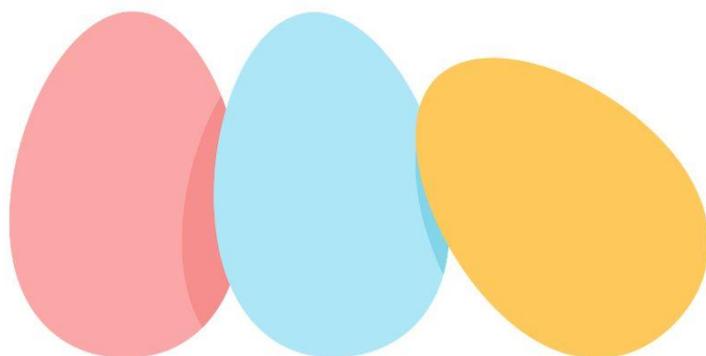


Children & Young People's Resource Pack

Easter 2026 Edition



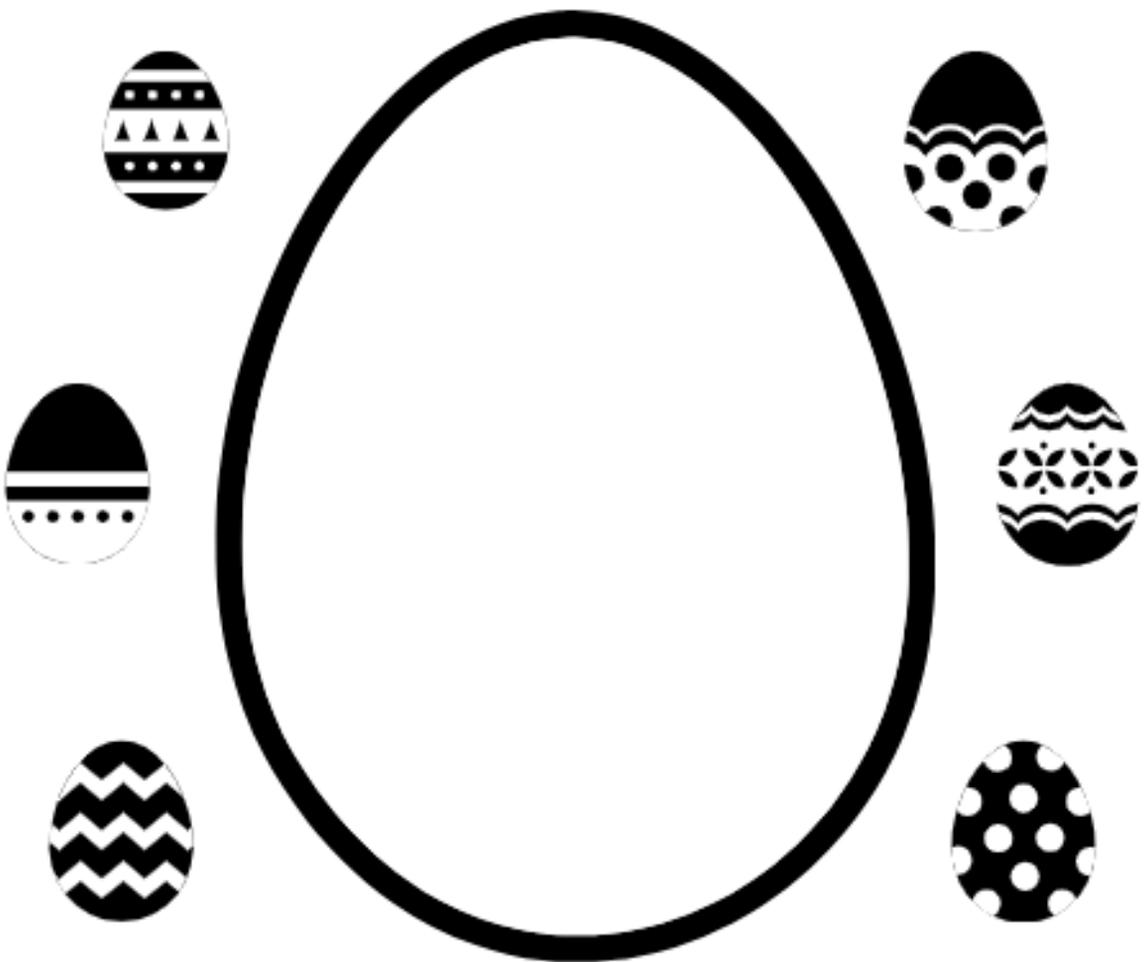
Contents

	Activities	<u>3</u>
	Mental Health	<u>17</u>
	Disability	<u>23</u>
	Bereavement	<u>26</u>
	Other Resources	<u>31</u>

Activities

DRAW YOUR OWN EASTER EGG

USE COLORS, LINES, SQUIGGLES TO DRAW
YOUR OWN BEAUTIFUL EASTER EGG

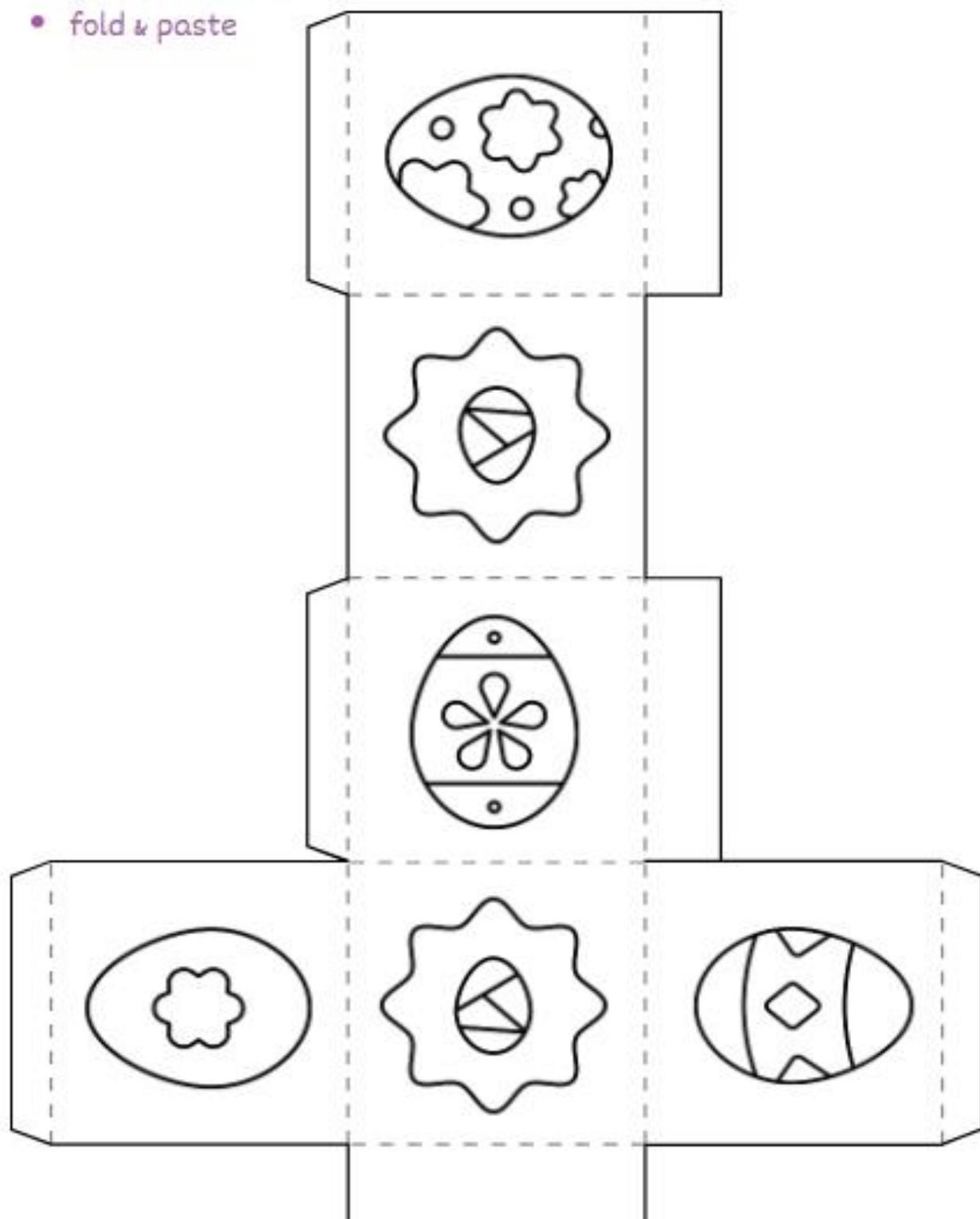


THIS IS _____ 'S EASTER EGG



Easter Cube

- color the cube and the Easter eggs
- cut out the cube
- fold & paste



EASTER

WORD SEARCH



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



BUNNY
EGGS
CHICK
JELLYBEAN

BASKET
SPRING
FLOWER
EASTER

GRASS
CANDY
HUNT
DYE

BONNET
SUNDAY
PEEPS
LAMB



About A Mom © www.aboutamom.com



EASTER FUN – PLAY MATTERS

As we approach the Easter holidays remember that good old fashioned fun needn't cost a penny.

Make the most of the outdoor environment and try to get outside at least once a day (even in the April showers). Explore the countryside, visit a park or help your children get to know their local neighbourhood.

Some Easter activities for you to try and some twists on old favourites...

Daffodil Hunt

Have some fun spotting daffodils...in your local street, park, forest or countryside. Resist the temptation to pick the flowers instead have some fun seeing who can spot the first one or who can count 20. Younger children might like spotting the different varieties of spring flowers.

Bunny Tag

Toddlers and young children can join this game. Pick one child to be the chaser and the other children to be the bunnies. The bunnies hop away from the fast walking chaser. If they are caught they crouch down and use their hands to make bunny ears on top of their head until the end of the game. The last bunny caught becomes the chaser.

Egg Rolling

Hard boil some eggs and let the children paint or colour them once cool. Find the biggest hill and let the children roll them from the top (if there is more than one child - they can race the eggs down the hill). Do this a few times for lots of exercise and why not try some people rolling too!

Tea Party Picnic

Take your lunch or snack outside with a rug or blanket and have an Easter tea party or picnic. Have a sing song too ... Five little ducks, Sleeping Bunnies, Humpty Dumpty.

Animal Friends

The toddlers will love this one – encourage them to pretend to be some of their favourite spring animals (chicks, bunnies, butterflies, ducklings, lambs etc.). They'll soon be hopping, clucking, peeping, waddling ... and making lots of noise!

Make time for play...everyday!

BUILDING DENS ROLLING DOWN GRASSY SLOPES GO-CARTS

OLD SHEETS & PEGS STICK IN THE MUD PIGGY IN THE MIDDLE

CHALKING ROPE SWINGS MAKING PERFUME HOPSCOTCH

ROLLER SKATING FINDING TADPOLES CLAPPING GAMES

DIGGING FOR BURIED TREASURE GETTING DIRTY! SIMON SAYS

MAKING MUD PIES TREASURE BASKET RIDING A BIKE

TREASURE HUNTS RIVER JUMPING STEPPING STONES

TWO BALL PLAYING IN THE RAIN LOOKING FOR WORMS

PLAYING ON THE BEACH, IN A FIELD OR AT A PARK CHASIES

KERBSIE HIDE AND SEEK BOWS & ARROWS TICKLES

PLAYING HOUSE, SCHOOLS, SHOPS KICK THE CAN PEEK A BOO

ROUNDERS DRESSING UP SQUEEZY BOTTLES BUBBLE WRAP

PUTTING ON A SHOW BLOWING BUBBLES MAKING KITES

“CALLING” FOR FRIENDS TWO BALL SKIPPING

GERMAN JUMPS PAINTING PEBBLES

PAPER BAG PUPPETS POTS & PANS & OLD WOODEN SPOONS

Visit [Play Matters | Department of Education \(education-ni.gov.uk\)](http://Play Matters | Department of Education (education-ni.gov.uk)) to find Play Briefing sheets on various play topics. For more information on Play Matters contact John McCrea at 028 91 277620
email: cyps@education-ni.gov.uk



Easter Craft Ideas



Easter Recipe Ideas



Easter Bunny Coconut Tails

Ingredients:

- 1 can (14 oz) sweetened condensed milk
- 1 teaspoon vanilla extract
- 4 cups shredded sweetened coconut

Stir together the sweetened condensed milk and vanilla extract until combined.

Gradually add the shredded coconut and stir until the mixture holds together.

Divide the mixture into equal portions and add a few drops of gel food colouring to each portion, mixing well until the colour is evenly distributed.

Roll into small balls to make bunny tails.

Roll each ball in extra shredded coconut to fully coat and give them a fluffy bunny tail look.



Easy Easter Nests



Ingredients

200g milk chocolate , broken into pieces

85g shredded wheat , crushed

2 x 100g bags mini chocolate eggs

You'll also need

cupcake cases

Method

STEP 1

Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the shredded wheat and stir well to combine.

STEP 2

Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hrs until set.



Fruit bunnies



- Cut a circle shaped slice from the middle of an apple for the face
- Cut a banana in half and then in half again length ways for the ears
- Place two raisins on top of the apple slice for eyes
- Cut a blueberry in half for the nose and some thin strips of carrot for the whiskers



EGG DYING



Outside fun at Easter:

- Daffodil hunt- have fun spotting daffodils..in your local street, park, forest or countryside
- Egg Rolling - hard boil some eggs and let the children paint them once cool, find a hill and roll the eggs from the top, why not try people rolling too!!
- Animal friends - children can pretend to be some spring animals (chicks, bunnies, butterflies, lambs or ducklings), they'll soon be hopping, clucking, waddling... and making lots of noise.
- Take your lunch or snack outside with a rug or blanket or a park bench and have an Easter picnic. Have a sing song too... *5 little ducks, Sleeping bunnies, Humpty Dumpty.*



Spring flower spotter



Snowdrop



Daffodil



Wood-sorrel



Winter aconite



Wood anemone



Bluebell



Primrose



Wild garlic (ramsons)



Cowslip



Lesser celandine



SPRING!

Spring makes me feel...

Draw what you like to do in spring...

In spring I see...

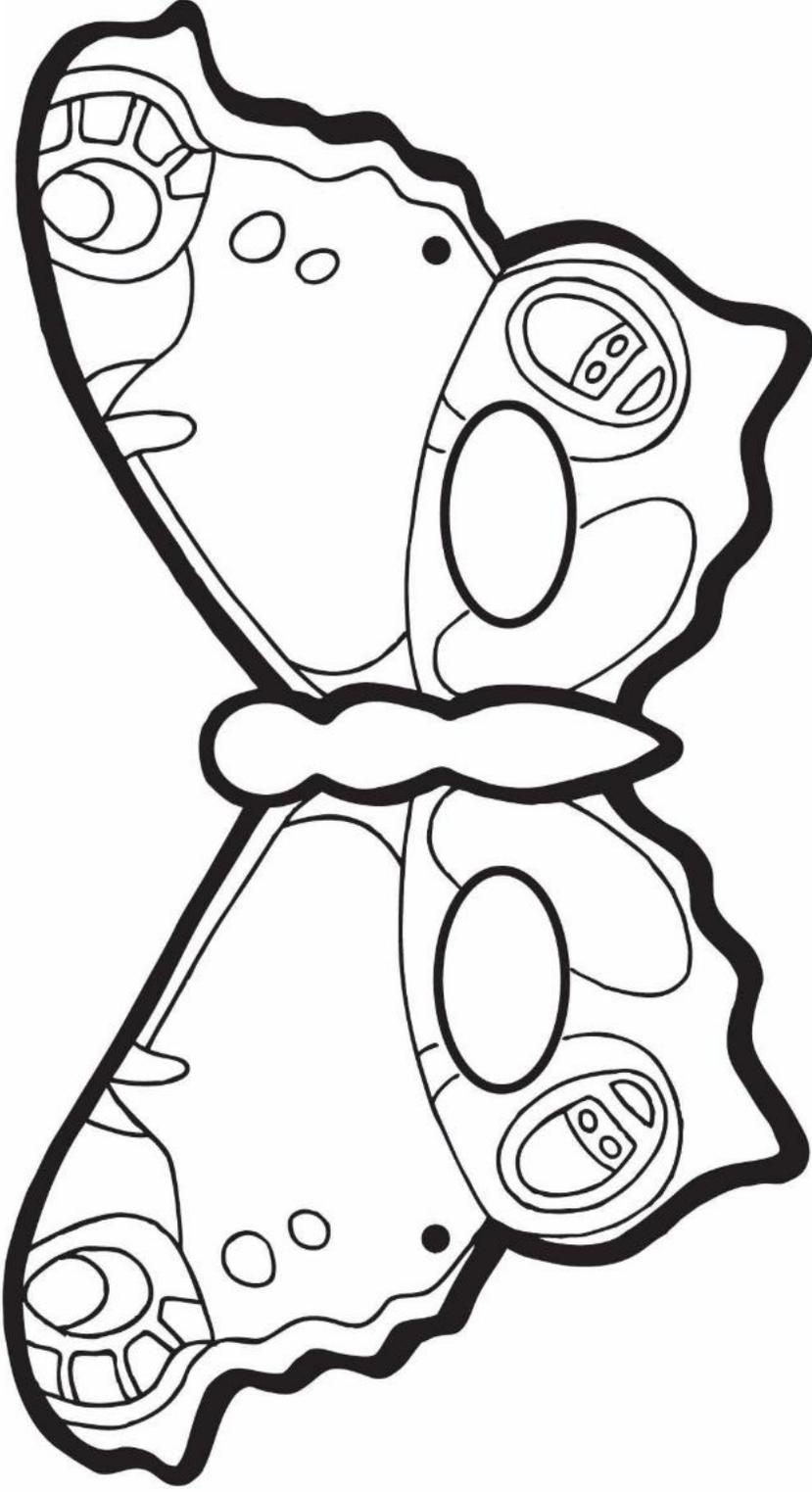
What's your favorite spring activity?

Name: _____





Peacock butterfly



**wildlife
watch**



How to make
ROLL ON PAINTERS

Pop the balls out of an old roll-on deodorant bottle, wash the bottle and ball, fill with paint and a squirt of dish soap and pop the ball back in!

picklebums.com

Fun Things to Paint With Instead of a Paintbrush



Sponges



Cotton Balls



Toothbrushes



Fingers



Q-Tips



Leaves



Forks



Feathers



Cardboard Tubes



Toy Cars



Balloon



Legos



String or Yarn



Straws



Pinecones

BBC

CREATIVE PLAY

CBeebies PARENTING



build a rocket or tower

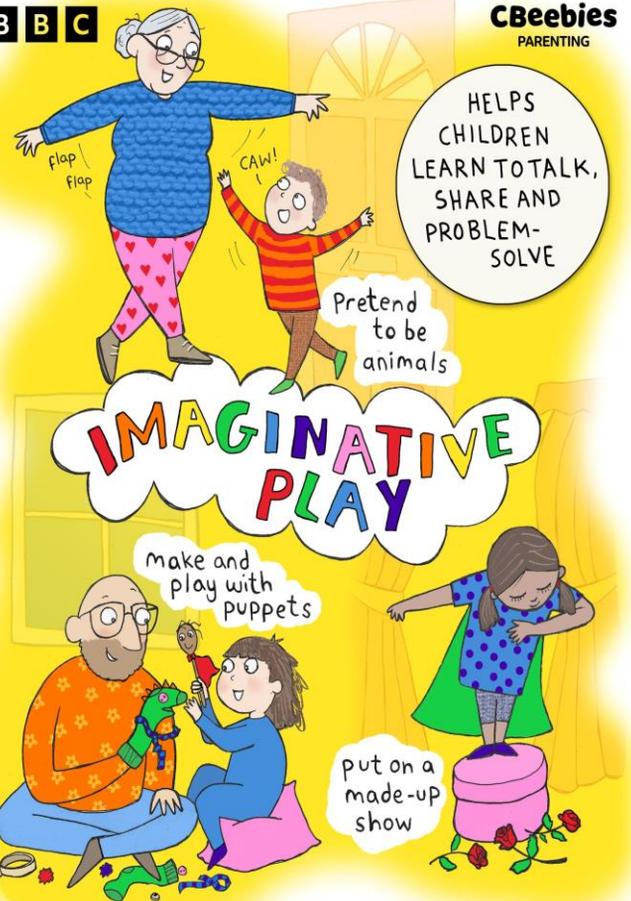
make a collage

draw and colour-in

LET'S LITTLE ONES EXPRESS THEMSELVES AND LEARN THROUGH HANDS-ON FUN

BBC

CBeebies PARENTING



HELPS CHILDREN LEARN TO TALK, SHARE AND PROBLEM-SOLVE

IMAGINATIVE PLAY

Flap Flap

CAW!

Pretend to be animals

make and play with puppets

put on a made-up show



Nature Scavenger Hunt For Kids

lukeosaurusandme.co.uk



bird



squirrel



spider



4

sticks



brown
leaf



puddle



flowers



dog



green
leaf



ants



feather



shiny

stone



Mental Health

HAPPINESS IS ...

sunshine

star gazing

**video call
catch-ups
with family**



returning home
after a chilly walk
and sitting by the
fire with a cup of
tea and my cat

playing board games

family trivia nights



**camping off the
beaten path**



**laughing
with friends**

a beautiful sunset



**my happy dog
greeting me
when I get home**



**long walks in
the mountains
... and the beach**



**planning
a trip**



**a real belly
laugh**



**spring flowers
blooming**



the wonder of nature



**summer
holidays**



mindfulness

**hearing
children
playing**

listening to music



singing

the simple things

**snow
days**



www.playboard.org



Flower Breathing



Let's pretend you're holding your favourite flower.
 Maybe it's a big bright sunflower or a tiny daisy.
 Bring your flower up to your nose.
 Take a slow sniff in... like you're smelling its lovely scent.
 Now pretend you're blowing a gentle breeze to make the petals wiggle.
 Blow out slowly through your mouth. Sniff the flower again... slow and calm.
 Then blow a soft breeze out.
 Let's do three more together.
 Smell the flower...
 Blow the breeze...
 Each breath helps your body feel calmer and your mind feel quieter.
 Your flower breathing is helping you feel safe and steady.

The Contented Child

Reach out to the friend who...



you haven't heard from for a while



is having a hard time



always seems OK



doesn't seem OK



you miss

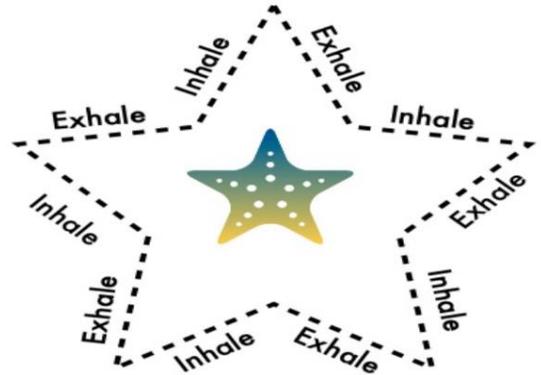


might need to talk

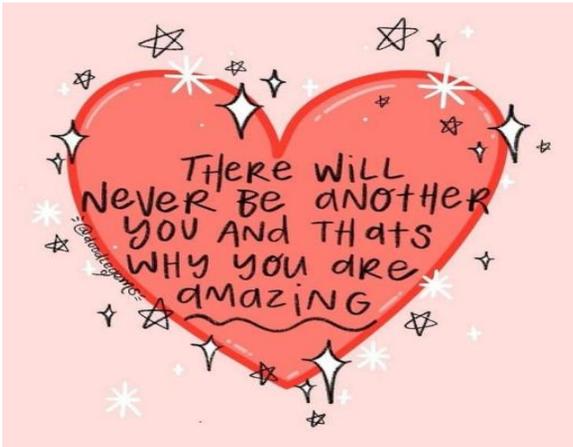
SAMARITANS

Starfish Breathing!

Start by placing your finger on an "inhale", follow along the starfish with your finger, hold your breath at each point on the starfish, then exhale. Go around the star 2-3 times.



©2020 PATHS Program LLC



INSTEAD OF ..

TRY THIS :

I have failed



I can improve

I should quit



I can ask for help

I don't know how



I can learn how

This is too hard



This will take some time

They are so much better than me



What can I learn from them?



@myselflovesmypass

Active April 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes



27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together



NOW THAT WE DON'T TALK...

HOW TO COPE WITH A FRIEND BREAKUP

@POSITIVELYPRESENT



Looking after your health and wellbeing



Little wins deserve to be celebrated just the same as milestones.



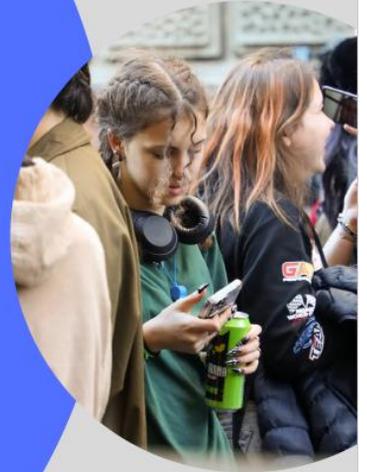
YOUTH WELLNESS WEB

Working in Partnership since 2011



When you are struggling, it's okay to reach out.

The Youth Wellness Web co-designed by young people for young people has resources to help with mental health, wellbeing, bullying & more.



[HTTPS://CYPSP.HSCNI.NET/YOUTH-WELLNESS-WEB/](https://cypsp.hscni.net/youth-wellness-web/)

CRUNCH AN ICE CUBE



Sometimes our bodies feel really full of big feelings. Our hearts race, our thoughts zoom around, and it can be hard to calm down.

One trick that can help is called ice crunching.

Take a small ice cube and put it in your mouth. Notice how cold it feels. Try slowly crunching it or letting it melt on your tongue.

The cold feeling sends a message to your brain that helps your body slow down. It gives your mind something simple to focus on.

While you crunch the ice, take a slow breath in... and a slow breath out.

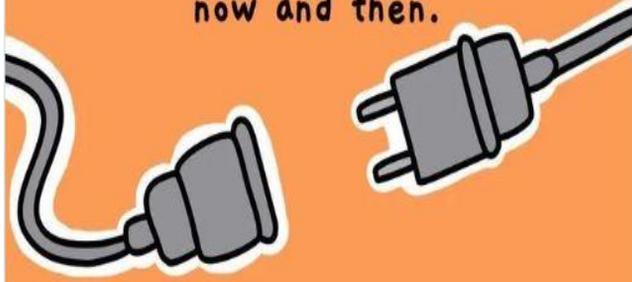
Keep noticing the cold and the crunch. Little by little, your body can start to feel calmer again

The Contented Child



Self-Care Tip

While social media can be completely awesome, it's also important to unplug every now and then.



BlessingManifesting

IT'S OKAY



- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF

Mind Your Head – A Student Guide to Mental Health -

Having good mental health means feeling positive about yourself, being able to cope with everyday pressures and being able to form and maintain relationships.

This booklet is full of practical tips and information on managing stress and achieving and maintaining mental health and emotional wellbeing. It also contains a list of helpful local organisations and websites.

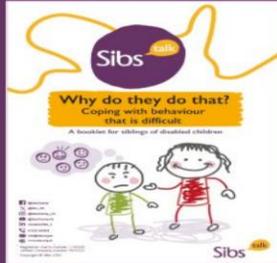
<https://www.publichealth.hscni.net/publications/mind-your-head-student-guide-mental-health-2>



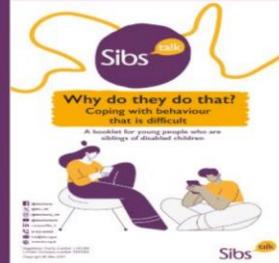
Disability

Behaviour that challenges Leaflets for young siblings

Younger readers



Older readers



Sibs

Download at sibs.org.uk/behaviour

Why do they do that? Coping with behaviour that is difficult

Booklets from Sibs to help siblings understand behaviour that challenges and what they can do to keep themselves safe

Booklets available to download at:

<https://www.sibs.org.uk/supporting-young-siblings/parents/when-to-be-concerned-about-your-sibling-child>

This booklet was co-produced with young people from Barnardo's NI PosAbilitygroup. It is ideal for sharing information about your child for after school clubs, playgroup, residential and with family.



All About ME



<https://tinyurl.com/ysjx9fby>

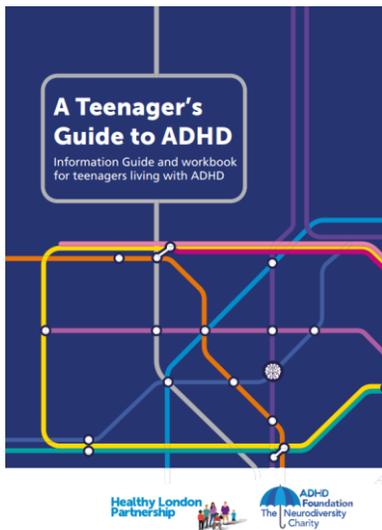


Education resources



Autism NI have put together a list of resources to help with homework, communication, and school anxiety triggers.

Resources can be downloaded for free at, <https://autismni.org/help-support/resources/education-resources>



This booklet is for teenagers who have ADHD or for anyone who knows a teenager who has ADHD. This booklet will help you learn about what ADHD is, how it affects us, and ways that we can achieve our potential and thrive.

<https://adhdeurope.eu/wp-content/uploads/V1-Teenagers-Guide-to-ADHD-ADHD-Foundation.pdf>



National Deaf Children's Society have created a number of comics for children to help them understand experiences such as going to the hearing clinic and getting grommets, hearing aid and cochlear implants.

<https://www.ndcs.org.uk/advice-and-support/all-advice-and-support-topics/raising-deaf-child/comics-books-and-stories-deaf-characters>



A Springtime Sensory Walk

Write down some of the things you might see, hear, smell, feel and taste when out for a Springtime walk.

I see

example: daffodils



1. _____
2. _____
3. _____

I hear

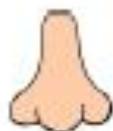
1. example: birds tweeting



1. _____
2. _____
3. _____

I smell

example: freshly cut grass



1. _____
2. _____
3. _____



I feel

example: baby animals



1. _____
2. _____
3. _____

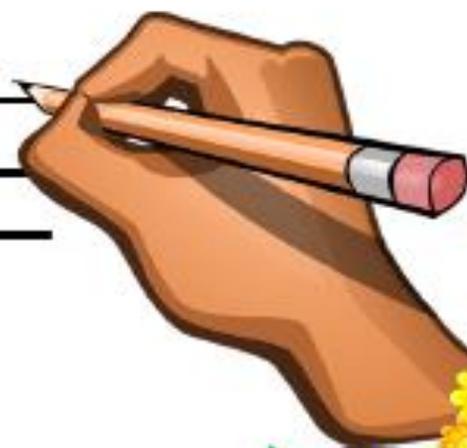


I taste

example: ice cream



1. _____
2. _____
3. _____



CENTRE FOR AUTISM

© Designed and Produced by Middletown Centre for Autism

Bereavement



BEREAVEMENT & LOSS SUPPORT FOR YOUNG PEOPLE

WEBSITES



www.hopeagain.org.uk

www.barnardos.org.uk

www.cruse.org.uk

www.mariecurie.org.uk

www.pipscharity.com

Persevering: Grief As Told By Young People

The Grief Gang

Grief is my Superpower

Grief in common

PODCASTS



Smiles and Tears

Apart of me

Headspace

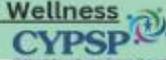
Help2makesense

Untangle Grief

APPS



For more tips and advice on wellbeing visit the [Youth Wellness Web](#) by clicking the logo or scanning the QR code





Free downloadable resources
from Child Bereavement UK



<https://www.childbereavementuk.org/FAQs/when-someone-special-dies-free-leaflets>

What to put in a memory box

Cruse
Bereavement
Support



Photographs



Items of clothes
and Jewellery



Letters or cards
from them



Awards or
certificates they
received

Memory Box

Creating a memory box can be a lovely way to remember a loved one who has died.

By having a safe space filled with their items can be a helpful way to feel connected to them and keep their memory alive.



Have you ever been in class and something triggers a surge of grief?

Check out these tips on how to get through the situation from Angharad, one of Winston's Wish Youth Ambassadors

Consider your next step- you could ask your tutor for a moment outside, sit and listen to the class or even just carry on normally.

Make someone aware that there has been a trigger; if you feel comfortable, that person is ideally a teacher who can help support you in that moment and in the future.

Know that you may have these intense feelings for the rest of the day, the week or even a long time after, which is perfectly normal.

Give yourself time to recover from the day, do something that you enjoy or that helps you feel close to the person you have lost.

There is always support available- consider talking to your friends and family or reach out to Winston's Wish, who can help you to work through your emotions.

ANGHARAD, YOUTH AMBASSADOR 

"I'm having trouble sleeping when grieving"

Is this normal?

Yes, you might:



Be frightened to go to sleep because of bad nightmares.



Find it difficult to get to sleep because your mind is racing.



Dream that the person who died is still alive and find waking up very painful.

What can help?



Slowly get back into a night-time routine.



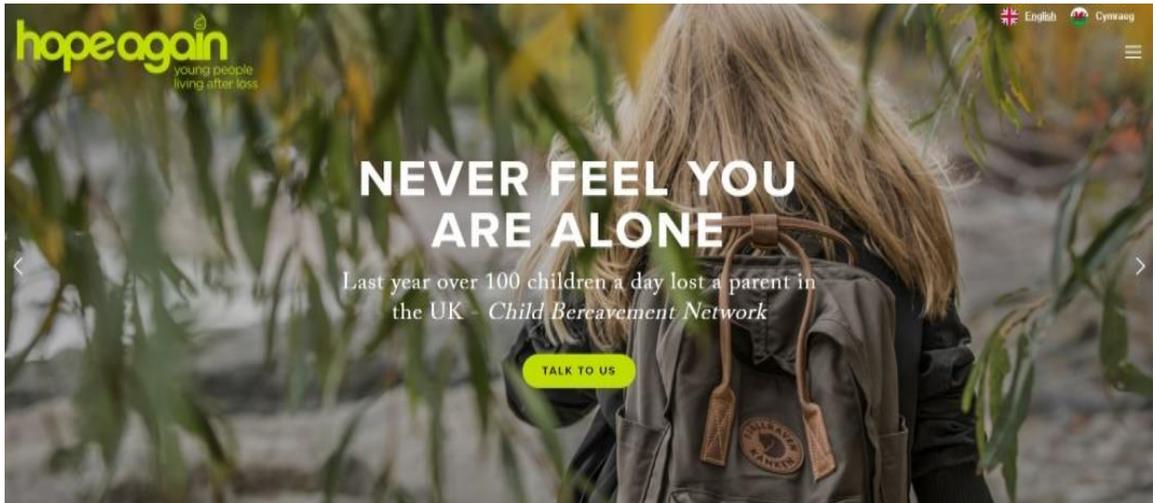
Exercise can be helpful to tire your body out.



Try listening to relaxing music or sleep podcasts.



Try not to get into bed until you feel really ready to sleep.



Hope Again is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone

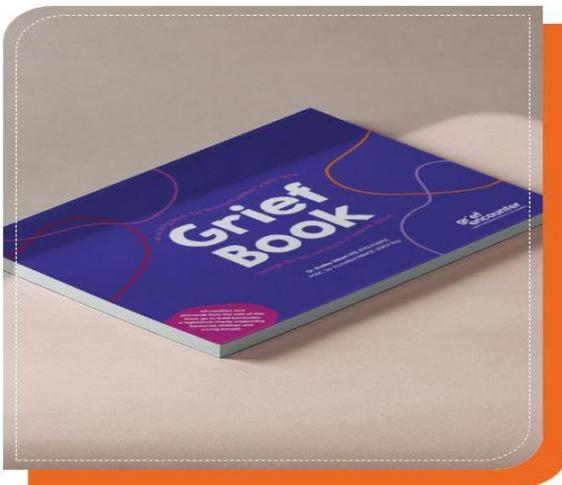
<https://www.hopeagain.org.uk/>

Ways to remember and celebrate someone's life

- Sharing thoughts and memories of that special person
- Going on their favourite walk
- Inviting friends and family around
- Cooking their favourite meal
- Visiting a special place
- Sharing your story online with others.

Cruse Bereavement Support





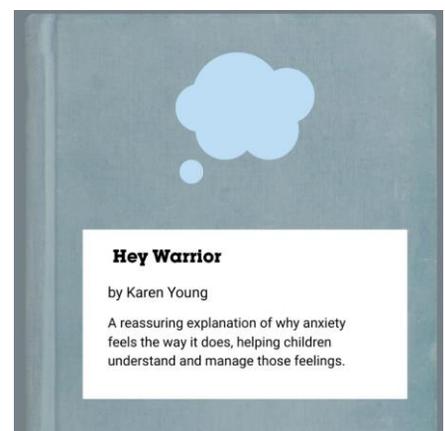
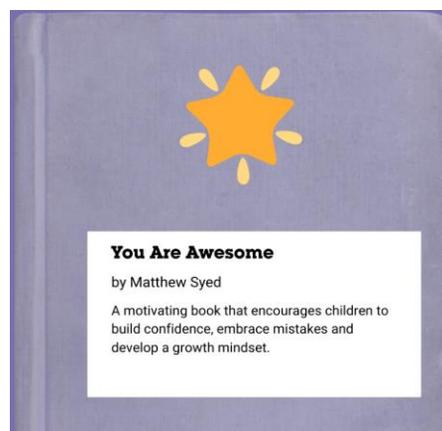
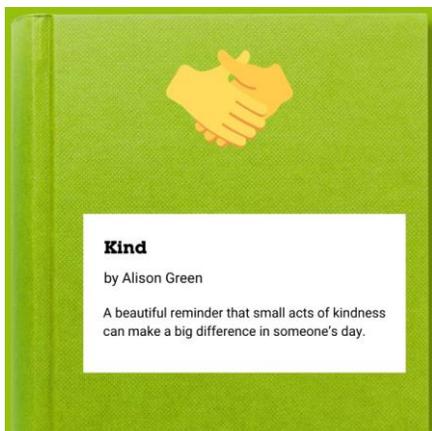
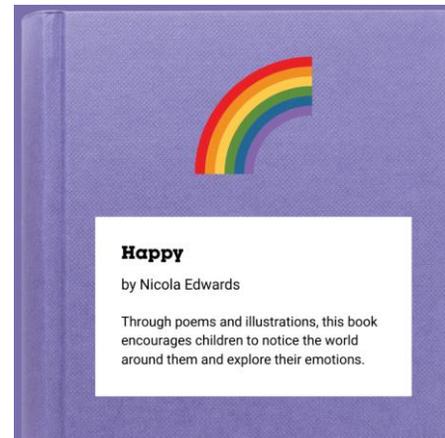
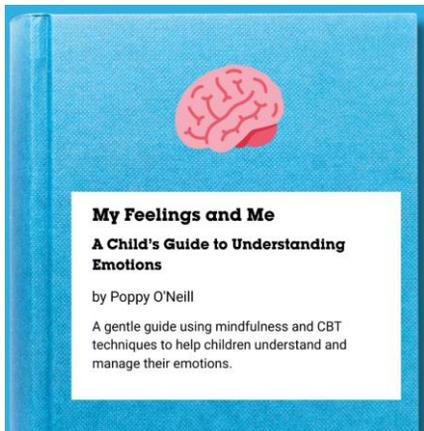
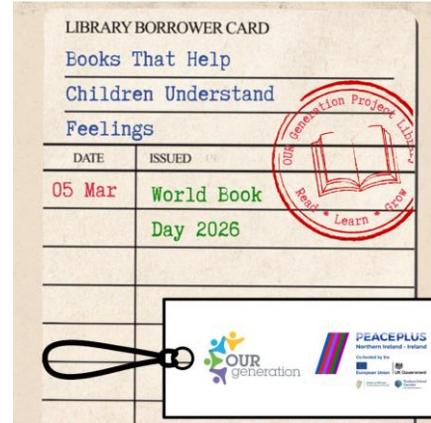
This activity book for bereaved children, has many exercises.
<https://www.griefcounter.org.uk/get-support/grief-book/>



Other Resources

OUR Generation Virtual Library

A special [#WorldBookDay](#) collection of books that can help children & young people understand their feelings and emotions



What do grapes and mini eggs have in common?



child accident
prevention trust

It's that time of year again when mini eggs are lining the supermarket shelves. But, did you know that, just like grapes, they are the perfect size to block a small child's airway and choke them? And, their hard shell can make it difficult to dislodge with standard first aid techniques.

With whole grapes we advise cutting them in half lengthways and ideally into quarters to create thin strips. But chopping up mini eggs isn't as easy. So, what can you do?

1. Hide them from the children and eat them yourself – good luck with that!
2. Break them into small pieces with a rolling pin. Or, crush them in a pestle and mortar. Or melt them a little first.
3. Opt for a different treat. Larger, hollow eggs are much safer for little ones.

For more practical tips and advice to keep children safe from choking take a look at our guide:

<https://capt.org.uk/resources/choking-fact-sheet/>



Easter
An Cháisc
Ann Hask



Easter Egg

Ubh Chásca

Ivv Haska

Chocolate

Seacláid

Shoc-lidge

Easter Basket

Ciseán na Cásca

Kee-shan na Kaska

Easter Bunny

Coinín na Cásca

Cun-yeen na Kaska

Easter Bonnet

Boinéad na Cásca

Bon-idge na Kaska



I am eating an Easter Egg.

Tá mé ag ithe Ubh Chásca.

Taa may ag ee-ha Ivv Haska.



Sleeping bunnies

See the little bunnies sleeping til its nearly noon
Shall we wake them with a merry tune?
Oh so still, on the hill
Wake up soon...

WAKE UP BUNNIES!



Hop little bunny, hop hop hop
Hop little bunny, hop, hop, hop
Hop little bunny, hop, hop, hop
Hop and stop!



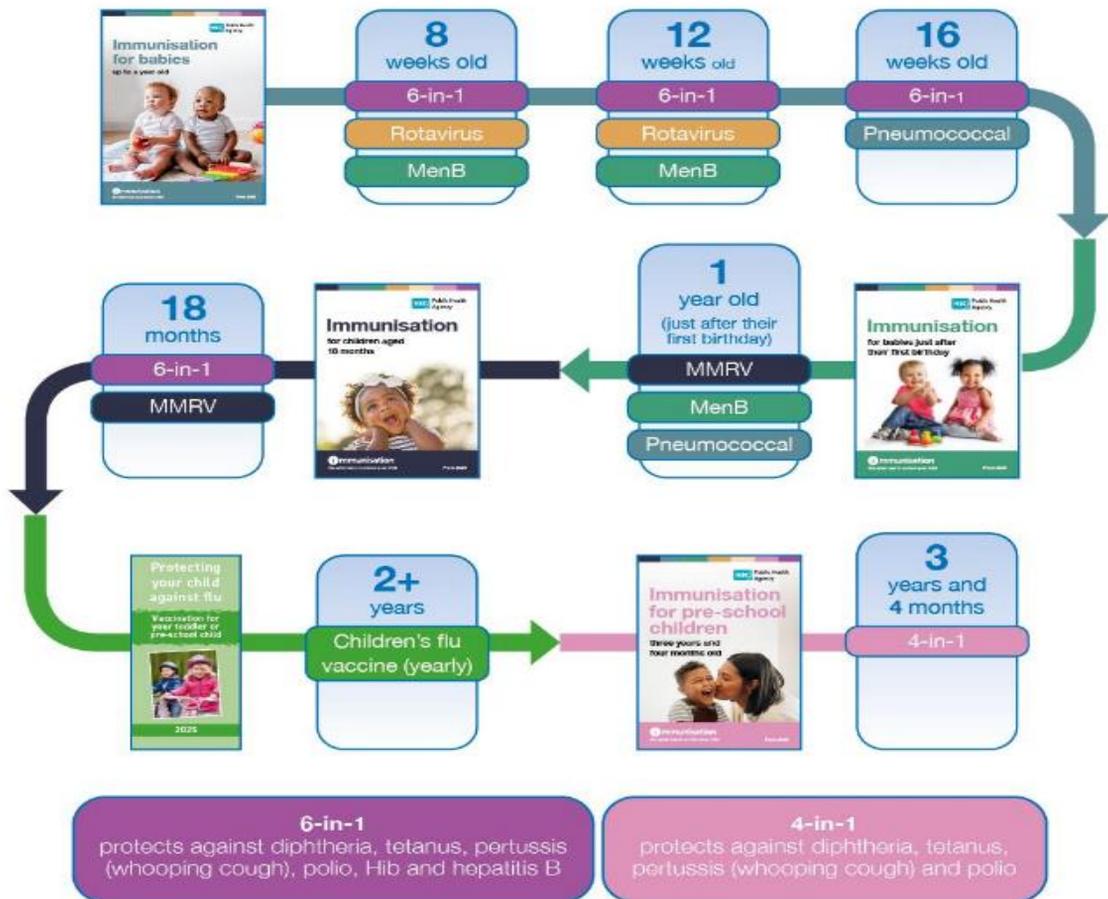
Skip little bunnies, skip skip skip...
Dance little bunnies, dance. dance, dance...

@helpkidstalk



Routine childhood vaccination schedule

From Jan 2026



The NI childhood immunisation schedule is changing giving even better protection with the introduction of the varicella (chickenpox) vaccine.

From January 2026, eligible children will be offered a combined vaccine for measles, mumps, rubella and varicella (MMRV) - as part of the routine infant vaccination schedule.

As with other childhood immunisations, parents will be contacted by their GP surgery to arrange an appointment if their child is eligible. If you are unsure if your child is up to date with vaccinations the easiest way to check is to look at your child's red book or speak to your health visitor or GP.

Find out more at:

<https://www.nidirect.gov.uk/articles/childhood-immunisation-programme>



Meningitis - know the symptoms

Symptoms of meningitis develop suddenly and can include:



Fever (over 37.5C)



Vomiting



Headache /Stiffness



Confusion



Rash



Dislike of
bright lights



Fatigue



Seizures (fits)

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

MenACWY vaccine



Pupils in year 11 and 12, are offered the MenACWY vaccine in school. The vaccine helps protect young people against four different causes of meningitis and septicaemia: meningococcal groups A, C, W and Y disease. If you're aged 25 or under, at university and haven't yet had the MenACWY vaccination, you should ask your GP for the vaccine.

There are other types of meningitis that there are no vaccines against, so it is important to still watch out for the signs and symptoms.

www.pha.site/meningitis-nidirect

HSC Public Health Agency





Struggling with self-harm

here are things young people
have found helpful

- Painting, drawing and scribbling
- Punching or screaming into a pillow
- Taking a bath or shower
- Listening to music
- Writing down negative feelings, then ripping up the paper
- Watching their favourite funny film

WE HAVE SOMETHING TO...



SAY Project

New website aimed at helping children and young people to learn about healthy relationships.

<https://www.sayni.org.uk/>



SAY NO TO VAPING



DID YOU KNOW?

YOUNG PEOPLE WHO VAPE ARE BETWEEN 3 AND 5 TIMES MORE LIKELY TO START SMOKING COMPARED TO THOSE WHO HAVE NEVER VAPE.



 HSC Public Health Agency

Say no to vaping.

10 – 15 vape puffs are roughly equivalent to one cigarette.

For help and advice on talking to your child about vaping visit, <https://www.publichealth.hscni.net/vaping>

Available
in Public
Libraries

Free Period Products

If you or someone you know needs period products, you can get them for free in libraries across Northern Ireland.



Welcome to the Online Safety Hub

Education and support to keep children safe online



Scan this code to visit the site!



The Hub features online safety advice, resources and support from a range of organisations so that young people, families and professionals can easily access information all in one central place. From screen time, social media or knowing where to turn when something doesn't feel right, the Hub provides practical tips and tools to improve child safety online.



[OnlineSafetyHub.SafeguardingNI.org](https://onlinesafetyhub.safeguardingni.org)

The Safeguarding Board for Northern Ireland (SBNI) has sponsored a team of ONSG Safeguarding Design to create a new digital Safety Hub for online safety advice and support.



<https://onlinesafetyhub.safeguardingni.org/>





PREPARING FOR EXAMS

A 'how to' guide for students



Are you preparing for exams this and looking for revision tips?

CCEA's 'Preparing for Exams' guide is here to answer your questions and offer helpful advice on:

-  how to revise;
-  looking after your mental health and wellbeing; and
-  knowing and understanding exam guidelines.

 <https://ccea.org.uk/students-parents/exams-results-support>

Exam Support

Exam season can be tough, but you don't have to face it alone.

Whether you're feeling overwhelmed, stressed, or just need some study-balance tips, the Youth Wellness Web has loads of support for you.

<https://cypsp.hscni.net/youth-wellness-web/school-college-age-16/>

Working in Partnership since 2011



Misusing AI in assessments, even by accident, can lead to disqualification.

CCEA's animation explains how to use AI safely and fairly in schoolwork

Know the rules:

<http://ccea.org.uk/internet-and-ai>



AI and Assessments
What Every Student Should Know



Follow the rules when using AI tools

The little book of Exam Stress Help

For Young People



The little book of Exam Stress Self-care

For Young People



This little book from EA is aimed to help you through your exam stress with revision tips, self care tips, useful links to support and lots more – Download at <https://cypsp.hscni.net/youth-wellness-web/school-age-11-15/>

childline

ONLINE, ON THE PHONE, ANYTIME

Homework, studying and revision tips from Childline

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/homework-revision/>



EAT SMART WEEK with the Lunch Bunch

Beef Bolognese with Wholewheat Spaghetti



SERVES

PREP TIME

15 - 20 mins

COOKING TIME

60 - 90 mins

A hearty, wholesome twist on a classic Italian favourite, made with lean beef and fibre-rich wholewheat spaghetti.

INGREDIENTS

- 1 Tbsp olive oil
- 300g lean minced beef
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 2 x 400g tins chopped tomatoes
- 100g tomato puree
- 1 low-salt vegetable stock cube
- 250ml water
- 1 tsp dried basil
- 1 tsp dried oregano
- Black pepper, to taste, if desired
- 280g wholewheat spaghetti

TOP TIP!

Wholemeal pasta contains more fibre than white pasta, which helps keep us feeling fuller for longer and supports a healthy digestive system. It might look a little different, but the taste is very similar—why not try it?

MAKE IT YOUR WAY!

Turn this dish into a Chilli Con Carne twist!

Just add:
 • A pinch of chilli powder for gentle heat
 • A handful of kidney beans for texture and protein

It's a simple way to add variety and spice things up.



METHOD

Prepare the Sauce

- In a large saucepan, heat the olive oil over medium heat.
- Add the minced beef and cook until browned all over.
- Stir in the onion, garlic, carrot, and celery. Sauté for 5–7 minutes until softened.
- Add the chopped tomatoes, tomato puree, vegetable stock cube, and water. Stir in the basil, oregano, and black pepper.
- Bring to a gentle simmer, then reduce the heat to low. Cook uncovered for about 1 hour, stirring occasionally, until the sauce thickens. This will help thicken the sauce and deepen the flavours.

Prepare the Spaghetti

- Bring a large pot of water to the boil.
- Cook the spaghetti according to the packet instructions until al dente.

To Serve

- Drain the spaghetti, top with the Bolognese sauce, and stir through.



EAT SMART WEEK with the Lunch Bunch

Rainbow Rice



SERVES

PREP TIME

15 - 20 mins

COOKING TIME

30 - 40 mins

This simple, family-friendly dish is packed with colourful vegetables, providing lots of essential vitamins, minerals, and fibre – especially if using wholegrain rice.

INGREDIENTS

For the Chicken

- 3-4 chicken breast fillets
- 1 Tbsp low-salt soy sauce
- 1 tsp olive oil
- ½ tsp ground ginger
- 1 garlic clove, minced
- 1 tsp honey
- Black pepper, to taste

For the Rainbow Rice

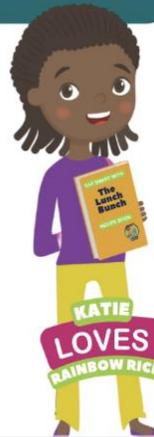
- 240g wholegrain or white rice
- 1 tsp olive oil
- ½ yellow pepper, finely diced
- ½ red pepper, finely diced
- ½ green pepper, finely diced
- 1 carrot, grated
- 75g frozen garden peas

TOP TIP!

Garlic doesn't need to be fresh to add flavour — frozen, dried, or jarred garlic (often called "lazy" garlic) are all handy options that save time and still taste great.

Herbs and spices are also fantastic for boosting flavour in homemade meals.

Keep staples like oregano, smoked paprika, and mixed herbs in your cupboard.



Tips from UNICEF on talking to children about difficult topics in the news, such as war or conflict.

ASK YOUR CHILD WHAT THEY KNOW AND FEEL

Your child can discover the news in many ways, so it's important to **check in on what they're seeing and hearing**. Use this as an opportunity to **reassure them** and **correct any inaccurate information** they might have come across.



unicef 
for every child

FOCUS ON THE HELPERS

Talk about people making a positive impact, such as first responders. **Brainstorm ways to show solidarity**. Together, you could start a fundraiser, join a petition, share a message of support, or pen a poem for peace.

The sense of doing something, no matter how small, can often bring great comfort.



unicef 
for every child

KEEP IT CALM AND AGE-APPROPRIATE

Children have a right to know what's going on in the world, but **adults also have a responsibility to keep them safe from distress**. Use age-appropriate language, watch their reactions and be sensitive to their level of anxiety. Remember that **it's OK not to have the answer to every question**. You can say that you need to look it up.



unicef 
for every child

LIMIT THE FLOOD OF NEWS

Be mindful of how exposed your child is to the news while it's full of alarming headlines. **Consider switching it off around younger children.**

With **older children**, you could use it as an **opportunity to discuss** how much time they spend consuming it and what news sources they trust.



unicef 
for every child



...kids want to talk about war

5 tips from a psychologist and child counsellor



1 Make time and listen

Give children the space to talk when they want to - even if you're in the middle of something else!

Encourage them to tell you what they know, how they feel and to ask you questions.



2 Tailor the conversation to the child

Older children will need more details while younger ones may be satisfied just by understanding that sometimes countries fight.

Be informed, keep calm and answer questions honestly.

Begin with simple information as too much detail may overwhelm them and cause anxiety.

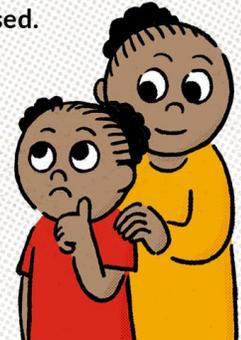


3 Validate their feelings

Speak to the child about how they feel.

It is important that children feel supported in the conversation. They should not feel judged or have their concerns dismissed.

When children have the chance to have an open and honest conversation about things upsetting them, they can feel relieved.



4 Reassure them

Remind them this crisis is not their problem to solve. Adults all over the world are working hard to fix the situation.

They shouldn't feel guilty playing, seeing their friends and doing the things that make them feel happy.



5 Give them a practical way to help

For example, they could start fundraisers, write letters to local decision-makers or create drawings calling for peace.

Children who have the opportunity to help can feel like they are part of the solution instead of feeling helpless.

