

KS4 AND POST 16

WELLBEING

THEME WEEK



Dear All

Welcome to our 'Wellbeing theme week'. I hope you all find something in this pack to help you to feel good and keep that happy feeling inside.

Our wellbeing week is all about things that make us feel good on the inside as well as helping us to find ways to help us find that happiness when we feel not so happy. I hope you enjoy the resources and do not forget to make yourself a 'Happiness box/ wellbeing box (instructions at the end of these resources).

Please do share your creations at offie@bwf.education or on our twitter page. Happy Wellbeing week Mrs Holman.

Websites:

Cosmickids / peace out meditation

https://www.youtube.com/watch?v=9_vEZTrmtYA

yoga for beginners

<https://www.youtube.com/watch?v=pWobp3phsEU>

young minds activities

<https://youngminds.org.uk/resources/school-resources/>

Well-being activities online

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

5 minutes of fun

<https://www.5minutefun.com/wellbeing-activities-for-kids-stuck-indoors/>

place to be

<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/>

beyond blue

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-students>

<https://www.bedfordprimary.co.uk/well-being-activities-to-enjoy-at-home/>

<https://khub.net/documents/13116159/14854410/Full+Wellbeing+Bingo.pdf/3bf2bda6-3fa8-8e8f-c71b-6c4652372e02>

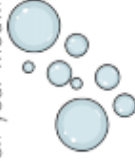
interactive games

<https://edarcade.com/mentalhealthandwellbeing>

Brain Break Breathing

Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



Brain Break Breathing

Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

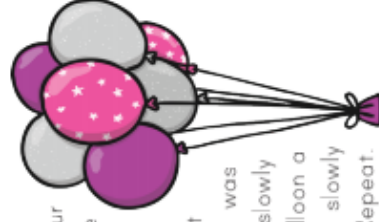
Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



Brain Break Breathing

Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



Brain Break Breathing

Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



Brain Break Breathing

Butterfly Breaths

Sit on the floor with the bottom of the feet touching and the knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.



Brain Break Breathing

Sun Breaths

Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.



Brain Break Breathing

Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Brain Break Breathing

Waves on the Ocean Breaths

Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



Which Mr. Men are you today?

Mr Quiet

Mr Quiet feels a little bit shy. He doesn't really feel like saying much right now, but that's okay.

Mr Lazy

Mr Lazy is struggling to stay awake today. He didn't sleep very well last night, but if you look below, he's got some good bedtime tips!

Mr Worry

Mr Worry is feeling anxious. He's worried about school work, his family and what he wants for dinner. He finds that sharing his worries helps a lot!

Mr Muddle

Mr Muddle is feeling confused. He's got himself all worked up over nothing, but he's remembered that it's okay to ask for help!

Mr Grumpy

Mr Grumpy is fed up! He feels angry and irritated. He isn't sure why yet, but he's going to try some calming activities.

Little Miss Sunshine

Little Miss Sunshine is having a great day. She's enjoying school, and is feeling great. It's lovely to see her so happy!

Mr Cheerful

Mr Cheerful is spreading happiness today!
He's in a great mood, and is making
everyone smile with his positive attitude.

|

Mr Nobody

Mr Nobody is feeling lonely. He feels like no
one wants to play with him today, but it's
probably just a misunderstanding. He's
going to see if talking helps.

snivel and shriek 😞

activity sheet

the fly by box

Why? to raise awareness of different feelings and recognise when, how and who to ask for help

What? discussion, art and/or D&T
a bird box or something similar if you don't want to make one

How?

In a small group, make a list of 'comfortable' feelings and 'uncomfortable' feelings

? Why are these feelings un/comfortable?

Discuss experiences of uncomfortable feelings (only those who want to share and if anything distressing arises, offer private talking time after the lesson)

What things makes people feel worried, angry, scared, confused, nervous, etc?

Make a list of strategies

What things have you done / can you do to help turn uncomfortable feelings back into more comfortable ones again?

Discuss how it can help to talk to someone

How might talking to someone help? Who could you talk to? Who in school?

Introduce the idea of a box in school to post worries in to ask for help and discuss how it could be used and abused

Where should the box be?
What rules should we have to make sure it's used properly? What will our system be? What could go wrong?

Discuss 'confidentiality' and set clear boundaries that meet child protection regulations

What do we mean by 'confidentiality'? How should help be received?

Challenge pupils to design/make and/or decorate a box fit for this purpose

What should it look like?
How will other pupils know what it is for?
Who will monitor/empty/read/respond?
How will we be able to tell if it's working?

A worry box is a secure container placed in an agreed location in school where pupils can post their worries to ask for and receive help

Can You Make a **Friendship** Cake?

In this task you will make a very different kind of cake. It is definitely not one you could eat!

Over the page is a list of 'ingredients.' Have a good look at them and decide which ones you think would make a good friend.

Once you have made your choice, you can cut them out and stick them around the cake, or you can write the sentences in:



Good friends listen to each other.

Good friends don't put each other down or hurt each other's feelings.

Good friends try to understand each other's feelings and moods.

Good friends help each other solve problems.

Good friends don't talk to each other if they are cross.

Good friends give each other compliments.

Good friends can disagree without hurting each other.

Good friends are dependable.

Good friends gossip about other friends.

Good friends respect each other.

Good friends don't need any other friends.

Good friends are trustworthy.

Good friends give each other room to change.

Good friends care about each other.

English (Mrs Childs) - What does it mean to be brave?



BBC Just Think is a series of funny and thought-provoking stories to help children get to grips with big ideas.

Each story looks at big questions like, 'what does it mean to be brave?' or 'is it ever ok to lie?'

Instructions

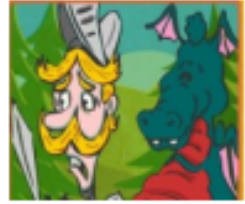
First go to the BBC Just Think website:

<https://www.bbc.co.uk/programmes/p01wrj7q>

Then listen to the story of Alvin and the Dragon - What does it mean to be brave?



Now answer these questions about the story. Try to discuss them with someone else at home if you can (but don't worry if you can't).



Do you think Sir Alvin is brave or not? Why?

What is the opposite of bravery?

Would you be scared of the dragon? Why?

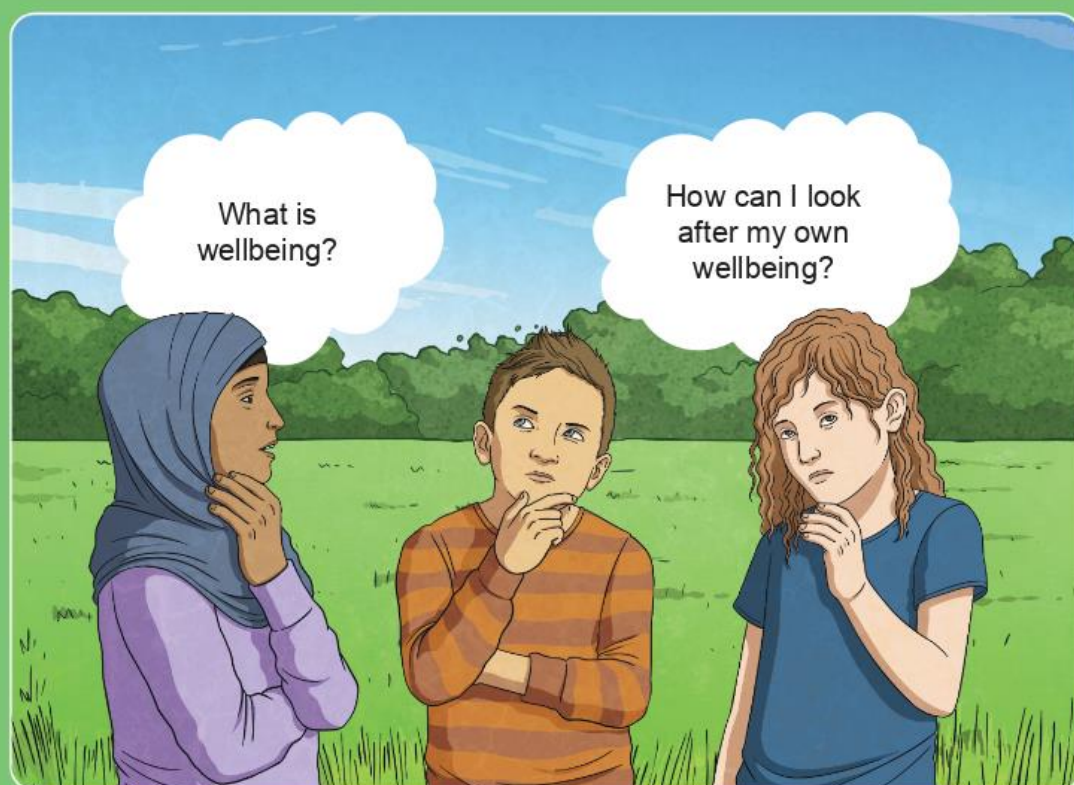
The villagers say that bravery is, 'When you do something you are scared of.' Do you agree?

Why did Sir Alvin decide to fight the dragon?

What changed his mind?

What do you think was more brave, deciding to fight or deciding not to fight?

Looking After Your Wellbeing



What Is Wellbeing?

Wellbeing is explained as

feeling...

comfortable,

healthy,

or happy.

What Is Wellbeing?



When people feel anxious or worried about changes, they will try and control any areas of their life that they can.

This might not be the 'right' thing to do but it is often done by people trying to look after their wellbeing in the only way they know how.

Be Kind

When change is happening in the world around you, or when things feel a bit more difficult, it is important to remember to be kind in your thoughts, words and actions.



This includes being kind to others but also being **kind to yourself**.

Slide 9



Q & A



Notes



Pointer



Captions



Tips



Full screen



Settings



EXIT

Be Kind

When deciding how to react and respond to other people, it is important to understand why they are behaving in a certain way, as well as their emotions or situation. This understanding can help you decide how to interpret their behaviour and words but also how to forgive and be kind, if necessary.



Slide 10



Q & A



Notes



Pointer



Captions



Tips



Full screen



Settings



EXIT

Connect with Others

An important part of wellbeing is being connected with other people. This is called a support network. You will be part of other people's support networks, where you will support their wellbeing, and other people will be in your support network. This might include family, friends, teachers at school and members of the community.



Slide 11

Connect with Others

If you are having difficulties with your wellbeing, it is really important to reach out and connect with someone in your support network.

This might be through face-to-face interactions or, if this is not possible or you'd prefer it a different way, it could be through letters, messaging, telephone calls, video calls or playing games together on the Internet (always check with your parents or carers first if you want to go online).



Slide 11

Q & A

Notes

Pointer

Captions

Tips

EXIT

Positive Mindset

Part of coping with times of change or stress is ensuring that the way you see the situation is through a positive mindset.

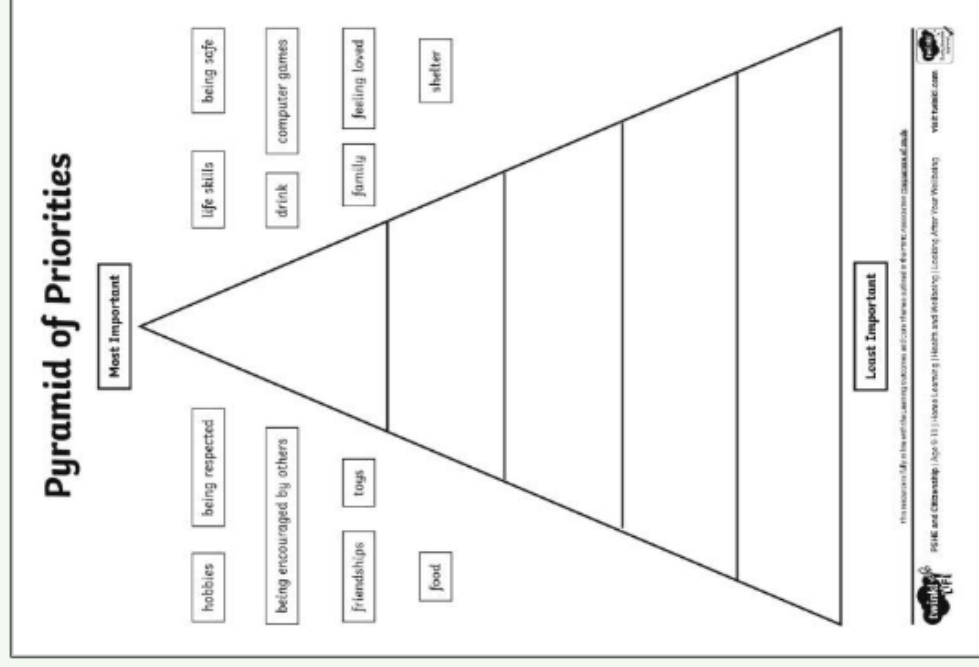
This means looking for opportunities in every situation, no matter how challenging or difficult they are.



This approach can help you to:

- see life in a different way;
- organise or think about the priorities in your life;
- value people over 'things';
- remember what is important within your life;
- recognise the value of your health and wellbeing; and
- recognise the value of loving others and being loved.

Positive Mindset



Look at the pyramid. Think about where you would put each of the different things in your own pyramid.

Discuss this with someone else in your house and see if there are areas where you feel the same and areas where you differ.

Areas of Control

It is important to break down your thoughts and worries into things you can actually control and areas where you have no control.



Areas of Control

Things I Can Control

Things I Can't Control

Areas of Control

getting older

what other people think

traffic

who I play with

the weather

what other people do

my self-care

what I eat

what other people say

what I wear

my opinions

my thoughts

other people's opinions

my words

what I say

what I do

what other people believe

my actions

how other people feel

Talk about where you would put each thing.

Support Networks

When you are looking after your own wellbeing, it is important to realise how much other people can help and support you.

As well as this, you can be there to support and help others. Often, focusing on other people can benefit your own wellbeing, as it helps you to feel good and positive.

Helping other people can make you feel needed and your support for them creates a support network for you when, or if, you need it.

It is important to reach out to others and say when you need help and support.

Remember, other people will feel good from helping you.

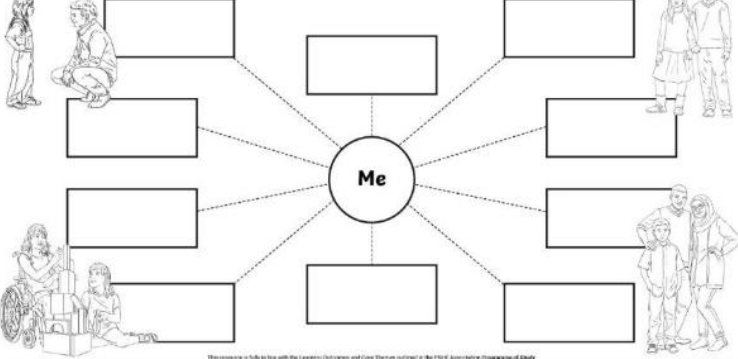


Support Networks

Use this **Support Networks Activity Sheet** to realise who is within your network of support.

Support Networks

Think about the people who are there to support you. This could be family members, friends, teachers, other adults, support workers or online support sites (always check these with a grown-up). In the Support Network Web below, write the names of every single person within your support network so that you always have a reminder of the people who are there to support you.



The diagram is a 'Support Network Web'. It features a central circle labeled 'Me'. Eight dashed lines radiate from this central circle to eight rectangular boxes arranged in a circle around it. The boxes are intended for writing the names of people in the user's support network. There are four line drawings of diverse people around the web: a girl standing, a boy sitting, a girl in a wheelchair, and a boy standing, on the left; and a girl standing, a boy standing, a girl standing, and a boy standing, on the right.

This resource is fully aligned with the Learning Outcomes and Core Themes outlined in the PSHE Association Curriculum of Study.

twinkl PSHE and Citizenship | Age 9-11 | Home Learning | Health and Wellbeing | Looking After Your Wellbeing

visit twinkl.com

WELLBEING BINGO

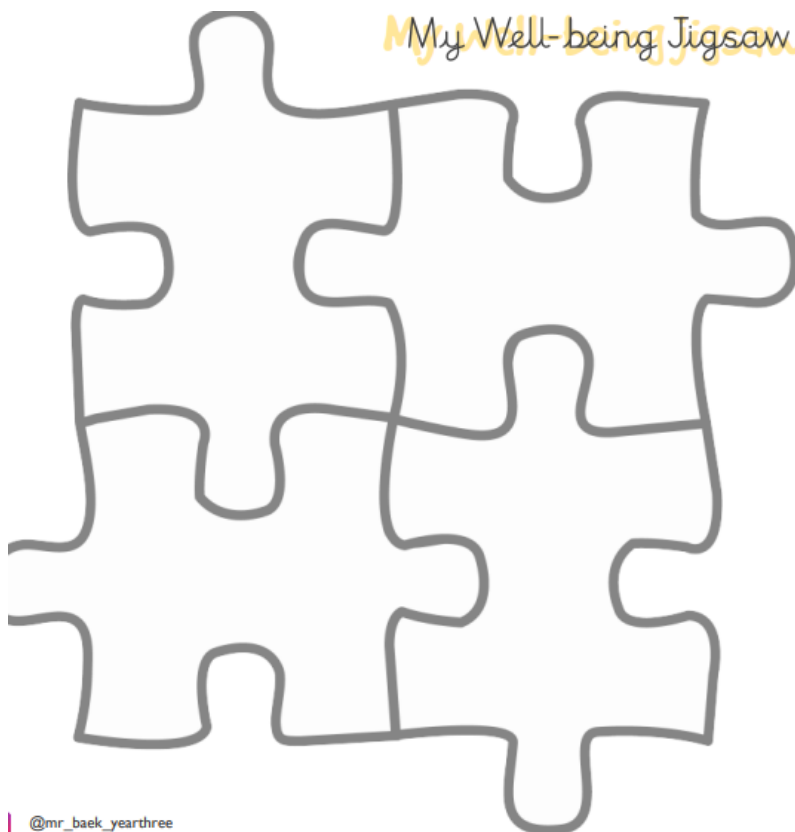
 EXERCISE	 SEND A THANK YOU NOTE	 ENJOY THE OUTDOORS
 MAKE YOUR BED	 CALL A FRIEND	 READ A BOOK
 WATCH A MOVIE	 SPEND TIME WITH YOUR FAMILY	 HAVE A DANCE!

It is important that we complete our online learning activities each day. But it is also important that we look after ourselves! We must balance our work with our wellbeing. This week I challenge you to get a full house! How do I get a full house? Simply score of an activity once you have completed it. Who will get 'bingo' first this week?

CHALLENGE OF THE WEEK- CAN YOU SOLVE THIS MATHS BRAIN TEASER?

$$\begin{array}{l}
 \text{Shoe} + \text{Shoe} + \text{Shoe} = 30 \\
 \text{Cartoon Man} + \text{Cartoon Man} + \text{Shoe} = 20 \\
 \text{Ice Cream Cone} + \text{Ice Cream Cone} + \text{Cartoon Man} = 13 \\
 \text{Shoe} + \text{Cartoon Man} \times \text{Ice Cream Cone} = ?
 \end{array}$$

My Well-being Jigsaw

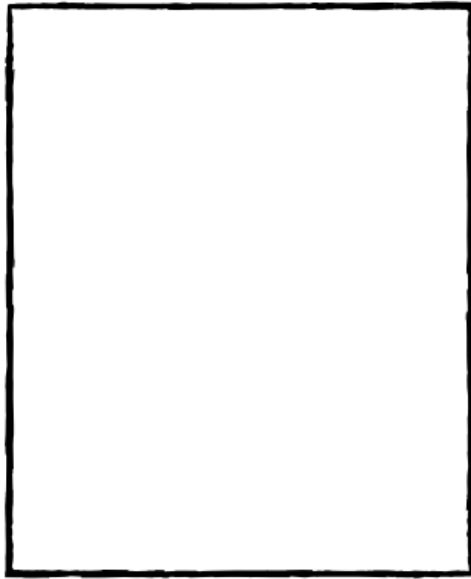


Draw or write in the jigsaw pieces of all the things that you like to do that make you happy.

Explain in a few sentences why these things make you happy.

Name _____

If I feel angry or sad I think of my favourite place...



what can I hear



what can I smell



what can I see

How to make a self soothe box/ wellbeing box

<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>