



#AyeFeel - Make Time To

Make Time To Homework Grid

Experiences and Outcomes: HWB 3-06a, HWB 3-07a



To begin...

These resources are based on our #AyeFeel Young Scot [information](#) for young people on mental health and wellbeing.

#AyeFeel is a national hub of information about mental health and emotional wellbeing, it provides information from different national organisations as well as tips from young people. There is information on a range of key mental health topics including body image, sleep, eating disorders, eco-anxiety, mindfulness, bullying, self-harm and much, much more.

Find out more at young.scot/ayefeel

As part of this work, we are running a campaign called #MakeTimeTo that encourages young people to make time to look after their mental health and emotional wellbeing and raise awareness of #AyeFeel. The campaign has been created with input from young people from the Young Scot Health Panel and builds on an initial campaign called 'Make Your Mental Health a Priority'.

You can find all of our #MakeTimeTo resources at young.scot/ayefeel.



Useful Links

Some of the suggested activities below are taken from our #AyeFeel site. These may be useful to share with your learners.

- [Relaxation exercises](#)
- [Practice mindfulness with Young Scot](#)
- [How to improve your sleep routine](#)
- [How to talk about your feelings](#)
- [Tammy's techniques to support your emotional health and wellbeing](#)

Instructions

Provide learners with a homework grid to cut out and keep in their jotter. Ask learners to colour in each square once they have completed each task.

Make learners aware they do not have to complete every task but should try and complete at least five. Provide a suitable time for activities to be completed, for example two weeks.

Once they have completed at least five activities learners should complete the survey below.



Make Time To Homework Grid



MAKE TIME TO



LOOK AFTER YOUR MENTAL HEALTH


#MakeTimeTo Grid




Do some self-care




Go to the cinema with a pal



Listen to a podcast




Turn off your devices



Chat to a friend



Get outside for a walk




Write in your journal



Brain dump before bed




Do some mindfulness




Bake something delicious



Do a breathing exercise




Tidy your room




Read a book



Do some meditation



Do a workout



Try something new



Make Time To Homework Grid

Have a hot drink with your parent/guardian	Go to the cinema with a friend (Use your Young Scot Card for a discount) or Have a movie night in the house	Brain dump before bed	Listen to a podcast
Get outside for a walk	Chat with a friend about how you are feeling	Dig out some art supplies and create something that makes you happy	Dance it out! Put on your favourite song and dance in your room like no one's watching!
Do some mindfulness Yoga	Workout at home or at the gym	Design your own boardgame	Write in a journal
Do a breathing exercise	Bake something delicious!	Try something new	Get comfy and read a book
Turn off all devices and get a good night's sleep	Try some self-care. Paint your nails or have a long bath.	Tidy your room	Try some meditation

Survey

<https://bit.ly/3r3icx5>

Reward!

If you're a Young Scot Member, you've earned 100 Reward Points for taking part in the Make Time Homework Grid! Use this code **20ZR30BK** to redeem your points or scan the QR code with your phone! Not a Member yet? Sign up at young.scot/membership to access online discounts and exclusive rewards and opportunities!

