



**SA EXECUTIVE COMMITTEE**

# **A GUIDE TO LOCKDOWN**

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HOW TO LOOK AFTER AND ENGAGE YOUR  
MEMBERS THROUGH LOCKDOWN AND BEYOND

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# #ASTONATHOME - VIRTUAL CHALLENGES



SA Exec are challenging you to get your clubs and societies involved in our virtual challenges! There is something for everyone, or you can even submit your own. Make sure to tag us and use the #AstonAtHome

## 7 Wonders of the Home:

- Use items from your home to create famous buildings! E.g. The Great Pyramids from egg boxes; The Empire State Building from bedding.
- Submit your photo/video to the #ASUWonders where SA Exec will choose which ones are built to last.

## ASU Trickshot

- Make a trickshot video, then send it along! Record yourself receiving an item from one side of the screen, do something creative with it, then send it off screen to the next person.
- Submit your video to the #ASUTrickshot and SA Exec will share their favourite ones!



## ASU CRIBS

### #ASUCRIBS

- Record a short film walking around your room with clues as to who you might be or what club/society you might be a part of.
- For example, a rugby ball on a chair, boots by the door, gum shield in the bathroom... you're an Aston Cobra!
- Submit your video to the #ASUCribs and we will repost for others to guess your club/society.



## RED CARPET ROLL CALL

### #REDCARPETROLLCALL

- During your virtual events, see how many members of your club/society you can get to dress up as movie characters.
- The bigger the 'cast' the better! They could be from Toy Story, Harry Potter, The Avengers... Be Creative!
  - Submit your 'movie cast' photo to #RedCarpetRollCall and we'll repost your star studded line up!



## EVERY DAY IS A MOVIE

### #ASTONMOVIESTARS

- Film or photograph yourself doing everyday tasks in the style of a scene from your favourite film! Cook dinner as if you were on the Titanic, take out the bins as if it were a heist or wash the dishes as if you were in a Wild West shootout!
- Submit a photo or video of your scene to #AstonMovieStars for us to share.

## Submit Your Own:

- If you or your friends have your own amazing challenge then we want to know about it!
- We want to see how you're passing time in lockdown, tag @astonstudentactivities and use the #AstonAtHome to challenge us and others. We can't wait to share all your challenges!

# LOOKING AFTER YOUR PHYSICAL HEALTH

## Bring Sally Up Challenge (Staying Active)

- Step 1 is to play the song Bring Sally Up, then try one of these challenges!
- **Squats** - Stand on 'up' and squat and hold on 'down'
- **Leg Raises** - Lie on your back, legs vertically up on 'up' and lower on 'down'
- **Calf Raises** - Using a step, rise onto balls of feet on 'up' and lower on 'down'
- **Push Ups** - Push up into plank on hands on 'up,' lower into push up and hold on 'down'
- **Sit Ups** - Lower shoulder blades to floor on 'up,' sit up and hold on 'down'
- **Half Burpee** - Stand on 'up' and jump out to plank and hold on 'down'
- **Plank** - Go into high plank position (on hands) on 'up' and hold a low plank position (on forearms) on 'down'

## How to add small exercise habits into your daily routine:

- Use the stairs over lifts/escalators whenever you can.
- Walk to Uni or the shop instead of using public transport/driving.
- Every time you go to a specific room in your home, complete 10 star jumps, squats, push ups, etc.
- When brushing your teeth stand on one leg and try to balance.
- While waiting for the kettle to boil, hold a plank (or something similar)

## Jumping Rope:

- This is a very affordable and easy way of raising your heart rate and doing exercise. Just make sure you have got enough space to do it!

## Birmingham Walks:

- **Canal walks** - Birmingham is known for having more canals than Venice, so why not go for a walk to see them! Visit [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk) for lots of routes!
- **Edgbaston Reservoir** - a 1.75 mile walk. Approximately half of the route is wooded and the other half is open pathway.
- **Club to Club Walk** - Birmingham City FC to Aston Villa FC. Around 3.5 miles and goes through the Peaky Blinder's area!
- **River Rea Trail** - This entire trail is 15 miles but can be joined at different points to shorten the walk.
- **Canal & Gallery Walk** - Walk around Brindley place along the small inlets of the canal, you can then join the main canal going north or south.
- **Cannon Hill Park** - Made up of 80 acres of formal parkland and 120 acres of conservation and woodland plantation there is lots to explore on a walk here!

## Youtube Channels to Help Keep You Fit!

- **MadFit** - <https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ>
- **Fraser Wilson** - <https://www.youtube.com/user/ArtLikePicaso>
- **Body Project** - <https://www.youtube.com/channel/UCFjc9H89-RpWuIStDqhO7AQ>
- **Heather Robertson** - <https://www.youtube.com/user/heatherrobertsoncom>
- **The Body Coach** - <https://www.youtube.com/user/thebodycoach1>
- **FitnessBlender** - <https://www.youtube.com/user/FitnessBlender>
- **Natasha Oceane** - <https://www.youtube.com/channel/UCjfG0dYMUiqKleUnkX6zBrA>

# MENTAL HEALTH & WELLBEING

## SU AND UNI SERVICES

### Advice and Representation Centre (ARC):

Location: Aston Students'  
Union  
Email: [advice@aston.ac.uk](mailto:advice@aston.ac.uk)  
Telephone: 0121 204 4848  
Open: Mon-Fri, 10am-4pm

### Aston Vice President of Welfare:

Name: Safa-Atiya Ahmed  
Email: [union.vpw@aston.ac.uk](mailto:union.vpw@aston.ac.uk)

### Aston University Counselling & Mental Wellbeing Service:

Location: The Hub  
Email: [counselling@aston.ac.uk](mailto:counselling@aston.ac.uk)  
Telephone: 0121 204 4007  
Open: Mon-Fri, 10am-4pm

### Aston Security:

Telephone: 0121 359 2922  
(External extension: 2222)  
Contactable 24/7

### Samaritans Birmingham:

Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Telephone: 116 123  
Open: 24 hours

### Birmingham Nightline:

Email: [listening@birmingham.nightline.ac.uk](mailto:listening@birmingham.nightline.ac.uk)  
Telephone: 0121 472 4621  
Instagram: @bhamnightline  
Open: 8pm-8am every night in term time

### Papyrus Hopeline UK:

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
Telephone (call): 0800 068 4141  
Telephone (text): 07860 039 967  
Open: 24 hours

## 5 STEPS TO WELLBEING

CONNECT

BE ACTIVE



TAKE  
NOTICE

GIVE



KEEP  
LEARNING



**Connect** - Even during COVID it is important to connect with others. Schedule virtual calls with your friends where you can see one another.

**Be Active** - Exercise is vital for your mental and physical health. Make sure you are getting out for one hour a day on a walk or run. If it's too miserable outside, try a home work out or run up the stairs!

**Give to Others** - It is important to remember that even though times are hard, we need to be kind to one another. Giving to others can be as simple as saying thank you or helping someone with a task.

**Keep Learning** - Learning new skills has shown it can build your self-esteem, help you create a sense of purpose and connect with others. You can try to learn a new language or do a DIY project!

**Take Notice** - Right now we need to learn to live in the moment as we have no idea what's ahead. Pay attention to your thoughts and feelings to improve your mental wellbeing. Some people call this awareness "mindfulness." Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach things.

## **RECIPES**

### **Cheesy Ham and Broccoli Pasta**

#### **Ingredients:**

1. 300g pasta (we used conchiglie)
2. 1 head of broccoli, cut into small florets
3. 1 tbsp oil
4. 1 onion, finely chopped
5. 2 garlic cloves, crushed
6. 250g ham, cut into chunks (get a nice thick slice from the deli counter)
7. 300ml pot double cream
8. 140g mature cheddar, grated

#### **Method**

- Bring a large pan of water to the boil and cook the pasta following pack instructions
- Add the broccoli florets to the pan for the final 4 mins
- Drain and set aside.
- Meanwhile, make the sauce.
- Heat the oil in a large pan and cook the onion for 5 mins to soften then stir in the garlic and cook for 1 min more.
- Stir in the ham and cream then bring to the boil.
- Add the pasta and broccoli, then stir in the cheese, coating everything in the sauce.



### **Easy Roasted Butternut squash soup (Vegan)**

#### **Ingredients:**

- 1 butternut squash
- 1 onion
- 1 litre vegetable stock
- Olive oil
- Salt and pepper

#### **Method:**

- Preheat your oven to 200C or 400F.
- Cut your butternut squash in half-length ways, coating it with olive oil and seasoning with salt and pepper.
- Place in the oven and bake for roughly 45 minutes, or until soft.
- Once cooked, remove the squash from the oven and leave to cool.
- Chop up the onion and fry in some oil until softened.
- Roughly chop the squash and add to the pan along with the onion.
- Prepare your stock and add to the pan. Mix together and bring to the boil.
- Once the soup is boiling, remove from the heat. Blend the soup thoroughly until smooth.
- Season and serve with some crusty bread.

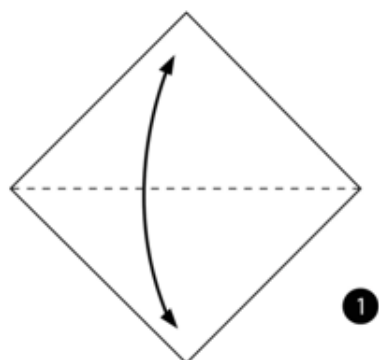




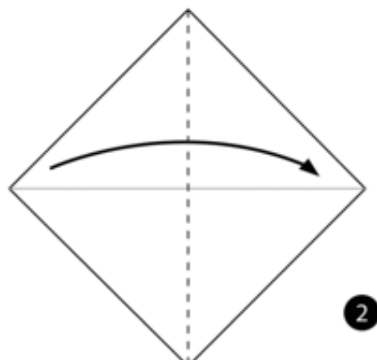
## CRAFT IDEA: ORIGAMI FOX

BEFORE YOU START: Create the origami square

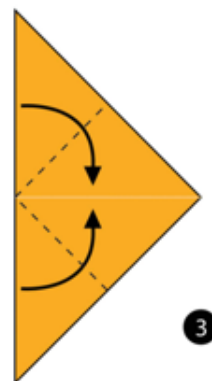
- Unless you have your own origami paper you create your origami square using A4 paper via this link below:
- <https://www.origamiway.com/make-origami-paper.shtml>



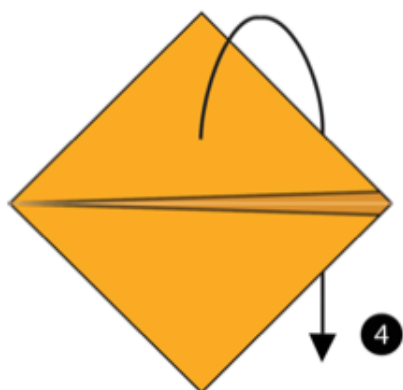
**Step 1)** Fold the paper in half and then unfold it.



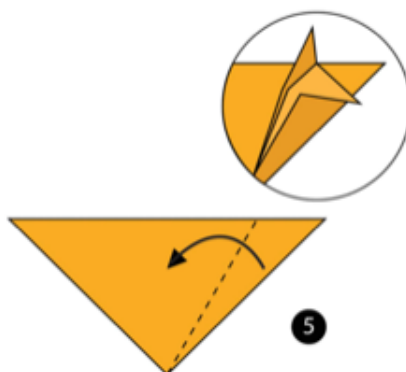
**Step 2)** Fold the paper in half the other way.



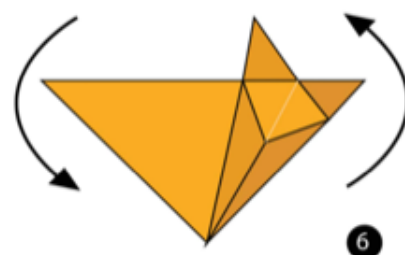
**Step 3)** Fold the top and bottom in along the dotted lines.



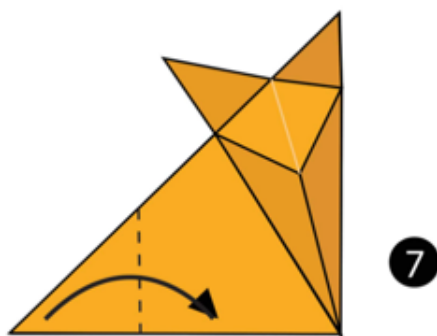
**Step 4)** Fold the paper in half over behind.



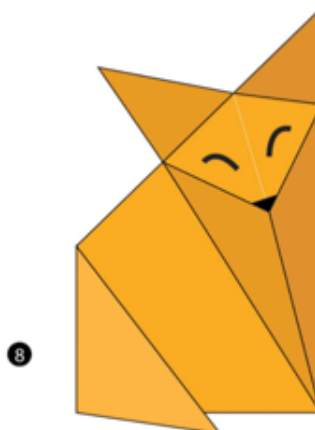
**Step 5)** Open the paper over to the left. Push the paper in the middle down to make the head.



**Step 6)** Turn the model so it's sitting upright.



**Step 7)** Fold the side along the dotted line to make the tail.



**The completed fox**

# MINDFULNESS APPS/ACCOUNTS

## Apps:

Headspace - Meditation & Mindfulness  
Fika - Mental Fitness App  
Just Breathe - Meditation App  
Calm - Focuses on Mental Fitness and Aids Sleeping



## Instagram Accounts:

@breathing.tree  
@SelfCareIsForEveryone  
@SunnyBloomInspiration  
@lizandmollie  
@gemmacorrell  
@letstalkaboutmentalhealth  
@gmf.designs  
@theblurtfoundation  
@janellesilver  
@blessingmanifesting  
@selfcare4yu

## Podcasts:

Happier with Gretchen Rubin  
All in the Mind - BBC Radio 4  
Happy Place - Ferne Cotton  
Mentally Yours - Ellen Scott & Yvette Caster  
Feel Better, Live More  
The Dark Place - Joel Kutz  
Oprah's SuperSoul Conversations  
Terrible, Thanks for Asking



# HOW TO HOST A GREAT VIRTUAL EVENT

## Step 1: Promote

Make eye catching posters and information sheets about your events, publish them well in advance, including the time and date, to ensure that everyone knows when it is happening. Post them on social media and in group chats to maximise engagement and gain excitement around the event.

## Step 2: Activity

Choose an interactive activity that can include all members on a call. Make sure that you plan well and know exactly what you are doing and how you are going to do it, so there is no confusion and it is fun for everyone. Encourage engagement from people that you haven't seen before and get them involved to make them feel comfortable and to get to know them.

## Step 3: Platform

Host your event on a platform that everyone has access to and is reliable and user friendly. These can include: Zoom, MS Teams, Google Hangout, etc

## Step 4: Check Your Tech

Test Wi-Fi connection, audio and video capabilities of your device before beginning any event but be prepared for some technical complications so you can rectify them as quick as possible.

## Step 5: Inclusivity

Make your virtual gathering is as accessible as possible. Consider all of your audience when planning an event, ensuring that any planned activities that need resources are published in advance and easy to get hold of.

## Virtual Event Ideas

Virtual Karaoke Party  
Virtual Scavenger Hunt  
Virtual Bingo  
Virtual Craft Class  
Online Cooking Class  
Virtual Improv Games  
Virtual Quiz (Kahoot, Vevox)  
Virtual Escape Room  
Virtual Murder Mystery  
Online Games Night  
Online Film Night (Netflix Party)  
Stand Up Show  
Costume Party  
Drawing Class



# FUNDRAISING

**While stuck at home needing something to do, why not start a fundraiser? A way to stay productive while being proactive and bringing members of your club or society together for a joint cause.**

**Walk/run with us challenge** - Challenge your members to complete a walk or run everyday of lockdown and ask friends and family to sponsor.

**Charity Raffle** - Ask your members, friends and family to choose a number from a list (each number can only be chosen once) and use a random number generator to choose your winners. Charge a fee to enter and make sure to have an eye-catching prize.

**A non-running marathon** - Get creative and do something linked to your club/society. A dance-a-thon, game-a-thon, sing-a-thon, etc.

# RISK ASSESSMENTS

**All activities need to be risk assessed by the Student Activities team so if you are planning your own event or using one of our recommendations there are a few things you need to know:**

During the planning stages of your event think about what the possible risks to your members might be. Even virtual events come with risk especially when you are all in different locations.

Search online for pre-made risk assessments. Most of the time someone experienced will have already written a risk assessment for what you are planning. This is the best place to start when writing your own.

Set it out in the correct format. The SU has a set risk assessment format with a risk matrix which must be filled in. You can send your completed risk assessments and questions to [student.activities@aston.ac.uk](mailto:student.activities@aston.ac.uk)

# VIRTUAL EVENTS CALENDAR

MON	TUE	WED	THU	FRI
<b>16/11</b> Economics - Speaker Korean Soc - Movie Night	<b>17/11</b> Dance - Social Class ISOC - External Speaker Music Soc - Movie Night	<b>18/11</b> Comp Science - Meeting Filipino Soc - Meeting Enactus - External Speaker Mountaineering - Quiz Bright Futures - Speaker Indian Soc - Games Night WEST - External Speaker	<b>19/11</b> Dance - Hip-Hop/ Contemporary BioSoc - Quiz Krishna Consciousness - External Speaker	<b>20/11</b> Cheer - Flex Friday
<b>23/11</b> Women in Business - External Speaker	<b>24/11</b> Dance - Social Class ISOC - External Speaker Music Soc - Games Night	<b>25/11</b> Enactus - External Speaker Mountaineering - Quiz Indian Soc - Movie Night Dance - Christmas Crafts Women's Football - Social Study Soc - Study Session	<b>26/11</b> Dance - Hip-Hop/ Contemporary Krishna Consciousness - External Speaker	<b>27/11</b> Cheer - Flex Friday
<b>30/11</b> Korean Soc - Movie Night	<b>01/12</b> Dance - Social Class ISOC - External Speaker Music Soc - Movie Night	<b>02/12</b> Hockey - End of Fundraiser Comp Science - Meeting Filipino Soc - Meeting Mountaineering - Quiz Dance - Movie Night Women's Football - Social Study Soc - Study Session	<b>03/12</b> Dance - Hip-Hop/ Contemporary Krishna Consciousness - External Speaker	<b>04/12</b> Cheer - Flex Friday
<b>07/12</b>	<b>08/12</b> Dance - Social Class ISOC - External Speaker Music Soc - Online Social	<b>09/12</b> Mountaineering - Quiz Dance - Gingerbread Social Women's Football - Social Study Soc - Study Session	<b>10/12</b> Dance - Hip-Hop/ Contemporary Krishna Consciousness - External Speaker	<b>11/12</b> Cheer - Flex Friday SA Exec - Christmas Event

Join some of these upcoming events hosted by our clubs and societies to help get you through lockdown. There is a huge variety of events which you can take inspiration from for your own club or society!

Don't forget to complete our virtual challenges too and tag **@astonstudentactivities** instagram and use our hashtags so we can repost them!

