



Carer Support
Dorset

My Young Carer
Activity
Booklet!

Hello!

Carer Support Dorset has put together a Young Carers' project book for you to enjoy. We know things might be a bit strange at the moment and it can be hard when you're out of a routine. Your caring role might have got a bit better or worse. You could be caring more than normal too.

This booklet is full of activities for you to have a go at whilst at home. Some of them you might need a grown up – such as My Post-It Family Tree or The Memory Tray game. Others you can do by yourself when you need a break from things and chill out, for example the rainbow colouring in.

Over the next few weeks we will be asking families to let us know how you are getting on with the booklet. We will also be running some fun competitions on social media so you can see what other young carers have been up to and keep connected.

At the back of this pack there is a list of organisations who are there to support children and families at this difficult time. If you would like to speak to someone from the Carer Support Dorset team then please call us on **0800 368 8349**. We are open **Monday–Thursday 9.30am–4.30pm** and **Friday 9.30am–4pm**. We can chat about caring, how you have been keeping busy or, if things have changed at home, we can talk about that too.

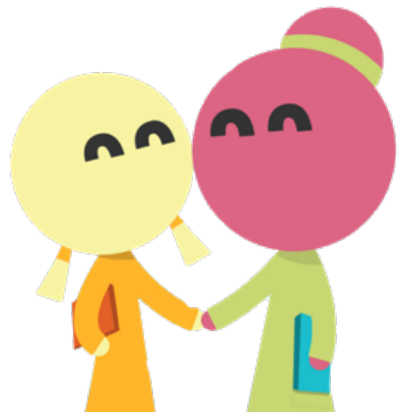
We really hope you enjoy doing the activities and please share your artwork, activities and funny photos with us on social media (Facebook [@carersupportdorset](#), Twitter [@carersdorset](#)).

Best Wishes,

The Carer Support Dorset team



Thank you to the Bath and North East Somerset Carers' Centre for allowing us to replicate this booklet for Dorset's young carers.



Games with family or friends!

Charades

Pick a topic – sports, films, animals, and get your family to try and guess!

Take Five

Choose a category and going through the alphabet, each player must name five things in that category. For example, if animals is the category, the first player may say aardvark, antelope, ant, anteater, ape. The next player starts with B, then C and so on.

Pictionary

Draw pictures and get your family (or friends on video call) to guess what they are! How about butterfly, welly boots, ladybird, daffodil or pencil!

Memory Tray

Place objects on a tray, send a player out of the room and take an object away. The player then has to guess what object is missing. Make it harder by putting more objects on the tray.

Scavenger Hunt

Challenge a player to find 3 things in the house starting with a letter and give them 1 minute to do this. For example – 'S', socks, spoon and Sellotape!

Post-It Family Tree

Put all of your family members on a post it (or small bit of paper) and try and arrange them into a family tree.

All About Me!

Fill in the boxes with words or pictures.

My name is...

I live with...

My favourite animal
is...

I am good at...

I help care for...

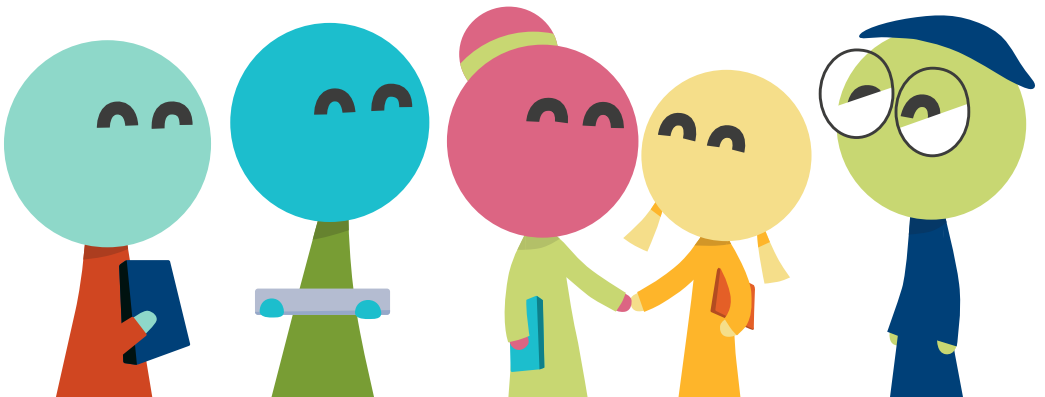
Jobs I do at home
are...

My favourite food is...

My favourite place
is...

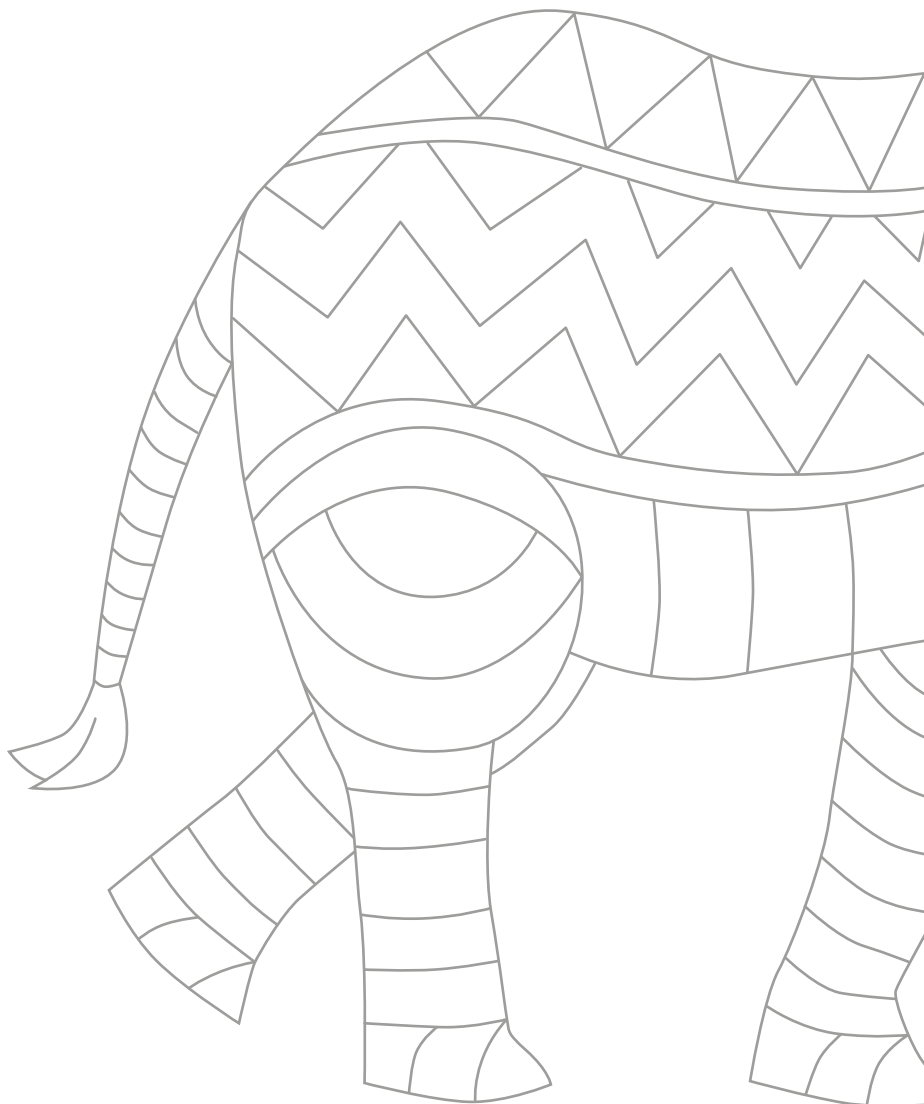
Simply The Best!

We think young carers are simply the best! Make a mind map filled with words that describe what a young carer is to you.



Animal Colouring!

Colour in the elephant and place it in a window at home for other children to see. What else can you spot in your local area?





Young Carers' Times

Design a newspaper front page with a headline story about young carers. How about 'Young carers break world record for...' or 'Young carer is the first person to...'? You can use the template below or make your own.

Write your headline here!

The template consists of a large rectangular frame. At the top, there is a wide, empty rectangular box with a dotted border, intended for a headline. Below this, the page is divided into two columns. The left column is filled with horizontal dotted lines for writing. The right column features a large empty rectangular box with a dotted border, intended for a picture, with horizontal dotted lines below it for a caption or further text.

Draw a picture here!

Finding it hard to sleep?

Try a
guided relaxation
before bedtime

Find a quiet place,
free of distraction.

Make sure you are lying down.

After you press play,
close your eyes
and relax



Struggling to manage your emotions?

Do Yoga

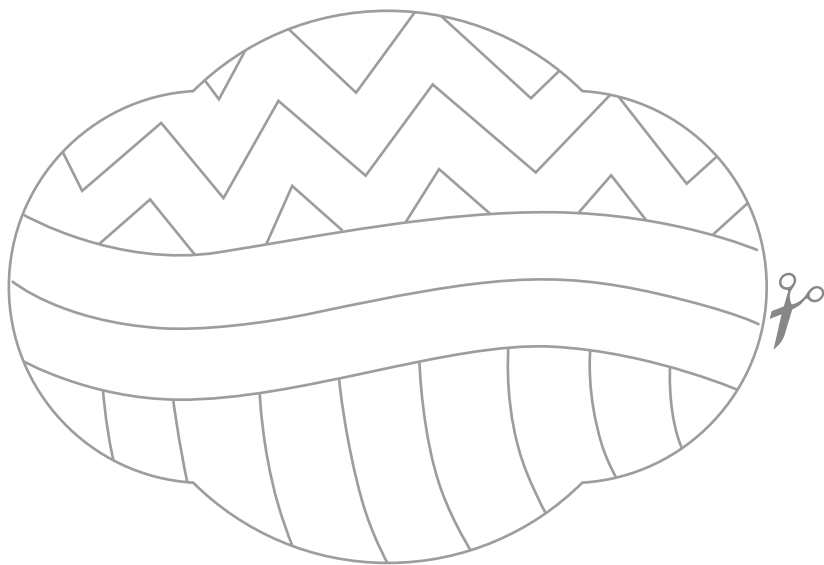
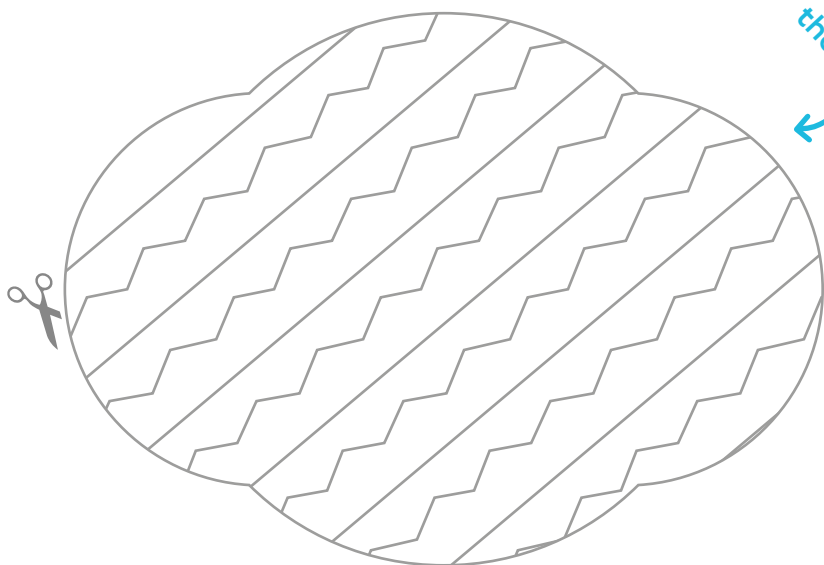
Yoga teaches you to handle
stresses from school, caring and
other issues in your life.

It can help you to become
mentally and physically strong,
improve health and
concentration.



Cut and keep
to use when you
need to relax

Colour
the shapes



Feeling anxious or stressed?

Blow Bubbles

This allows you to focus on your breathing, and relive some of what you may be feeling...

And remember... the bigger the bubble, the deeper the breath!



If you feel something
but don't know how to say it...

Draw a picture OR write!

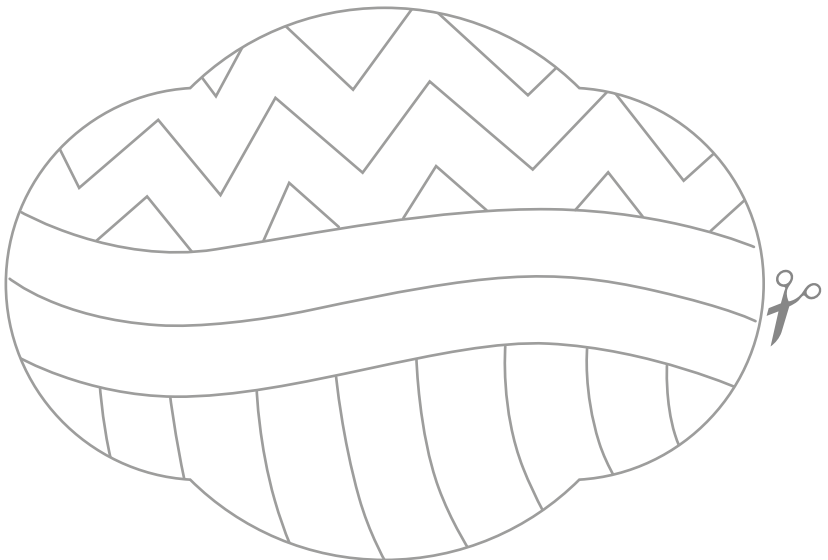
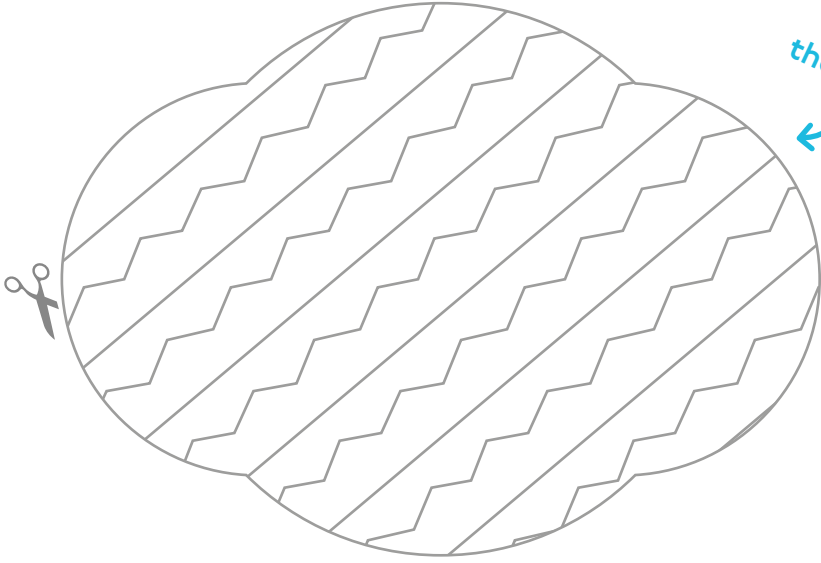
This will allow you to express your feelings without having to speak them out.

You can share what you have drawn / written, or you can keep it private.



Cut and keep
to use when you
need to relax

Colour
the shapes



Young Carer Wordsearch

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

Brother

Carer

Caring

Dad

Helping

Kind

Mum

Sister

Unique

Young

5 Things!

Fill in the table below with 5 things that make you feel that emotion. What makes you happy; sad; angry or calm?!

Emotion	Things That Make Me Feel Like This
Happy	
Angry	
Sad	
Calm	

Activities for if you feel sad, anxious, nervous or angry!

Blow bubbles.

Star jumps for 1 minute.

Play your favourite song and dance.

Write down or draw a picture to show how you're feeling.

Make a glitter jar.

Yoga or slow breathing.

How Are You Today?

Today I feel _____

I feel like this because _____

Something good about today is _____

Something I am looking forward to is



Helpful Information

	Details
Carer Support Dorset	Carers' line 0800 368 8349 . Monday–Thursday 9.30am–4.30pm, Friday 9.30am–4pm. There for carers who need to chat about their caring role or get advice and support.
Dorset Mind Your Head	Supporting young people's wellbeing in Dorset. www.dorsetmindyourhead.co.uk
The Mix	Lots of helpful information to explain coronavirus, isolation tips and well-being support for under 25's. Phonenumber, 1:1 chat and website. www.themix.org.uk
Kooth	Online text counselling and well-being support for ages 11–18. 12pm–10pm Mon–Fri, and 6pm–10pm on weekends. www.kooth.com
Young Minds	Online articles about keeping well whilst at home and what to do if you're feeling anxious. 24/7 crisis support- text YM to 85258. www.youngminds.org.uk
Childline	Helpline 08000 1111 and 1:1 online chat available for all children who feel like they need someone to talk to. www.childline.org.uk

Carer Support Dorset, Unit B6, 9 Nimrod Way,
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