

EXTRA TIME

Learning Resources

**World Mental Health
Awareness Week 2020**



FOUNDATION



INTRODUCTION

#CFCTShirtChallenge

Details of an exciting challenge can be found on page 14!

Hello everyone and welcome to Chelsea's Extra Time resource designed especially for Mental Health Awareness Week 2020. On behalf of everyone at the club we hope you are well in these difficult and often challenging times.

As a footballer I know how important mental wellbeing is. At Chelsea we believe that a healthy body and a healthy mind are important to overcome any challenge, both on and off the pitch.

We have created this workbook and our exercise packs to highlight the importance of mental and physical health and hope that you enjoy the challenges and activities we have created.

Throughout the week we have a different focus all linked to the 5 steps to wellbeing:

- **Keep learning**
- **Take notice**
- **Give**
- **Be Active**
- **Connect**

Each day there are a number of fun and exciting challenges for you to take part in which will help to you to achieve positive physical and mental wellbeing.

I am very proud to be the captain of Chelsea and in this role it is important for me to stay physically strong and train everyday so that I can be the best that I can be. Equally, it is important for me to be mentally strong. I need to be determined and resilient for my team and for myself.

I hope that you enjoy all of the challenges in this workbook and enjoy learning about the importance of exercise and positive mental health!

Stay well and be strong!

On the back of this workbook, you will find a #MentalHealthAwareness template that asks what "kindness means to you."

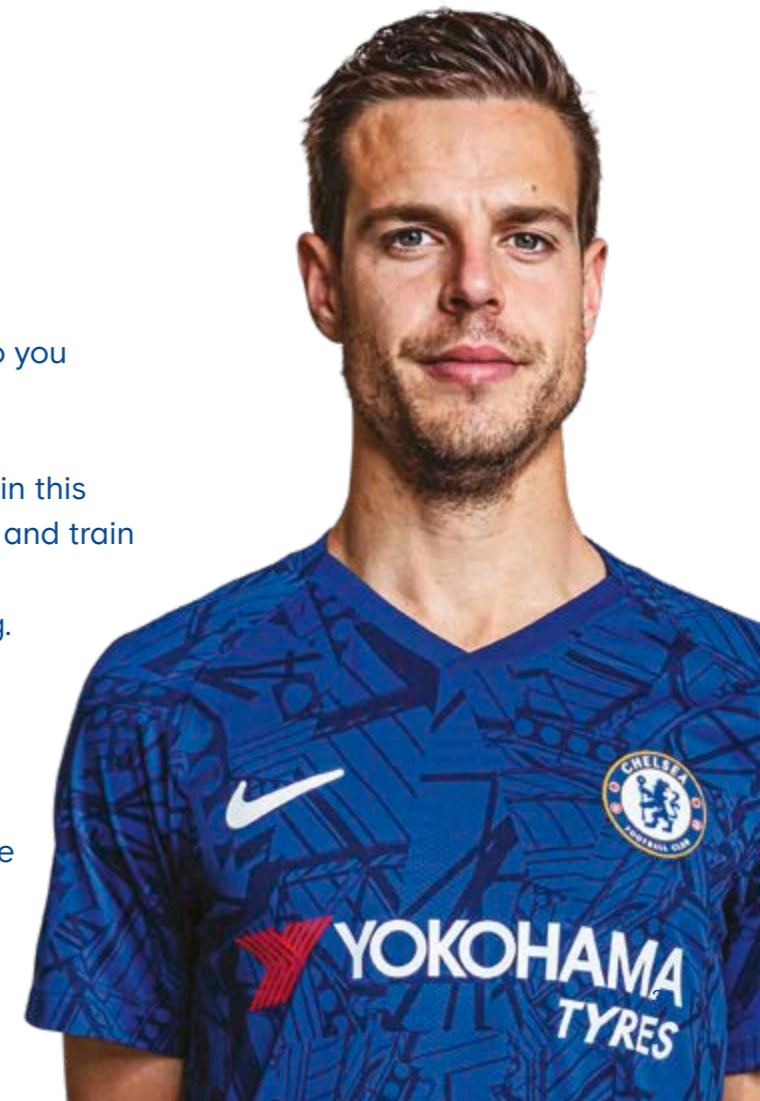
Once you have completed this workbook, write a short sentence to sum up exactly what kindness means to you.

If you tweet a photo of you with your comment to @CFCFoundation, we may retweet some special ones!

César Azpilicueta



FOUNDATION



GET ACTIVE WITH CHELSEA FC

Monday - Keep Learning

Focus: Healthy body & healthy mind

Learning a new skill: Step Over

- Grab a football (any type of ball will do if you don't have a football).
- Place the ball on the ground in front of you, legs shoulder width apart.
- Then take one leg and move it in a circular motion around the outside of the ball (the step-over). Do this alternately using both feet. How many can you do in 30 seconds?



Progression: Once you have performed the step-over, push the ball to the side with your other foot to travel away.

Challenge: Can you teach this skill to someone else? This could be someone in your home, or a friend/relative via video call.

Manager's Challenge



How can you be active in your home? You have 60 seconds, how tidy can you make your bedroom?

GET FOCUSED WITH CHELSEA FC

Monday - Keep Learning

Focus: Healthy body & healthy mind

Today is the day to learn something new! Learning new things can be exciting and help to improve your confidence and self-esteem. We can learn by reading books, researching on the internet, talking and sharing ideas with others, and through being taught at school.

Learning:



How do you learn?

What subjects do you like?

What subjects don't you like?

Do you have any hobbies? What are they?

Factfile: Can you create a Chelsea FC factfile below with 5 key facts to help others learn more about Chelsea FC:

- 1:
- 2:
- 3:
- 4:
- 5:

Azpi's top tip:
Reading is my favourite way to learn something new. Can you learn something new today?

Manager's Challenge



Where can you learn information about Chelsea FC?

True or false questions - Learn something new about Chelsea FC.

Chelsea was founded in 1905?

☐ True ☐ False

Roman Abramovich became the owner of Chelsea in 2003?

☐ True ☐ False

Chelsea Women's team have won 1 FA Women Super League Trophy?

☐ True ☐ False

GET ACTIVE WITH CHELSEA FC

Tuesday – Take Notice

Focus: Healthy body & healthy mind

It’s time to take notice of your daily activity!
Children should have at least 60 active minutes per day of moderate to vigorous exercise, for example playing a game of football, or playing a game of tag. Can you make sure you achieve that each day this week?

See our activity diary below, how long did you spend today...

- Watching TV?
.....
- Doing exercise?
.....
- On a device?
.....
- Playing sports?
.....
- How many glasses of water have you had?
.....
- How many of your 5 a day have you had today?
.....

Progression – Can you try and improve as the week goes on?

Manager’s Challenge



Recently, everyone has taken notice of the outstanding achievement of Captain Tom, who did a 100 laps of his garden to raise money for the NHS. Can you try and match Captain Tom?

To celebrate Captain Tom’s achievements, your challenge is to complete 100 laps of your garden (or another space you can access).

You can choose to walk or jog, and complete it with a ball or without a ball, it is completely up to you.

If you want to challenge yourself even more, time yourself and see how long the 100 laps takes you. Can you beat your own record?



GET FOCUSSED WITH CHELSEA FC

Tuesday – Take Notice

Focus: Healthy body & healthy mind

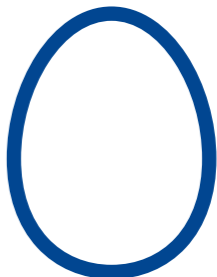
Reflecting upon ourselves and others is really important to achieve positive mental health. We have some sentences for you to complete below. The sentences will allow you to reflect upon yourself first of all, and then reflect upon a friend or family member.

- I am an amazing person because
..... is an amazing person because
I am a good friend because
..... is a good friend because
I am really good at
..... is really good at
I am proud of myself when
..... should be proud of themselves because
I am a good team member because
..... is a good team member because

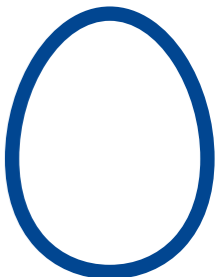
Manager’s Challenge



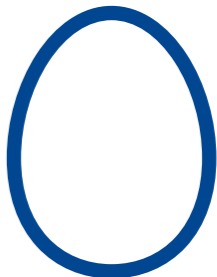
Imagine you have a box of eggs below to demonstrate different emotions. Draw 6 eggs below, each with a different face to display a different emotion.



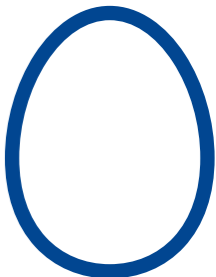
Happy



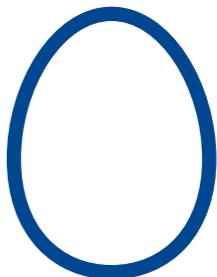
Sad



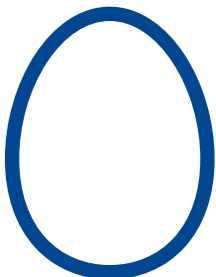
Surprised



Tired



Thinking



Can you create your own emotion?

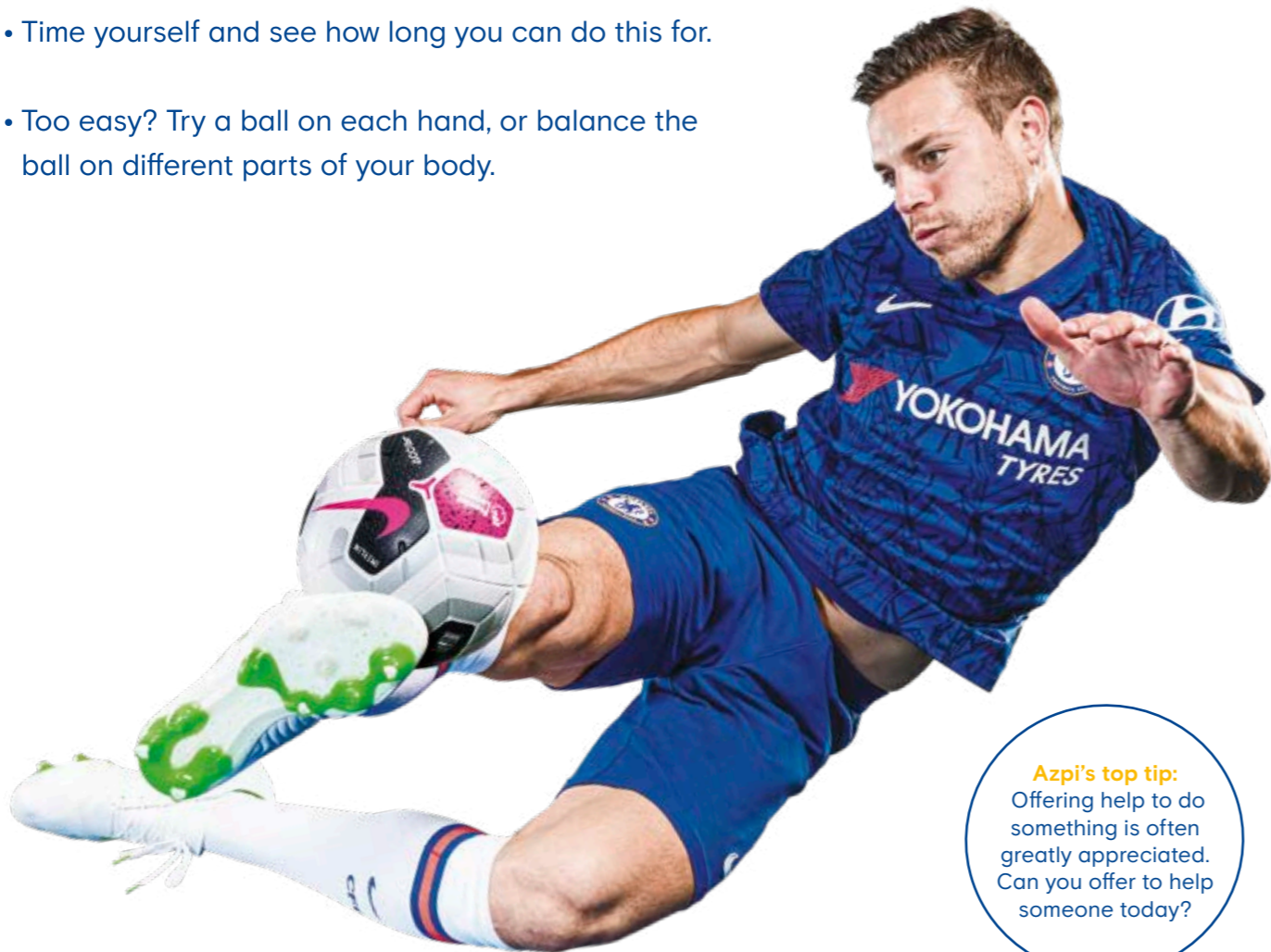
GET ACTIVE WITH CHELSEA FC

Wednesday - Give

Focus: Healthy body & healthy mind

The Azpilicueta Obstacle Course!

- Create an obstacle course that you will need to move around. Use any household objects that you can find (be sure that these aren't breakable!).
- Balance a ball on one hand, and travel around your obstacle course, without touching anything or dropping the ball.
- Time yourself and see how long you can do this for.
- Too easy? Try a ball on each hand, or balance the ball on different parts of your body.



Azpi's top tip:
Offering help to do something is often greatly appreciated. Can you offer to help someone today?

GET FOCUSED WITH CHELSEA FC

Wednesday - Give

Focus: Healthy body & healthy mind

Cesar Azpilicueta is the captain of Chelsea FC. Part of his job is to be as positive as possible to his team-mates. What are the qualities of a captain? Look at the list of qualities below, what do you think are the 5 most important qualities?

- | | | |
|---------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Fun | <input type="checkbox"/> Positive | <input type="checkbox"/> Happy |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Strong | <input type="checkbox"/> Caring |
| <input type="checkbox"/> Honest | <input type="checkbox"/> Inspiring | <input type="checkbox"/> Resilient |
| <input type="checkbox"/> Hard-working | | |

Why have you chosen these qualities?
Write your reasons below in a few sentences.

.....

.....

.....

Now let's think about ourselves. Which 5 qualities do you think you possess?

- | | | |
|---------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Fun | <input type="checkbox"/> Positive | <input type="checkbox"/> Happy |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Strong | <input type="checkbox"/> Caring |
| <input type="checkbox"/> Honest | <input type="checkbox"/> Inspiring | <input type="checkbox"/> Resilient |
| <input type="checkbox"/> Hard-working | | |

Do you have any of the same qualities that you think Azpilicueta has? How does that make you feel?

.....

.....

.....

Manager's Challenge



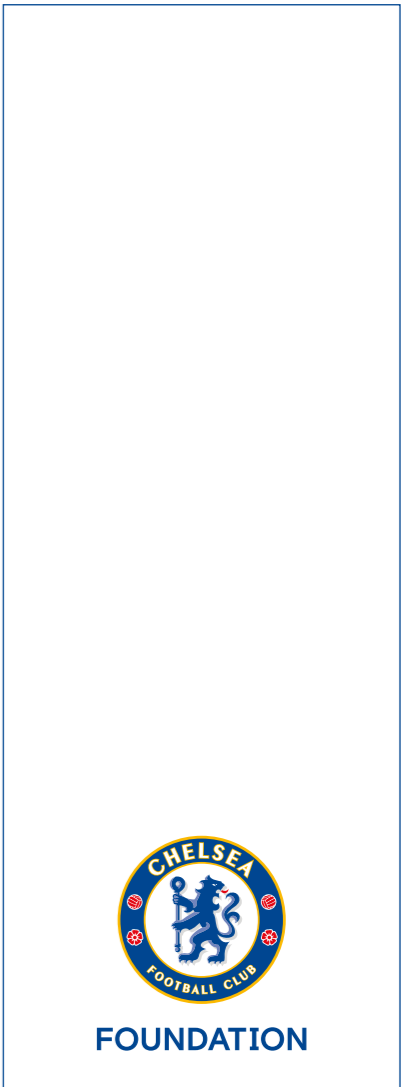
Compliments relay:
Write down 5 compliments about someone in your household on a piece of paper.

Starting in a different room to that person, can you deliver these compliments, one by one, whilst balancing the ball on different parts of your body?

Manager's Challenge



Can you recreate a bookmark using the template below on a piece of paper or card. Can you put as many positive words, thoughts and drawings on the bookmark as possible? This can then give you a pick-me-up whenever you are reading a book!



GET ACTIVE WITH CHELSEA FC

Thursday - Be Active


Focus: Healthy body & healthy mind

Lily Pads

- Get some pillows/cushions if you are indoors, or go outside if you have stepping stones in the garden.
- Hop around as many 'lily pads' as you can in 30 seconds, using your right and left leg alternately.
- If you put both feet down, then you must start again at zero!
- Challenge someone in your home, can they beat your score?

Progression:

- When hopping from one 'lily pad' to another, can you land and balance on that leg for 5 seconds, before moving again?
- During the 5 second balance, can you either say thank you or give a compliment to someone in your household?



Manager's Challenge

Today is World Meditation Day.

Meditation is a great way for children to learn to be still and develop strategies for managing feelings and emotions.

Can you take some time out to meditate today?

- Sit comfortably and try squeezing and relaxing your body to release physical tension.
- Take a deep breath in.
- Flex your arms, clench your hands, crinkle your face, and curl each toe — squeeze every part of your body. Let a long breath out and relax. (Repeat 3 times.)

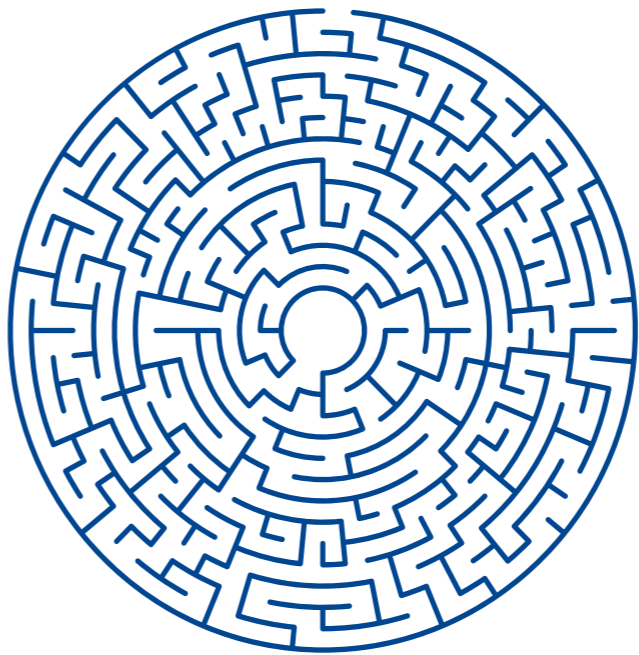


GET FOCUSED WITH CHELSEA FC

Thursday - Be Active


Focus: Healthy body & healthy mind

As well as having an active and healthy body, it is equally important to keep your mind healthy and active. Can you get to the middle of the maze below?



Can you solve our fun Chelsea FC crossword below?

- Across:**
- 1. The Chelsea manager is Frank
 - 5. Chelsea FC & England Lioness forward, Fran
 - 7. Chelsea FC Women's stadium
 - 8. Chelsea FC Women's team legend, Katie
 - 10. Chelsea FC's female mascot
- Down:**
- 2. Chelsea FC Men's Captain
 - 3. Chelsea FC Men's stadium Bridge
 - 4. Chelsea FC Women's manager, Emma
 - 6. Chelsea FC Chairman, Bruce
 - 9. Chelsea FC's kit manufacturer



Manager's Challenge

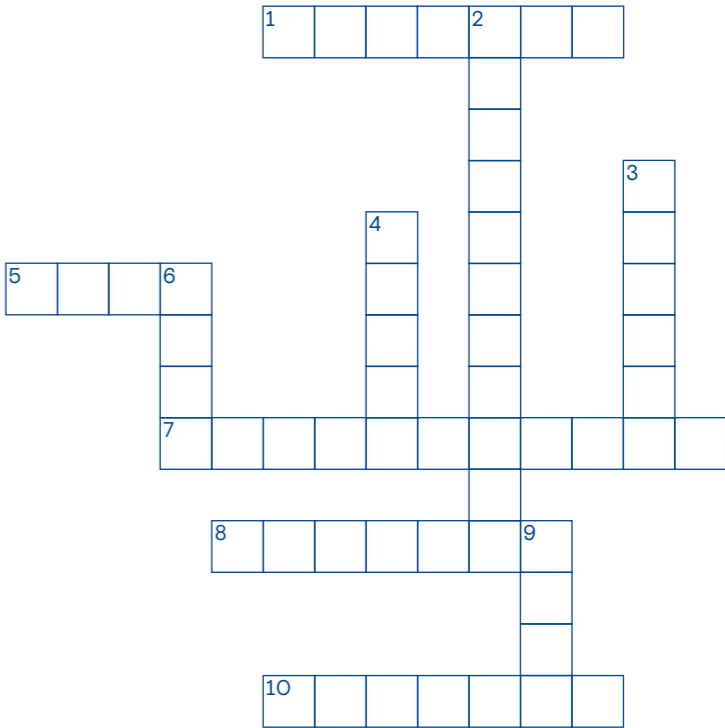
We have given you a wordsearch template below – can you come up with your own wordsearch for a friend or family member to complete? We have given you one to start off with – try and include 8 extra words!

CHELSEA

.....

.....

		C	H	E	L	S	E	A	



GET ACTIVE WITH CHELSEA FC

Friday – Connect

Focus: Healthy body & healthy mind

Kangaroo Jumps

- How far can you jump? Use safe household objects to mark your start and finish positions.
- Make sure you have legs bent, shoulder width apart, lean forwards, then try to jump as far as you can.
- How can you use your arms to help with this?

Progression:

- Now see how high you can jump.

Challenges:

- Have a competition with people in your household, who can jump the furthest or highest?
- Can you get all members of your family to have a go? With an adult – can you do a video call to see if you can have a competition?



Azpi's top tip:

If you are able to, and with a responsible adult, can you keep in touch with a family member or friend who you haven't spoken to for a while? You might want to video call them and see how they have been.

Manager's Challenge



It is now time for volleyball, with a twist! On your own, how many times can you pat the socks up and keep it in the air?

Then, can you **connect** with a friend or family member?

Roll up a pair of socks – how many passes can you and a partner do between you without the socks hitting the ground?

GET FOCUSED WITH CHELSEA FC

Friday – Connect

Focus: Healthy body & healthy mind

Connecting generations

It is important to try and stay connected with friends and family. Can you have a conversation with a member of your home today – maybe ask how their day has been? Write what you have talked about below:

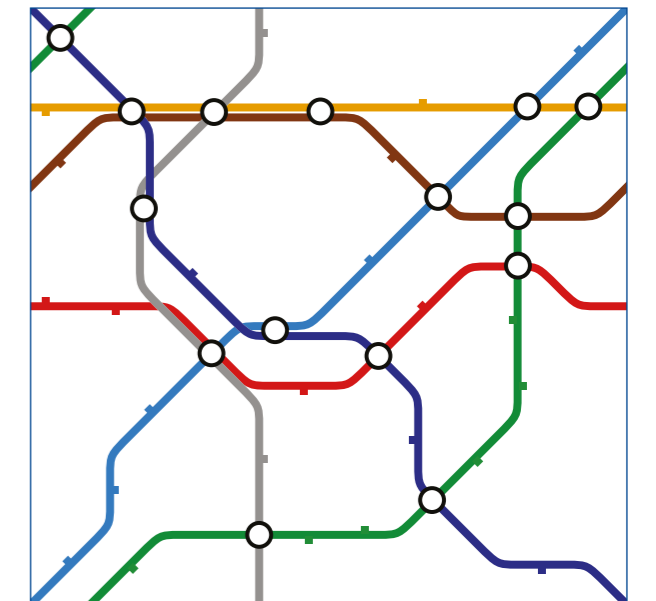
Using our storyboard template below, can you draw:

- Something that you have done with a friend or family member in the past.
- Something you are doing in the present.
- Something you can't wait to do in the future.

Manager's Challenge



Create a map/journey/planner of where you want to visit next – It might be the park, a friend's house, a family member, for example. Can you write these out below using the tube map template? Where will you go and how many stops will you make?



Stop 1:

Stop 2:

Stop 3:

Stop 4:

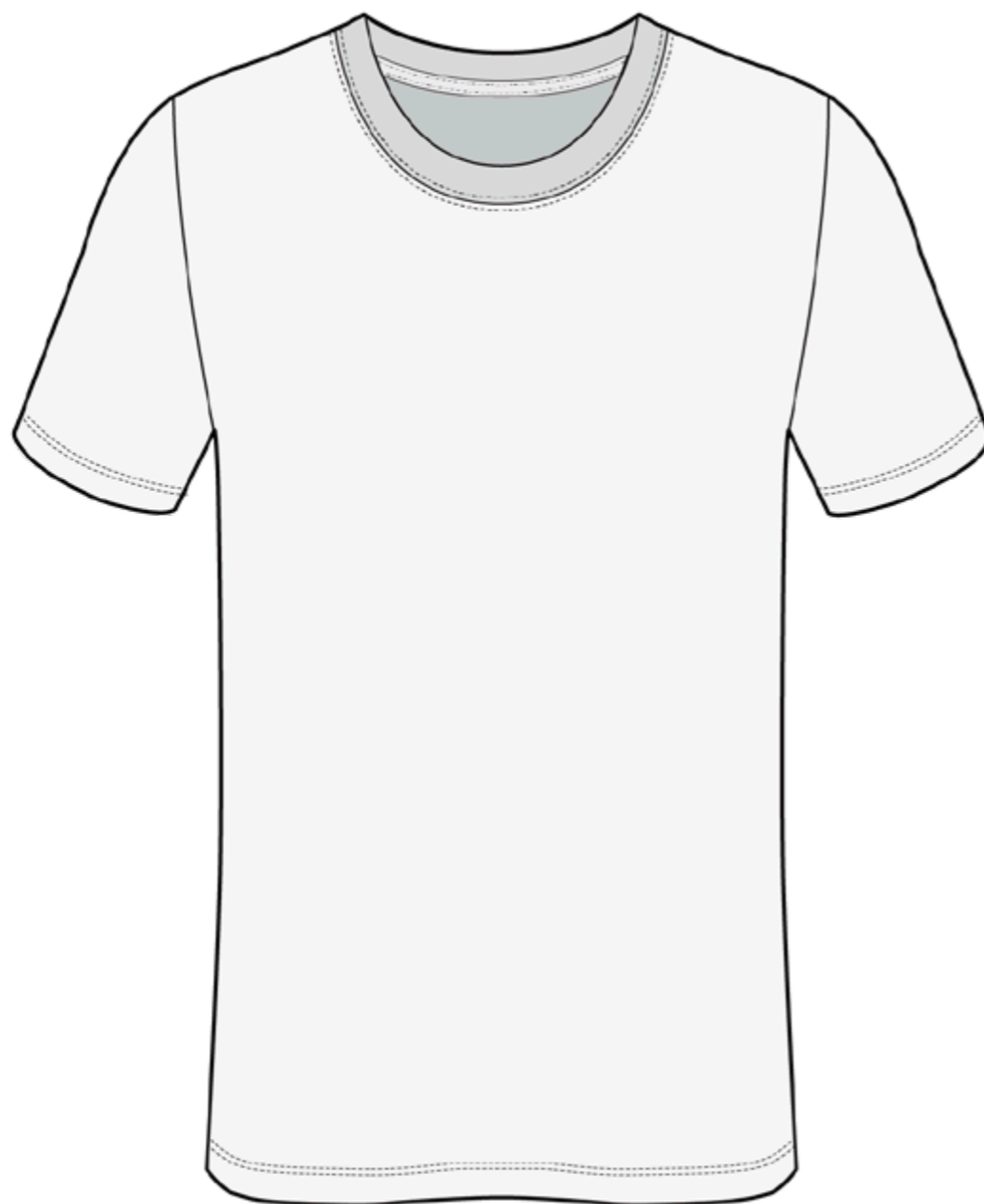
Stop 5:

DESIGN CHALLENGE

We want you to design a brand new Chelsea FC Foundation t-shirt, designed to raise awareness of Mental Health Week.

The shirt will have the Chelsea FC Foundation logo on the back, and you will put your design on the front. We want you to be as creative as possible!

Please take a photo of your drawing and tweet [@CFCFoundation](https://twitter.com/CFCFoundation) using the [#CFCTShirtChallenge](https://twitter.com/CFCFoundation)



Front



Back

#MentalHealthAwareness

Kindness means to me...

A large white rectangular area containing ten horizontal dotted lines for writing.



FOUNDATION