

Lockdown Lifehacks

Action: Share a skill you have that could help other people get through Lockdown & beyond. Nominate three people you know to do the same.

Why is this important?

Young people have been needlessly excluded from the response effort during the pandemic - but did you know that 92% of young people think this could be a moment to change society for the better?

Young people have taken matters into their own hands, by starting their own projects, continuing their volunteering and looking out for their loved ones. And now they're going one step further.

Young people from the #iwill campaign, the NHS Youth Forum, Scouts, Girlguiding, NCS and Youth United Foundation have developed actions for other young people to help others at this time. Whether it's their friends, family, classmates or neighbours - these actions give all young people the power to help.

How to take part:

Stay connected, beat the boredom, and develop your skills - all whilst helping others.

Ask young people you support to share a skill they have, that could help others through lockdown. Do they know how to run the perfect bath? Could they help someone learn how to introduce themselves in British Sign Language? Could they teach someone how to play chess to stave off their boredom?

Whether it's crafts for self-care, skills for the future, or a lockdown lifehack, we want young people (and yourselves!) to share it, and nominate others to do the same.

Step 1

Book in 2 x one hour sessions, with your young people over whichever video conferencing software you use, or in your setting. Check out [tips](#) from the Scouts for video different platforms here.

Step 2

During the first session:

- Share the action with your young people, and show them [these examples](#) of young people taking part.
- Explain there are lots of different ways to take part and everyone will have a 'Lockdown Lifehack' to share.

- Ask the young people to think about skills they could share that would help other people through lockdown and beyond. There is a sample skill list created by young people on p3 if useful.
- Once they've had a think, ask them to share with the group what skill they want to share. If they can't decide or don't know, ask the rest of the group to help them.
- Show them all the different ways they could go about sharing their skill by showing this slide [here](#).
- Ask them to pick a way to share their skill and spend the next 30 minutes designing or creating their Lockdown Lifehack.
 - They're welcome to go away and come back.
- When they come back, ask them to share as far as they've got with the group.
- This session ends here.
 - The group are tasked with going away and finishing their Lockdown Lifehack and bringing it back to share at the next session.

Step 3

During the second session:

- Ask everyone to share their Lockdown Lifehack with the group.
- Take a look at these Skills by Skillsbuilder and discuss with the group if they think their Lockdown Lifehacks help develop any of these?
- Ask the young people who they felt about sharing a skill that could help others at this time.
- Show the young people the different ways you can share their Lockdown Lifehacks more widely, to help more people:
 - By sharing them with iwillambassadors@stepuptoserve.org.uk, so they will be featured on the Power of Youth website.
 - By sharing them on social media (either on their own if age appropriate, or on your organisation/ unit/ programme's social media), using the hashtag #LockdownLifehack, so they can help more followers.
 - If your young people are keen to share their Lockdown Lifehacks more widely, make sure any sharing follows your organisation's safeguarding policies.

Step 4

- Let us know you took part by writing, sending photos or videos to iwillambassadors@stepuptoserve.org.uk so we can celebrate your work!

Sample Skill List

Helping others out:

Ways to help others:

- How to change a nappy
- How to listen to someone sharing their feelings
- How to make a face mask
- How to collect a prescription for someone else
- Cooking for others
- How to make a thank you card
- How to put together a care package
- How to help someone having a panic attack
- CPR/ first aid

Tips for self-care

- Cooking
- Baking
- Mindfulness/meditation
- Yoga
- Hair/beauty
- Create MH toolkit

Sharing skills for the future:

- Public speaking
- Debating
- Coding
- BSL
- Languages

Boredom-busters:

Crafts

- Origami
- Crochet
- Knitting
- Sewing
- DIY
- Drawing/painting
- DIY playdough/slime

Other

- Dancing

Magic

Chess

Dungeons and Dragons skills?

/tutorial/ general gaming skills