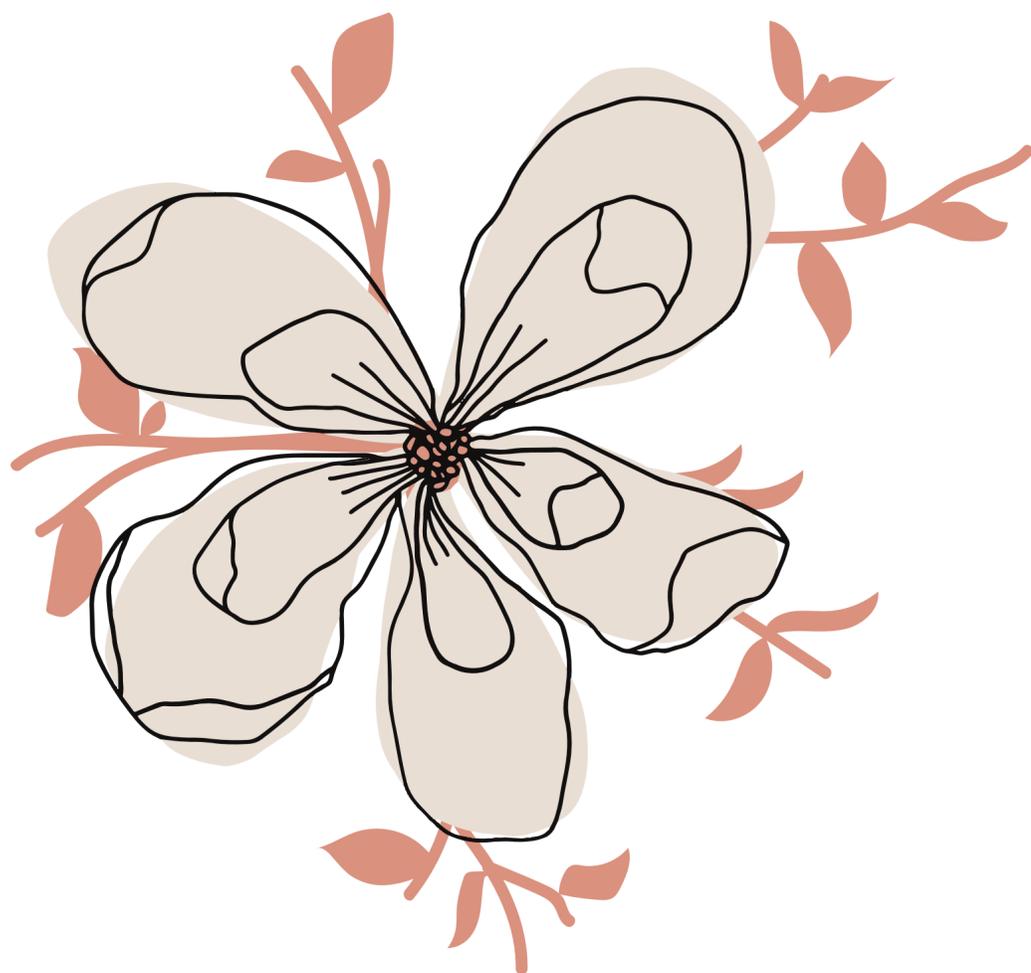
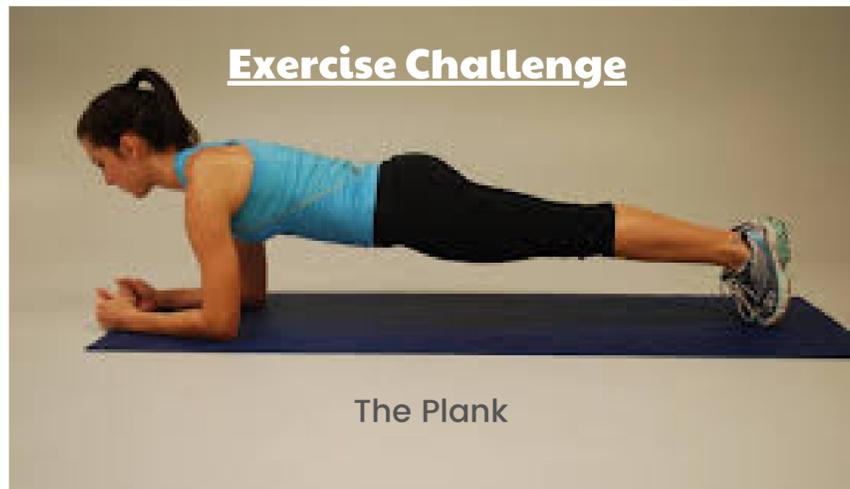


Small Steps Together



Wellbeing Pack 2



Beginner

- Day 1: 15 seconds
- Day 2: 15 seconds
- Day 3: 20 seconds
- Day 4: 20 seconds
- Day 5: 30 seconds
- Day 6: 30 seconds
- Day 7: 35 seconds
- Day 8: 35 seconds
- Day 9: 40 seconds
- Day 10: 45 seconds
- Day 11: 45 seconds
- Day 12: 50 seconds
- Day 13: 55 seconds
- Day 14: 60 seconds

Intermediate

- Day 1: 20 seconds
- Day 2: 20 seconds
- Day 3: 25 seconds
- Day 4: 25 seconds
- Day 5: 35 seconds
- Day 6: 35 seconds
- Day 7: 40 seconds
- Day 8: 40 seconds
- Day 9: 45 seconds
- Day 10: 50 seconds
- Day 11: 50 seconds
- Day 12: 55 seconds
- Day 13: 60 seconds
- Day 14: 65 seconds

Advanced

- Day 1: 30 seconds
- Day 2: 30 seconds
- Day 3: 45 seconds
- Day 4: 45 seconds
- Day 5: 60 seconds
- Day 6: 60 seconds
- Day 7: 70 seconds
- Day 8: 70 seconds
- Day 9: 80 seconds
- Day 10: 80 seconds
- Day 11: 90 seconds
- Day 12: 90 seconds
- Day 13: 105 seconds
- Day 14: 120 seconds

Remember to warm up and stretch afterwards

Recipe Idea!

Dinosaur Biscuits



Ingredients:

- 325g (11oz) plain flour, sifted, plus extra for dusting
- 200g (7oz) cold salted butter, cut into cubes
- 125g golden caster sugar
- Teaspoon of vanilla essence
- 2 large egg yolks
- 1-2 table spoons milk
- Few plastic dinosaurs with different sized feet
- Coloured writing icing pens
- 1 egg, beaten

Method:

1. Put the flour and butter together in a bowl and with your fingertips rub together until it resembles fine breadcrumbs
2. Add the sugar, vanilla, egg yolks and milk. Mix with a knife, try not to over work the dough, until the mixture comes together in a smooth dough
3. Tip onto a lightly floured surface and roll into a cylinder. Wrap tightly with cling film and chill for 1 hour
4. Preheat oven to gas 6, 200C, fan 180C. Using a sharp knife, cut dough into 1/2cm discs and arrange on 2 lined baking sheets. Dip the dinosaur feet in plain flour, then press them into the top of the biscuit to make several footprints in each one.
5. Brush with beaten egg and bake for 15 - 18 minutes, or until just golden
6. Transfer to a wire rack to cool, while still warm press the dinosaur feet into the indents
7. Fill the inprints with different coloured writing icing and leave to set

Relaxation

(Five to Thrive - Relax)



Grounding Exercises

5-4-3-2-1 method

Working backwards from 5, use your senses to list things you notice around you. For example, you might start by listing five things you hear, then four things you see, then three things you can touch from where you are sitting, two things you can smell, and one thing you can taste.

Make an effort to notice the little things you might not always pay attention to, such as the colour of the flecks in the carpet or the hum of your computer.

Put your hands in water

Focus on the water's temperature and how it feels on your fingertips, palms, and backs of your hands. Does it feel the same on each part of your hand?

Use warm water first, then cold. Next, try cold water first, then warm. Does it feel different to switch from cold to warm water versus warm to cold?



Activity

Worry Box



Decorate a shoe box or small box

1. Write your worries on a small piece of paper
2. Place those worries inside the box
3. After a period of time (days or weeks, not hours) come back and read through the worries
4. Then rip those worries up and throw them away
5. Adults and children can partake in this activity (If you want, each person can have their own box)

Baby Activity - Tummy Time

(Five to Thrive - Play)



- Tummy time can be for as short as 5 seconds and built up slowly.
- Follow baby's lead-if they aren't happy, pick them up and do something else.
- Use objects placed in front of baby, so they can watch them - noisy, sparkly.
- Lay baby on a texture such as a pat mat (if you have one) or make your own using a ziplock freezer bag - put some liquid soap in the bag, add a few flat bags - pieces of rice, sequins, buttons etc, seal the back and tape it shut, then allow baby to tap it.
- Roll up a towel to act as a support, place it under your baby's chest if this helps.
- Lay down, get on the same level as your baby, this can help baby to look up at you.
- Try tummy time on your chest - lean back on the sofa, place baby on your chest - an ideal opportunity for skin to skin as well. A lovely claming activity for you both.



Photo Challenge



We challenging you to take a picture of a specified object

The challenge:

An Insect



Six tips to taking a good photo:

1. Be in the moment and prepare for the unexpected
2. Pay attention to what most people don't, reflections in puddles, windows, mirrors etc.
3. Think about light. Lighting dictates shapes, texture, contrast.
4. Frame your picture or make use of lines. An open door or window, branches of a tree etc.
5. Think about composition. Objects don't always have to be in the centre of the photo.
6. Practice and try again. Take lots and keep the best



Podcasts & Useful Apps



Stacey Solomon has a few podcasts about life with a baby

<https://podcast.app/here-we-go-again-with-stacey-solomon-p848001/>

App: Catch it

Learn how to manage feelings like anxiety and depression with catch it. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing



Setting Realistic Goals

Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realise your goals. Aim high, but be realistic, and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress towards your goal.



Value Yourself

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies, and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take a dance lesson, learn to play an instrument or become fluent in another language.



Baby Rhyme Time

(Five to Thrive - Talk)



Hickory Dickory Dock

Hickory dickory dock (gently bounce your baby to the beat)
 The mouse ran up the clock (run your fingers from your baby's toes to their chin)
 The clock struck one (clap once)
 The mouse ran down (run your fingers down to your baby's toes)
 Hickory dickory dock

Hickory dicory dock (gently bounce your baby to the beat)
 The mouse ran up the clock (run your fingers from your baby's toes to their chin)
 The clock struck two (clap twice)
 The mouse went 'boo' (cover baby's eyes with your hands then pull them away on boo!)
 Hickory dickory dock

Three - the mouse went weeeee (lift baby up into the air)
 Four - the mouse went 'no more' (shake your finger)

If nursery rhymes are not your thing, dance around with your baby to your favorite types of music! Here are some feel good suggestions. We would love to know yours!

- Walking on Sunshine - Katrina and the Waves
- Beyonce - Love on Top



Useful Contacts

GP's Surgeries –
The Riverside Practice, March:
01354 661922
Mercheford House, March:
01354 656841
Cornerstone Practice, March:
01354 606300
Wimblington Surgery:
01354 740311
Doddington Surgery:
01354 740311
Manea Surgery:
01354 680774
George Clare Surgery, Chatteris:
01354 695888
New Queens Street Surgery, Whittlesey:
01733 204611
Jenna Health Centre, Whittlesey:
01733 206210

Health Visitors Duty Desk:
0300 029 50 50 option 3

Mind: 0208 215 2243

Fenland Community Midwife Team:
01354 644366

Housing Associations –
Circle Housing Roddons: 0800 111 6447
Clarion Housing: 0300 500 8000

Fenland District Council: 01354 654321

Citizens Advice line: 03444 111 444

Child & Family Centres –
March:
01354 656581
Chatteris:
01354 697739
Whittlesey:
01354 750185

Emergency Contacts

Crisis Team: 111 option 2 for Mental Health
Samaritans: 116 123
Police: 999 or 101
Social Care Contact Centre: 0345 045 5203
Domestic Abuse Organisations –
Refuge National Domestic Abuse Helpline:
0808 2000 247 or visit
<https://nationaldahelpline.org.uk>

For more information on the service offered
or how to refer please contact...
Louise Garner on 07867 385136
Email: [sst@ormistonfamilies.org.uk](mailto:ssat@ormistonfamilies.org.uk)
Visit our Website: www.ormiston.org
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