

CHILDREN AND YOUNG PEOPLE

ACTIVITY PACK SEVEN

IN THIS PACK:

Panini Pizza Recipe

Wellbeing Activities

The Eatwell Guide
to Birthday Parties



MORE Life

PANINI PIZZA

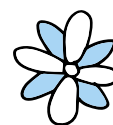
RECIPE



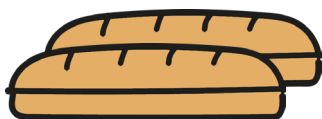
Whilst originating in Naples, Italy. Pizza is loved by different countries all over the world. Popular toppings range from squid in Japan to bananas in Sweden! There are now many different varieties of pizza that it is so easy and tasty to make your own.

MoreLife team member Emily enjoys making these panini pizzas as it uses simple ingredients. This is one of her favourite meals to make in the week and as a bonus includes the key food groups of a healthy, balanced diet.

What you will need



Ingredients - Serves 2



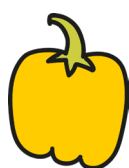
2 Panini's



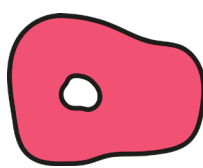
4tbsp Tomato Puree



4tbsp Grated Cheese



1 Pepper



1 Ham Slice



1 Pineapple Ring

1

Preheat the grill on medium heat. Cut your panini rolls in half and lightly toast them under the grill for a minute.

2

Cut your pepper into strips along with your ham and pineapple.

3

Spread your tomato puree onto the paninis. You can now put your pepper, ham and pineapple onto your panini.

4

Once you're done you will need to grate your cheese and scatter it over the top of your panini slices.

5

Place your completed panini under the grill for 3-5 minutes until the cheese is golden and bubbly.

BE EXPERIMENTAL WITH YOUR PIZZA BASE. YOU COULD TRY ENGLISH MUFFINS, PITTAS OR MINI WRAPS WITH A VARIETY OF TOPPING





WELLBEING ACTIVITIES



Your family's well-being is important to look after. Well-being is lots of things, like our body health, the way we feel, the way we can deal with situations and stress. MoreLife wants to help you think more about activities that you can do as a family that will help to improve you and your child's wellbeing.

The more satisfied you feel with life, the better you will feel about yourself and this will help you feel and do better, day-to-day. As well as making you and your family more ready and excited to start making positive changes to your daily routines and habits. Our team members enjoy doing some of these activities with their families to help everyone look after their well-being. Feeling happy and good about yourself can help you and your family be in a better place to make good choices.

Choose an activity from the table on the next page that you can do as a family this week. Feel free to spend however long you need to on this activity. You may wish to return to that activity later in the week or even try a different one! Keep this handout safe, so that you can return to these activities at any point in the future.



IN OUR BUSY MODERN-DAY
SOCIETY, IT IS EVEN MORE
IMPORTANT TO TAKE TIME
OUT FOR YOURSELF TO
RECHARGE YOUR BATTERIES



<p>Dig out a board game and play this together as a family.</p>	<p>Find a jigsaw that the whole family can help each other to do.</p>	<p>Plan a day out – decide on something fun that you can do as a family and schedule this in.</p>	<p>Grab some paper and colouring pencils. Draw a picture of each other.</p>
<p>Grab some paper and colouring pencils. Each member of the family draws around their hand, decorate each finger with something you are good at.</p>	<p>Sit together as a family and share with each other what you are grateful for. Try to think of 2-3 things each.</p>	<p>Share your feelings with each other by finishing off the sentences below or drawing a picture to represent them. Today I felt... One thing that made me happy...</p>	<p>Take turns to massage each other. Start with parents giving your child a massage for 5 minutes. Ask them how it feels and where they would like you to focus. Then swap turns.</p>
<p>Card making – grab some card and pens/pencils. Each person makes a card for someone outside the family. This could be for an occasion such as a birthday or a 'just for you' card. Decorate the front with any materials you have and write a message inside the card.</p>	<p>What ideas can you come up with to feel better when you have difficult feelings? Share these with each other and write down your own list or create a box of things that you can add items to, to help you feel better when you need it.</p>	<p>Do some mindful breathing together:</p> <ul style="list-style-type: none"> • Sit comfortably, with your eyes closed • Bring your attention to your breathing. • Imagine that you have a balloon in your tummy. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates. • Continue this for a few minutes. 	<p>Draw a picture of you in the middle of a piece of paper (this could be a stickman). Around this person, write down 5 words or phrases about yourself, this could be things you like, things you are good at or things you want to do in your life. Share this with each other.</p>

For further support for your child's mental well-being check out the services below. Click a service to be taken to their website.

Websites/ Apps

Bedford Borough
NHS CAMHS 01234 893301

Milton Keynes
NHS CAMHS 01908 724228



Central Bedfordshire
NHS CAMHS
(only professionals referrals accepted)

Service Six



Please complete a quick survey on this pack at smartsurvey.co.uk/s/Pweek7

THE EATWELL GUIDE TO BIRTHDAY PARTIES



Come and join Abebe and her friends as they enjoy a tasty birthday party buffet. What foods would you choose?



AIM FOR A BALANCE OF DIFFERENT FOODS AT BIRTHDAY BUFFETS. EAT THE RAINBOW WITH YOUR VEGETABLE STICKS AND FRUIT, BUT DON'T FORGET THE BIRTHDAY CAKE