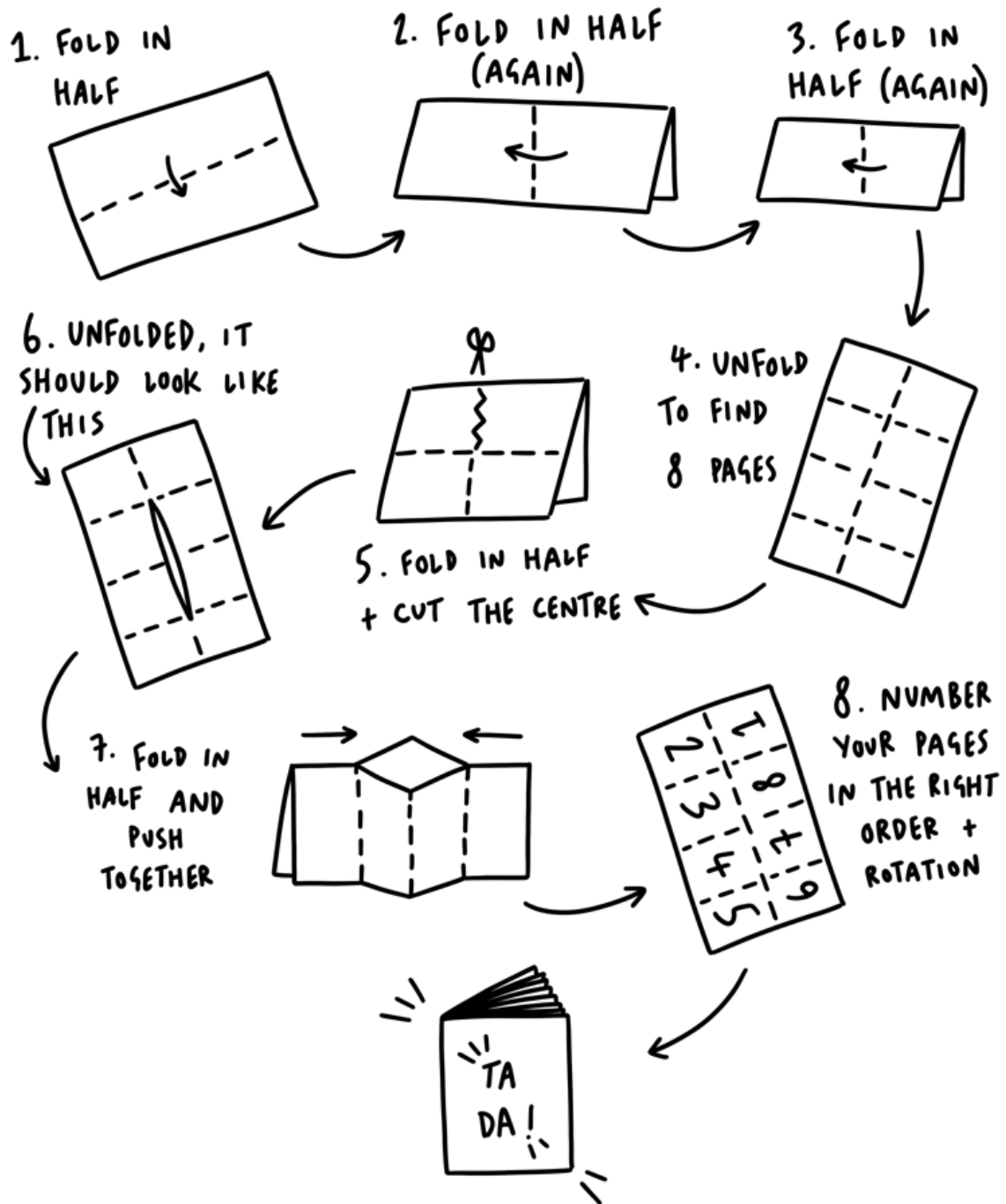
The thought trickles back to the night we met,

Smooth talk, continuous compliments,

This memory brings out a wicked side of me, a sense of thrill

that can't be controlled.

HOW TO MAKE A ZINE





These are a super quick and easy to make little book.

Decorate it how you like, and the uses are endless.

Photo book, Notes, A gift,

A memory?

Lets get creative!





Make Are
With Nature





Shadows

*Life is dark like a shadow,
Sometimes you just need to cuddle,
To get out of your frustrated bubble.*

*Life is light like the sun,
Sometimes you need happiness,
Sometimes you need fun,
Live your life out of the shadows,
Follow the light, see how it goes!*



Colour challenge

Pick a palate,
The theme is
Nature!

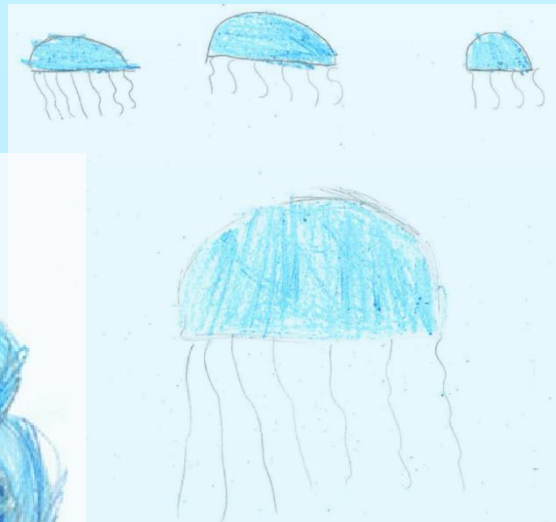
Greens



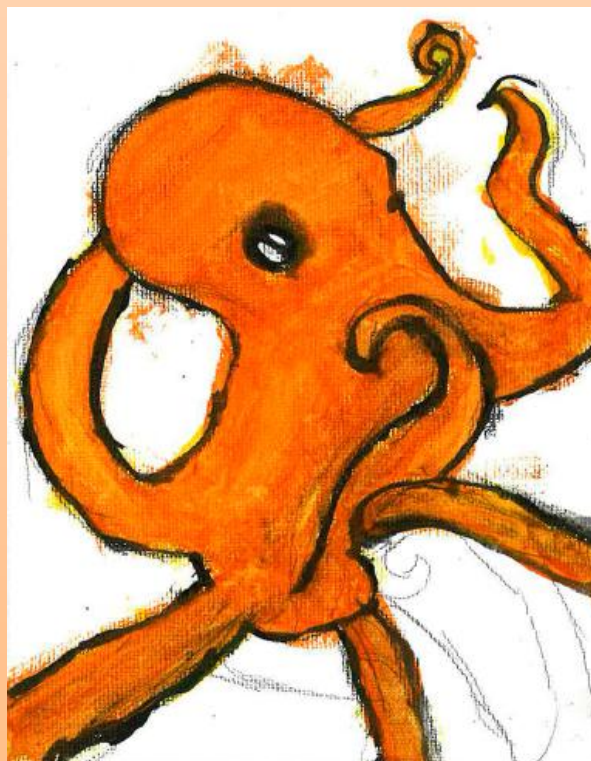
Pinks or Purples



Blues

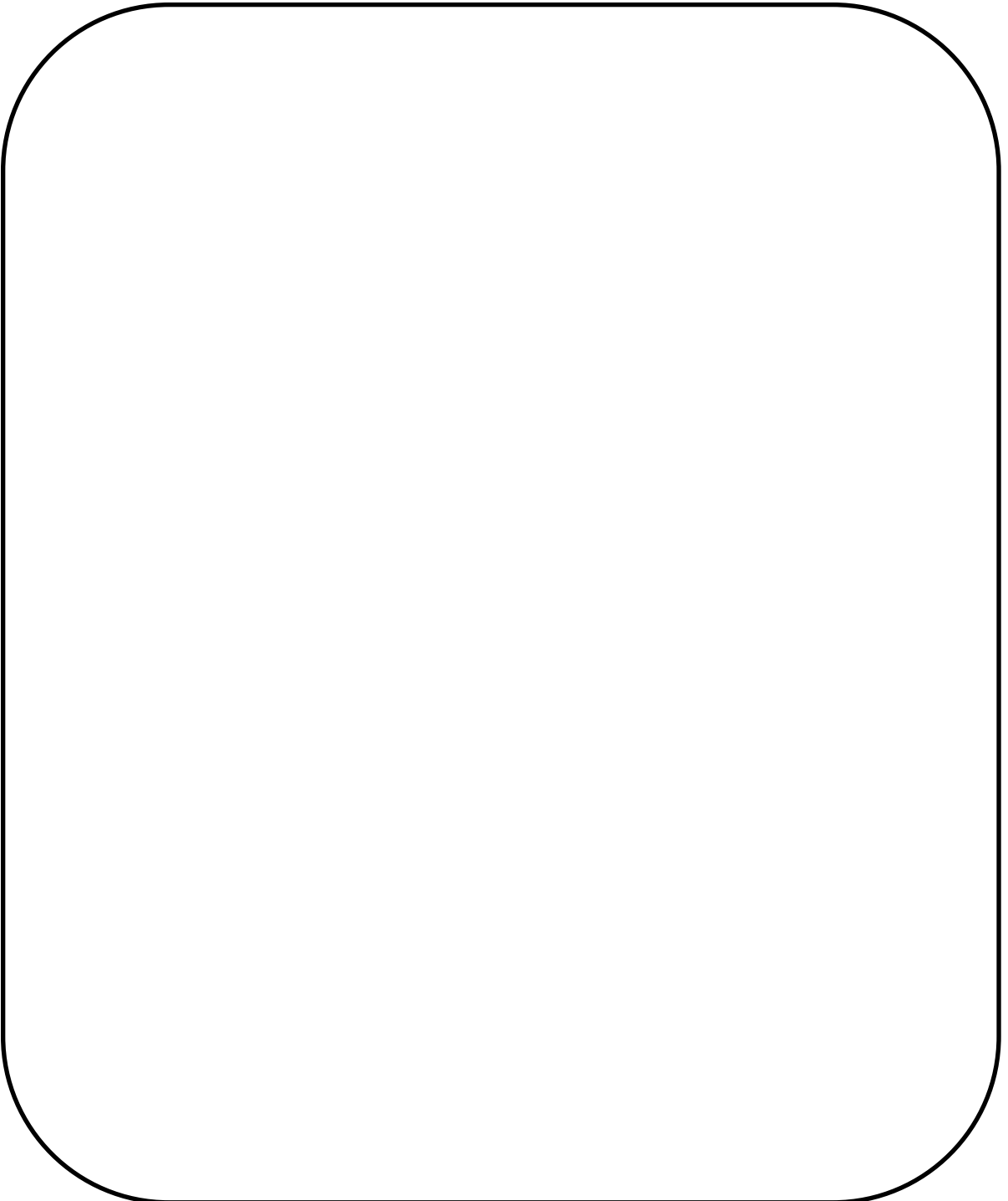


Oranges



Colour challenge

Which colours have you chosen?

A large, empty rounded rectangle with a black outline, intended for a drawing or response. It occupies the central portion of the page, below the text prompt.

Ways to build self-confidence Ways to destroy the self-doubt.

look in the mirror
Say one good thing
about yourself.

Take part in
your interests

Stick by yourself
have faith in
your decisions.

Step out your
comfort zone
try something new

Talk to someone
about your
confidence

ignore thoughts
think positive

Love
yourself

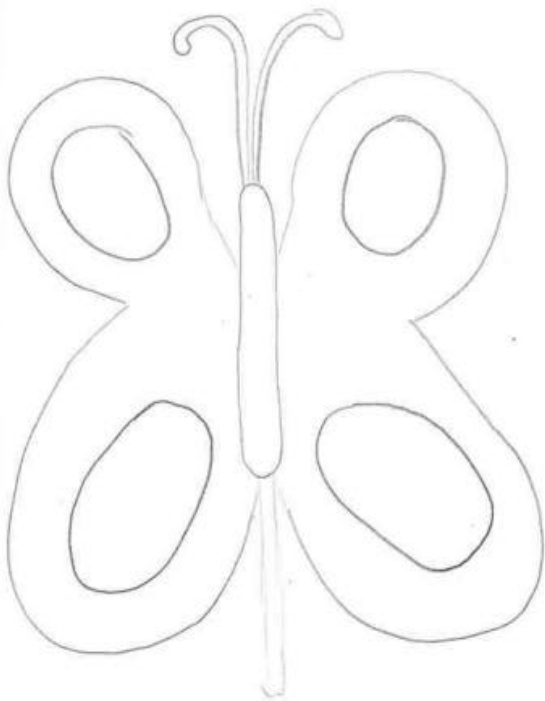
hang around
with someone
who has
confidence

Ask for
advice
from a friend,
worker, teacher
or family member

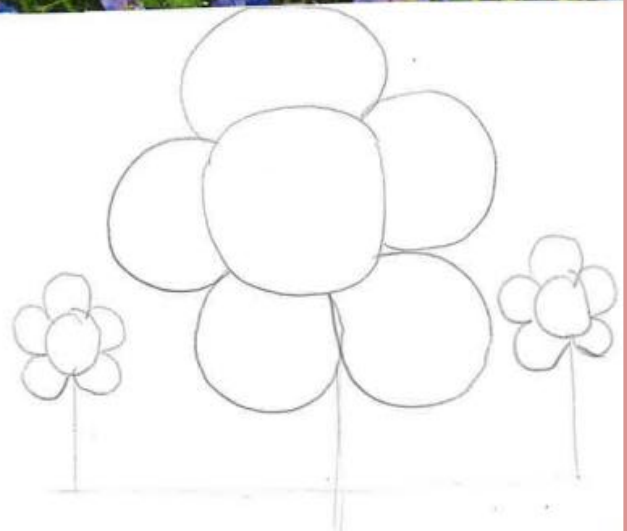
Be resilient



CALM



Peace





Write about a
happy memory

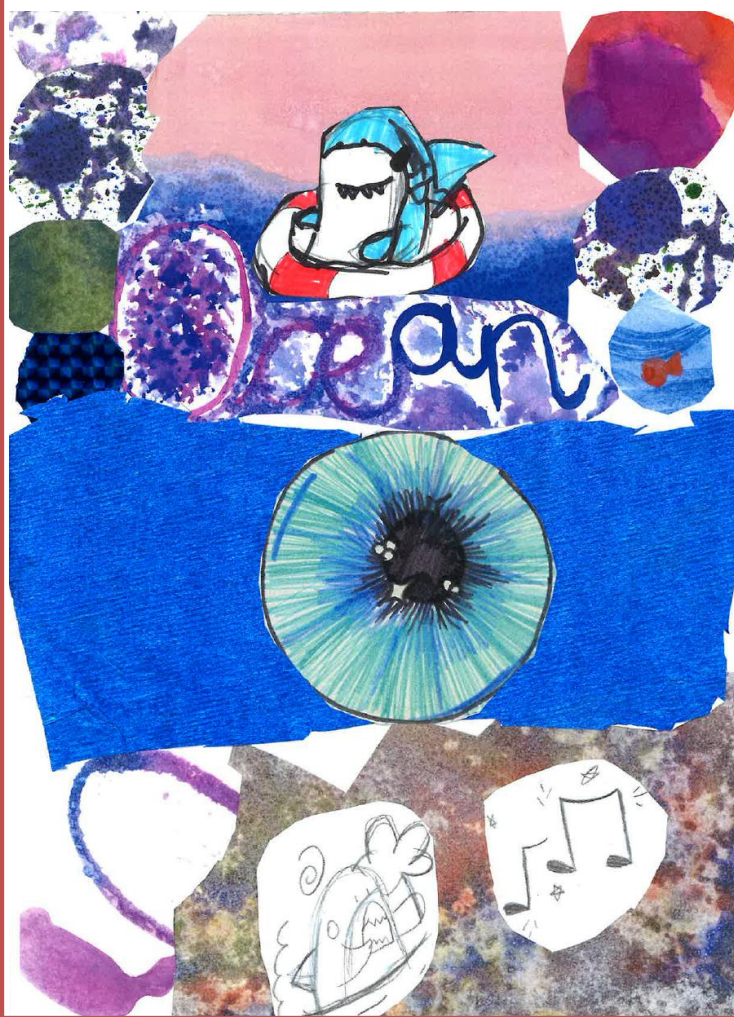
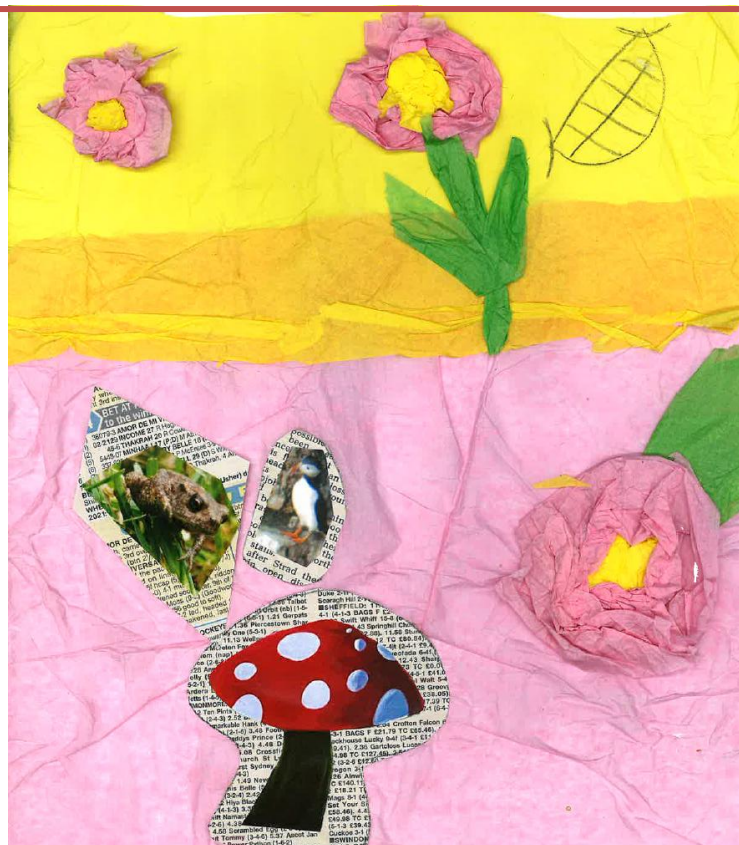


A large rectangular area with horizontal lines for writing, framed by a decorative border. The border features a pink and purple floral pattern on the left side and a pink and purple leafy pattern on the right side.

We love
scrapbooking!

Scrapbooking can be
about anything!

Events, memories,
hobbies, or plans for
the future!

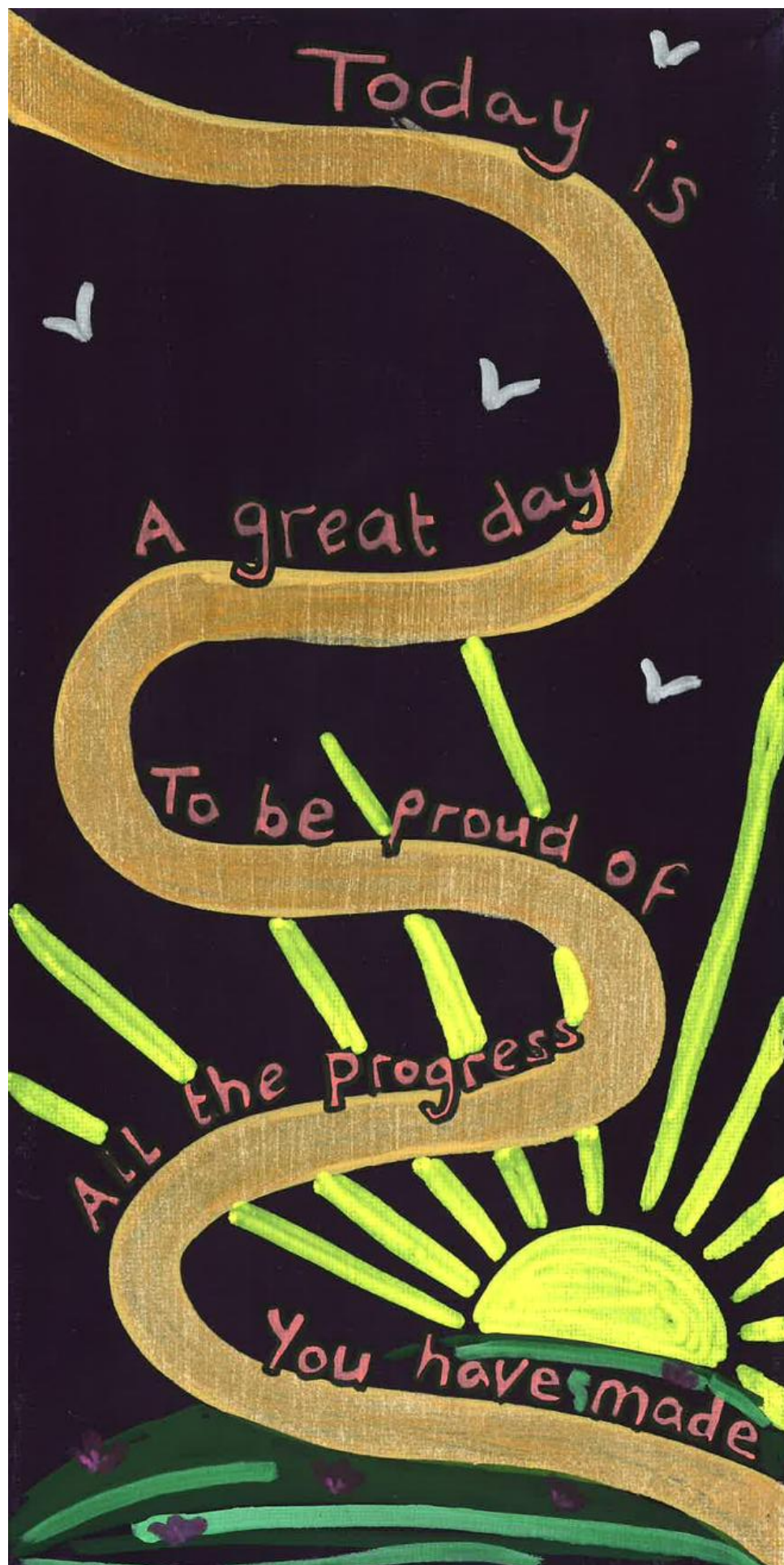


Grab your photos, old
magazines, scrap paper,
drawings, newspaper
clippings, and craft bits
and bobs you have spare.

Arrange it all on a page
and glue with PVA to
create a masterpiece!

It's great fun, and easy to
do.

Why not try decorating
your notebook?



This space is for you

Create your own ending to the book

Fill the page with hopes, dreams, and future
plans

Who are the authors?

The idea for the book came from the authors listed below, as part of their blue influencers project. They worked hard on every contribution.



Victoria
Misha
Danielle
Evie
Emilee
Jessica
Layton
Joie

Not all of the group wanted to be identified, but they are still recognised here – they know who they are.

We have also used some work from around the Hut.

This truly is a book made by Hut users,
For Hut users!

