



#Take10

By the Girlguiding LaSER Champions

About #Take10

What is #Take10?

#Take10 has been created for 14-26 year olds involved in Girlguiding to provide support through stressful or busy times such as exams, coursework, deadlines, job applications or work.

When there is a lot to do it can feel overwhelming and there is the temptation to keep working without breaks. #Take10 is here to provide fun activities, exercises and practical tasks that can support your wellbeing.

This pack is designed to be used by individuals, but there are activities that would be fun if completed with others.

The activities take roughly 10 minutes each and can be done at any time or more than once - they do not need to be completed in any particular order.

#Take10 will challenge you to think about how you feel, to recognise times when you need a break and encourage you to plan your time.

Not all activities will be suitable for everybody and some might need to be adapted to suit dietary requirements, abilities or available resources.

This pack has been put together by the Girlguiding LaSER Champions who have tested the activities themselves.

Get in Touch

If you would like to contribute your own #Take10 activity or have any questions please email the Girlguiding LaSER Champions via info@girlguidinglaser.org.uk, with #Take10 as the subject.

You can also contact us on Twitter @Guiding_LaSER, on Instagram @GirlguidingLaSER, and on Facebook/ GuidingLaSER - why not tag a friend and challenge them to have a go at one of the activities?

About #Take10

Who are the Girlguiding LaSER Champions?

Girlguiding LaSER (London and South East England) is one of nine regions of Girlguiding, the leading charity for girls and young women in the UK.

The Girlguiding LaSER Champions are the campaigning arm of Girlguiding LaSER and the voice of The Senior Section. Aged between 14-26, they are members of The Senior Section who meet each term to plan their campaigns and receive training on topics such as advocacy and speaking to the media.

Girlguiding LaSER Champions also attend events on behalf of Girlguiding LaSER, host VIPs, and are actively positive about Girlguiding and all that it offers.

A note from the Girlguiding LaSER Champions

We hope that you enjoy the activities in #Take10 and we would love to hear what you think! You can use social media to get in touch using #Take10; please do share pictures and stories about what you've been getting up to using the pack. We are really proud of it and hope it will provide you with some support during busy and stressful times. We've had fun putting the pack together and hope you'll have fun using it

Don't forget that Girlguiding is great for support during busy times; going to unit meetings or volunteering can be flexible - ask a Leader or your Commissioner if you need more information. Sometimes simply taking a break by spending time volunteering or attending your unit meetings and doing something different can help a lot.

Creative Page

A few doodles to colour
and a space for you to be
calm and creative

What you need

- Colouring pencils or pens
- This sheet printed, or saved in a colouring app

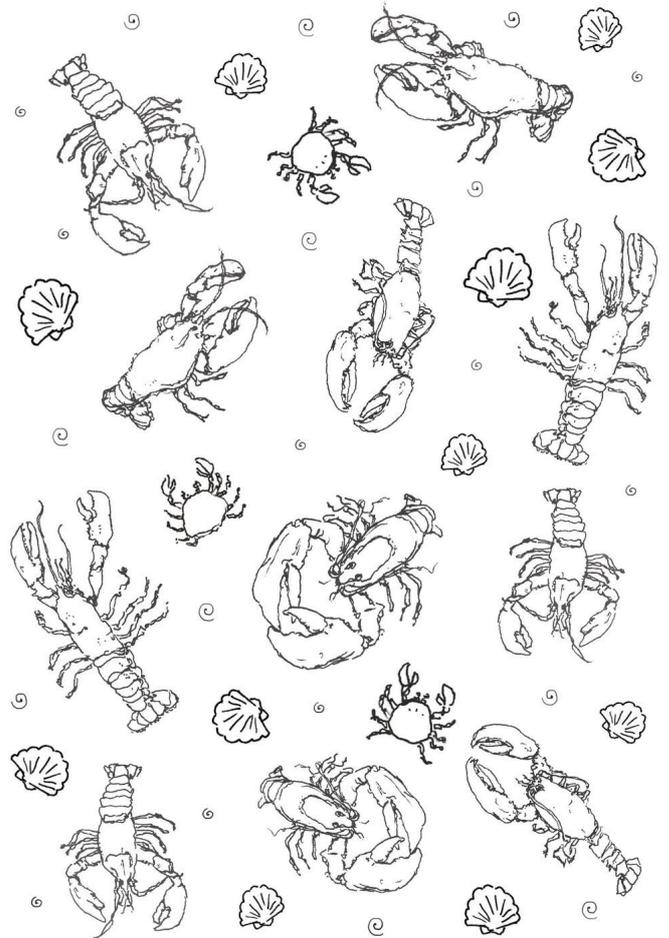
How to

Let your creativity go wild! Spend 10 minutes colouring this pattern however you like, using the colours you like.

Why

It's good to take a break from looking at a computer or mobile phone screen. It can also be helpful to have a go at being creative and doing something different for a short time; by taking a short break to do some colouring it can benefit your studying or work as it gives you a chance to refocus and clear your mind.

Thank you to Hannah Hutchings a Girlguiding LaSER member from Girlguiding Kent Weald County who designed this colouring page. To see more of her work go to: www.hannahhutchingsart.blogspot.co.uk/



Tactile Page

Connect with your senses by making your own unique tactile page

What you need

- Sheet of card
- Scraps of different materials; anything and everything that you can stick onto a sheet of card - such as bubble wrap, tinfoil, string, bottle caps, felt, labels etc.

How?

Decorate your sheet of card using all the different textures and materials that you have found. Be creative - you could make a picture or randomly stick stuff on. When it's dry, close your eyes and use your hand to feel the different textures, think about how they feel under your fingers, concentrate on the physical feelings and let any other thoughts float away.

Why?

The different textures give you something to focus on and ground you in the present. This can help reduce stress, improve your mood and reduce boredom.

Penny Walk

A penny walk is where you flip a coin each time you come to a turning

What you need

- A penny or a coin to flip
- Suitable clothing and footwear

How to

Take a penny or any two-sided coin and go outside. Every time you come to a fork in the road/pavement, flip the coin to decide which way to turn. When the coin lands on heads turn right and if it lands on tails you turn left.

When you are on your penny walk why not listen to your favourite playlist, or pay attention to the things around you? For example, how many animals did you see? What could you hear? Did you notice something that you don't notice normally?

Why?

A penny walk could be a good way to de-stress as it can allow you to clear your mind as well as explore the world around you.

Mug Cakes

Make a cake in a mug, and cook it in a microwave in a few minutes

What you need

- 1 slice of butter 1cm thick (30g)
- 6 squares of milk chocolate (30g)
- 1 egg
- 2 tbsp caster sugar
- 1½ tsp vanilla sugar or ½ tsp vanilla extract
- 4½ tbsp plain flour
- ½ tsp baking powder

How to

1. In a mug: melt the butter with the chocolate in the microwave for 30 to 40 seconds (800 watts).
2. Beat the mixture until smooth, then allow it to cool slightly. One by one, whisk in the egg, sugar, vanilla sugar, flour and baking powder.
3. Cook in the microwave for 1 minute 20 seconds (800 watts).
4. Allow to cool for one minute before eating.

Why?

Mug cakes are quick and simple without the washing up. Plus it's good to have a break to make something that you can eat.

Mug cakes can be as healthy as you make them - add nuts or fruit, swap out the flour, add a spoonful of jam. More recipes can be found here - www.buzzfeed.com/emofly/tips-recipes-microwave-mug-cakes or search on Google for mug cakes.

Whilst you are eating your mug cake have a think about how you feel.

You could use these questions to help:

- What do you think are some of the benefits of taking regular breaks?
- How could you take this activity further in a longer break?
- After trying out some of the #Take10 activities how likely are you to schedule a break?

Quick Exercises

A few simple exercises to help you feel rejuvenated for the rest of your day

What you need

- A chair

How to

- *Shake Down* - Standing up, shake your right arm for 5 seconds (counting down while you do; 5, 4, 3, 2, 1), repeat the process with your left arm, then right leg and left leg. Then repeat again for all four limbs but for 4 seconds; then 3 seconds, then 2 seconds and finally for 1 second
- *Sit/Stand* - From a sitting position on a firm chair, stand up and sit down again (make sure you know where the chair is behind you), repeat ten times
- *Marching* - Standing or sitting down; march on the spot for 16 seconds (count to 16). Variation: swing your arms at the same time
- *Stretches* - Gently do some stretches (see <http://www.nhs.uk/livewell/fitness/Pages/how-to-stretch.aspx>)

Why?

Exercise releases chemicals in your brain which can make you feel happy.

Exercise can make you feel energised and ready to continue with your plan for the rest of the day, or it can make you feel relaxed at the end of the day.

Please ensure you take extra care and consult a doctor prior to participation if you have any medical conditions or serious injuries.

Inspired by these quick exercises or your Penny Walk? Why not sign up for Girlguiding's LaSER's Walk The Bridges on 24 June 2017 or find other longer walks in your local area?

Taking part in this activity could count as part of your Look Wider octant Fit for Life.

Be Mindful

An opportunity to think about your thoughts and the world around you

What you need

- Yourself

How to

Focus on one or two routine activities which you can use to think about your own thoughts, feelings and your connection to the world around you. This could mean paying more attention and focusing on:

- The taste, sight and temperature of drinking a cup of tea or coffee
- The sounds and smells of having a shower
- The taste and sensation of brushing your teeth
- The sound of the kettle boiling
- The sensations of your body as you sit in a chair
- The feeling of your feet and body moving as you walk

Alternatively, you could try mindfulness exercises through an app or video.

Why?

Paying more attention to the present moment - to your own thoughts and feelings, and to the world around you - can improve your mental wellbeing. Some people call this awareness “mindfulness”. Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life.

Mindfulness helps you increase your awareness of your thoughts and feelings, this can help you to manage unhelpful thoughts and develop more insightful responses to difficult feelings and events. It can also help you better manage stress and feel calmer.

The NHS has some more information on mindfulness (www.nhs.uk/conditions/stress-anxiety-depression/pages/mindfulness.aspx) and Mind’s website also has some helpful tips and exercises (www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/#.W15pC5JK7BJ).

Making Lists

Write and manage an effective to-do list to start getting things done

What you need

- Pen and paper

How to

You could do this at the end of the day, so that you are ready for the next morning.

- Take three sheets of paper and title them “Today”, “This Week” and “Longer Term”; this will help keep you focused on the tasks in hand today, and you can think about other tasks another day.
- Start writing your lists, working out what the most urgent tasks are for the “Today” sheet, things which you want to achieve “This Week” and then other tasks which are “Longer Term”.
- Take a look at your lists - does your “Today” list have more than ten things on there? If so, you should cut some things out, prioritise the important things and move the less important tasks to the “This Week” list.

- Work out what your top three priorities are for the following day from the “Today” list and make it clear in your mind, and on your list.

- When you wake up the next morning, make those three things the first things you tackle and you are well on your way to meeting your goals for the day!

Why?

Focusing your mind on set goals and knowing what the tasks are gives you the chance to be more productive and have a greater sense of achievement.

You could take it further by colour-coding the tasks based on subject or order of priority, for example all the pink things are more important to you than the green. If you would prefer to use an app, there are lots of options on the App Store or Google Play; you could even use the notes app already in your phone.

Don't forget to look back at your completed to do lists to remind yourself of what you have achieved!

Be Inspired

A simple activity to utilise inspirational quotes in a useful and creative way

What you need

- Paper or card
- Pens or pencils

How to

As you go about your daily routine, keep an eye out for inspirational quotes that motivate and energise you, for example: “Be the change you wish to see in the world” (Gandhi).

Make a note of these quotes on pieces of paper or card (use colour and be as creative as you like).

Either stick these around your room or house, or keep them in a stack and pick one at random from the deck each morning or whenever you need some inspiration.

Can you think of other ways you can use inspirational quotes? For example, recording some on your phone or making a collage.

Perhaps you could share these quotes with friends or colleagues?

Remember you should always write the name of the person who said the quote next to it.

Why?

Reading inspirational quotes can motivate you and help you to feel more positive about your ambitions. Writing down or recording quotes you like mean that they are easily accessible when you want them.

You can take it further by making a collage using the quotes and pictures of the people who said them. You could think about people close to you who inspire you and support you. Taking part in this activity could count as part of your Look Wider octant Creativity.

Why not share your favourite inspirational quotes on Twitter or Instagram using #Take10.

Tea and Chat

Grab a friend, your favourite brew and have a quick chat

Stress Balloons

Stress balloons can be fun to play around with whilst on a break

What you need

- Friend, family member or someone to talk to (can be in person, over the phone or via a direct messenger app)
- Your favourite hot or soft drink

How to

Take at least ten minutes to have a chat and a hot or soft drink. Chat about anything and everything, apart from whatever it is you're taking a break from!

Why?

Talking to other people is a good way to take a break. It's good to talk about things other than what you're focusing on as it can add some perspective to your situation.

Girlguiding is a great space to find a support network. This can be in your local area or even with international friends.

What you need

- 3 balloons
- A funnel
- Flour
- Scissors

How to

Stretch the balloon by blowing it up and letting the air out again. Fill the balloon with flour and allow for any air to escape. Tie a knot in the balloon and snip off the excess as close to the knot as possible without it coming undone. Wrap the second balloon around the first (you might need to stretch the neck of it a little). Tie a knot and cut off the excess. Repeat this with the third balloon.

Why?

Why not watch this video which suggests a way to get the flour into the balloon, as well as other tips on how to make your stress balls look amazing! <https://www.youtube.com/watch?v=SyfxlryiD8A>

Thank you

A note from the Girlguiding LaSER Champions

Thank you for using #Take10! We hope you have enjoyed the activities.

For one last bonus #Take10 we have put together a playlist of songs that make us feel empowered and energised, download it here: https://open.spotify.com/user/girlguiding_laser/playlist/6OXQcSzDKzNilwa14x2i4L

Let us know what you thought of #Take10 and suggest your own activities on Twitter @Guiding_LaSER, on Instagram @GirlguidingLaSER, or Facebook/GuidingLaSER. Alternatively, email info@girlguidinglaser.org.uk, with #Take10 as the subject.

Take it further

Think Resilient is a resource delivered by Girlguiding's Peer Educators, designed to build mental wellbeing and grow resilience. Why not ask about a session being run with your unit, or you could sign up to find out more about becoming a Peer Educator.

Or if you have been inspired by #Take10 and would be interested in finding out more about what the Girlguiding LaSER Champions do go to www.girlguidinglaser.org.uk/girlguiding-laser-champions/.

For further support -

www.themix.org.uk
www.childline.org.uk
www.youngminds.org.uk
www.samaritans.org
www.mind.org.uk
www.studentminds.org.uk