

DISCOVERY

Multi Academy Trust



TEEN TALK

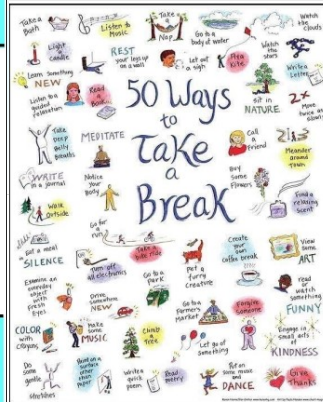
Teen Talk is a National Lottery funded project which seeks to provide a friendly ear to young people in the South West during this unsettling time. As a project run by young people, we believe that it is important for all teens to have someone they can go to, no matter how small the issue!

Our confidential chatline Teen Talk is designed for teens to call for a quick chat, simply someone to talk to, or even some revision advice, particularly as online schooling can be extremely challenging.

If you are a teen living in the South West and would like to get in contact, please call us on the number listed below. Our opening times are Monday-Friday 4pm-8pm.

04752 270024

Please note that all calls to this number are free. If you are concerned that your telephone provider will charge you, please note that calling 04752 270024 is not a premium rate number and is not subject to any special charges. Please note that this number is not a text message service. Please note that this number is not a text message service. Please note that this number is not a text message service.



30 days of gratitude

#1 What smell are you grateful for today?	#2 What technology are you grateful for?	#3 What color are you grateful for?
#4 What food are you most grateful for?	#5 What sound are you grateful for today?	#6 What in nature are you grateful for?
#7 What memory are you grateful for?	#8 What book are you most grateful for?	#9 What place are you most grateful for?
#10 What taste are you grateful for today?	#11 What holiday are you grateful for?	#12 What texture are you grateful for?
#13 What abilities are you grateful for?	#14 What sight are you grateful for today?	#15 What season are you grateful for?
#16 What about your body are you grateful for?	#17 What knowledge are you grateful for?	#18 What piece of art are you grateful for?
#19 What touch are you grateful for today?	#20 Who in your life are you grateful for?	#21 What song are you most grateful for?
#22 What story are you grateful for?	#23 What tradition are you grateful for?	#24 What challenge are you grateful for?
#25 What moment this week are you most grateful for?	#26 What form of expression are you most grateful for?	#27 What small thing that you use daily are you grateful for?
#28 What small thing that happened today are you grateful for?	#29 What friend/family member are you grateful for today?	#30 What talent or skill do you have that you are grateful for?

THINGS TO REMEMBER

you don't have to be perfect

Having a bad day is ok

Small steps are also progress

Asking for help is straight

People love and appreciate you

Smiling Is Infectious by Spike Milligan

Smiling is infectious, you catch it like the flu, When someone smiled at me today, I started smiling too.

I passed around the corner and someone saw my grin. When he smiled I realized I'd passed it on to him.

I thought about that smile, then I realized its worth. A single smile, just like mine could travel round the earth.

So, if you feel a smile begin, don't leave it undetected. Let's start an epidemic quick, and get the world infected!



talk.actionforchildren.org.uk

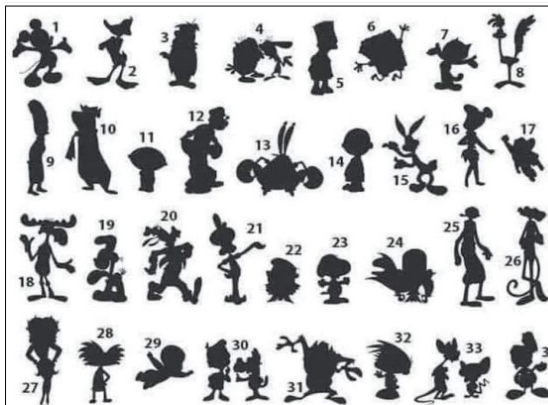
Free and confidential live chat with our parent-ing coaches

We're open 12:00-19:30 Monday & Thursday, 09:30-16:30 Tuesday & Wednesday, and 09:30-16:00 Friday. At other times, leave us a message and we'll get back to you.



Be with nature

Surrounding ourselves with trees, greenery and wildlife is of huge benefit to our mental wellbeing. It improves mood; reduces stress and anger; helps you to feel more relaxed; improves confidence and self-esteem; and improves physical health. So, how about taking a walk amongst some trees and seeing what wildlife you can spot?



Can you name these cartoon characters?