

Key Stage 3 Wellbeing Week



Welcome to wellbeing week. We will be exploring different activities that may help us to discover what makes us feel happy, healthy and calm. I hope within this pack you will find something that helps you feel good, helps you to stay healthy and be happy.

I hope you enjoy the resources and do not forget to make yourself a 'Happiness box', the resource for this is found on page 9.

If you would like to share any photos please email them to office@bwf.education.

Hope you have a very happy wellbeing week!

Miss Yasmin

Feelings chart

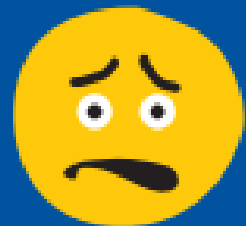
Use this chart to identify and talk about feelings you and your child might have.



HAPPY



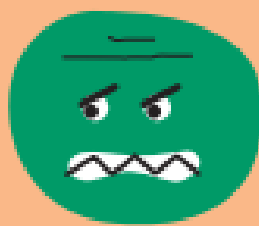
ANGRY



SCARED



DISAPPOINTED



JEALOUS



SURPRISED



EXCITED



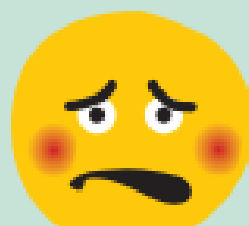
NERVOUS



SAD



LONELY



EMBARRASSED



BORED

Understanding 'Wellbeing'

YouTube clips can be used to help understand what we mean when we use the term 'Wellbeing'.

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

<https://www.youtube.com/watch?v=kteZneJm1EI>

Music

Music can be a good way to help change the way we feel. Music can remind us of happy times and transport us to how we felt at that time. Listening to calming music has also been proven to help us relax and reduce anxiety. Try laying on your bed or on a comfortable bean bag or listen to your favourite songs and have a little dance, see how you feel.

Calming music can be found through YouTube.

https://www.youtube.com/results?search_query=calming+music

Outdoor mindfulness

Take a trip to the park or woods or outdoors that you enjoy. Begin by collect items that you find interesting or take pictures of these objects. They could be anything from flowers to insects and animals. Something that connects you to nature, try to notice what is around you and how you are feeling. You may like to try using emotion symbols or like and dislike symbols to help to express and choose how it makes you feel. Try to notice the different things around you. What can you touch? What can you smell? What can you can hear? Perhaps, with all the beautiful objects you have collected you may like to create a picture with what you have collected.

Cooking

Cooking is a great way to feel a sense of achievement, it's fun and may get you child exploring different tastes and textures. This can be very enjoyable for the whole family.

Websites Activities and further information

Cosmic kids / peace out meditation

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

yoga for beginners

<https://www.youtube.com/watch?v=pWobp3phsE>

Well-being activities online

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teachingstaff-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/>

Interactive Games

<https://edarcade.com/mentalhealthandwellbeing>

Exercise and Wellbeing



Have you been a fan of Joe Wicks?

Have you been keeping up with the Daily Mile at home?

Have you been kicking a ball about in the garden?

Or have you been gaming a little too much?



Did you know the Woodside website has an exercise at home page? Each week ideas have been posted to get you active. Have a look...

<https://www.woodside.bexley.sch.uk/learning-from-home/additional-information/exercise-at-home>

Many of you took part in The Daily Mile each day at school. That too has been adapted for you to do at home. Each week different challenges are made to do on your 'mile'. They were all posted on the Exercise at Home page on the school website but if you missed them, here is the link....

<https://thedailymile.co.uk/>

General ideas to help your physical wellbeing

I hope you have all been finding ways of doing some exercise. This means doing anything that raises your heart rate and makes you sweat for at least 10 minutes.

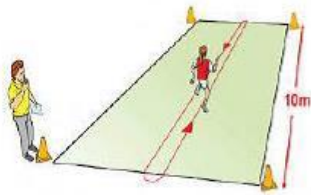
- Simple throwing and catching in the garden
- Kicking a ball about in the garden or in the park
- Do laps around the house or garden

At home Pentathlon challenge

Some Bexley schools are taking part in a Pentathlon challenge. This is 5 events which can easily be completed from home. Try to beat your score.

1. A shuttle run

20 x 5m Shuttle Run

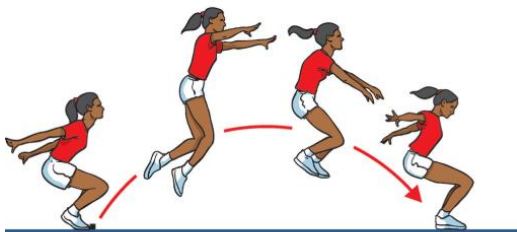


Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc...) to create the running lane.

Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time

PLEASE USE A FLAT / DRY SURFACE

2. Standing Long Jump: A two footed jump, see how far you can jump, can you then beat it?



3. Target throw: Make a target throw, where you live. A popular one has been a sock throw! How many pairs of socks can you throw into your target in 2 minutes?



4. Speed bounce: This is when you jump two feet to two feet sideways over an object, like a cereal box! How many can you do in one minute.



5. Lastly a vertical jump: Find a wall, and jump and stretch as high as you can to touch the wall. You may wish to have a piece of chalk in your hand to mark the spot, but check with an adult to see if this is allowed?



Remember, if you have not exercised for a while, warm **up** first. Raise your heartbeat first with a very **gentle** jog which can be on the spot. Then some muscle stretches, especially your legs (hamstrings, quadriceps and calves).

Ways to feel better

Use this sheet to help your child to come up with ideas to feel better when they have difficult feelings.

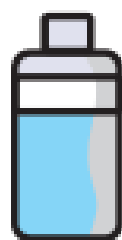
Talk about a time when your child has had a difficult feeling – sad, angry, annoyed, jealous or scared. Discuss different things they do to help themselves feel better using the suggestions below as a prompt.

Ask children to choose their top three strategies, perhaps drawing or writing one we haven't thought of!

Keep this on display at home so when children have a difficult feeling they can help themselves to feel better.



Dance to your favourite song



Have a drink of water



Do some colouring



Smell your favourite smell



Hug a toy



Think of a happy memory of your friends/family



Think of the three best moments of the day



Do five star jumps



Ask for help



Take some deep breaths



Talk to a friend online



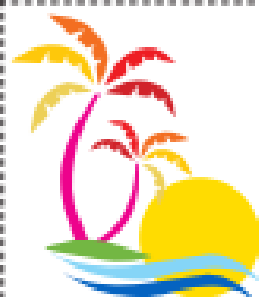
Write down how you are feeling



Think of a happy time



Watch television



Imagine your favourite place



Think of three solutions for your problem



Have a nap



Say you're sorry



Make a list of things you are good at



Do a full body stretch

Coping Toolbox

You will need:

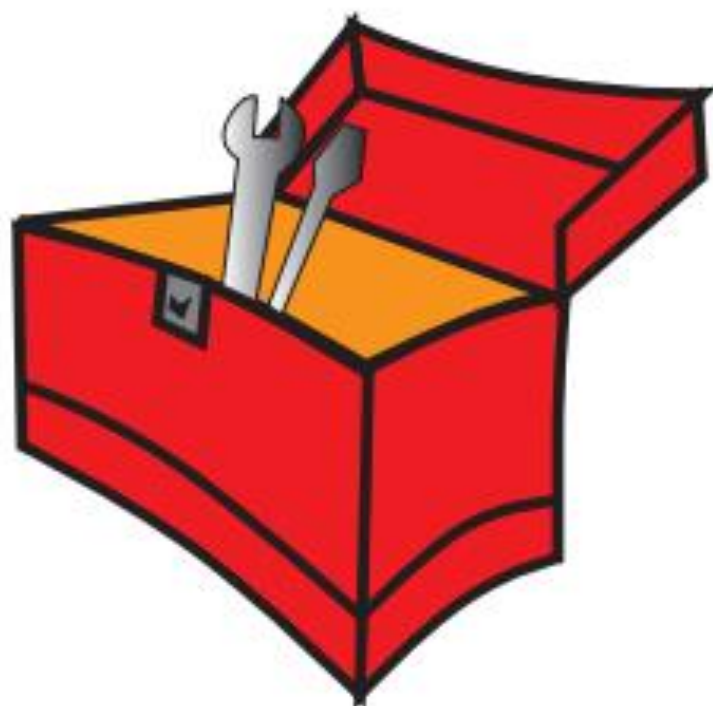
Any box or container - you could decorate it.

Life is upside down right now. Helping your child to find ways to relax and cope is vital to help their mind and body switch off from their worries.

Explain that they should fill their coping toolbox with things which remind them of good times or will help them feel better.

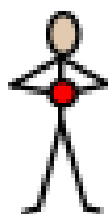
Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax: Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc.

If you don't have a box or container your child can find a special place in their room to put the items or simply list/draw on the toolbox activity below.

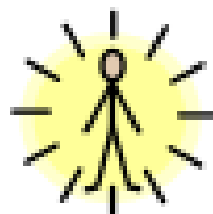


Optional:

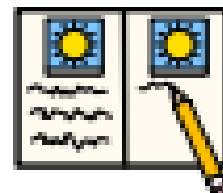
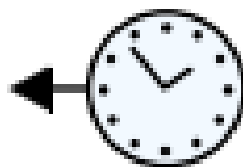
- Ask your child to show you the things in their toolbox and tell you why they chose them.
- Create your own coping toolbox and show your child what you have in there and why.



My



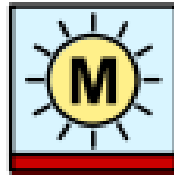
Well-being



Journal

Name: _____

Draw a picture of yourself feeling happy



Monday



I



felt



happy when



I



felt



calm when



Was



there

a time



today



where



you



felt



sad



worried



anxious



angry



What



made



you



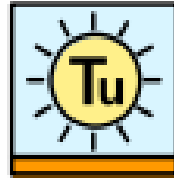
feel



like



this?



Tuesday



I



felt



happy when



I



felt



calm when



Was



there

a time



today



where



you



felt



sad



worried



anxious



angry



What



made



you



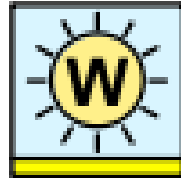
feel



like



this?



Wednesday



I



felt



happy

when



I



felt



calm

when



Was



there

a time



today



where



you



felt



sad



worried



anxious



angry



What



made



you



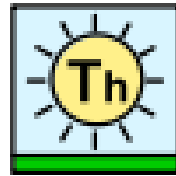
feel



like



this?



Thursday



I



felt



happy

when



I



felt



calm

when



Was



there

a time



today



where



you



felt



sad



worried



anxious



angry



What



made



you



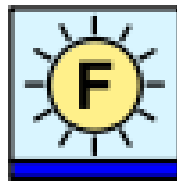
feel



like



this?



Friday



I



felt



happy

when



I



felt



calm

when



Was



there

a time



today



where



you



felt



sad



worried



anxious



angry



What



made



you



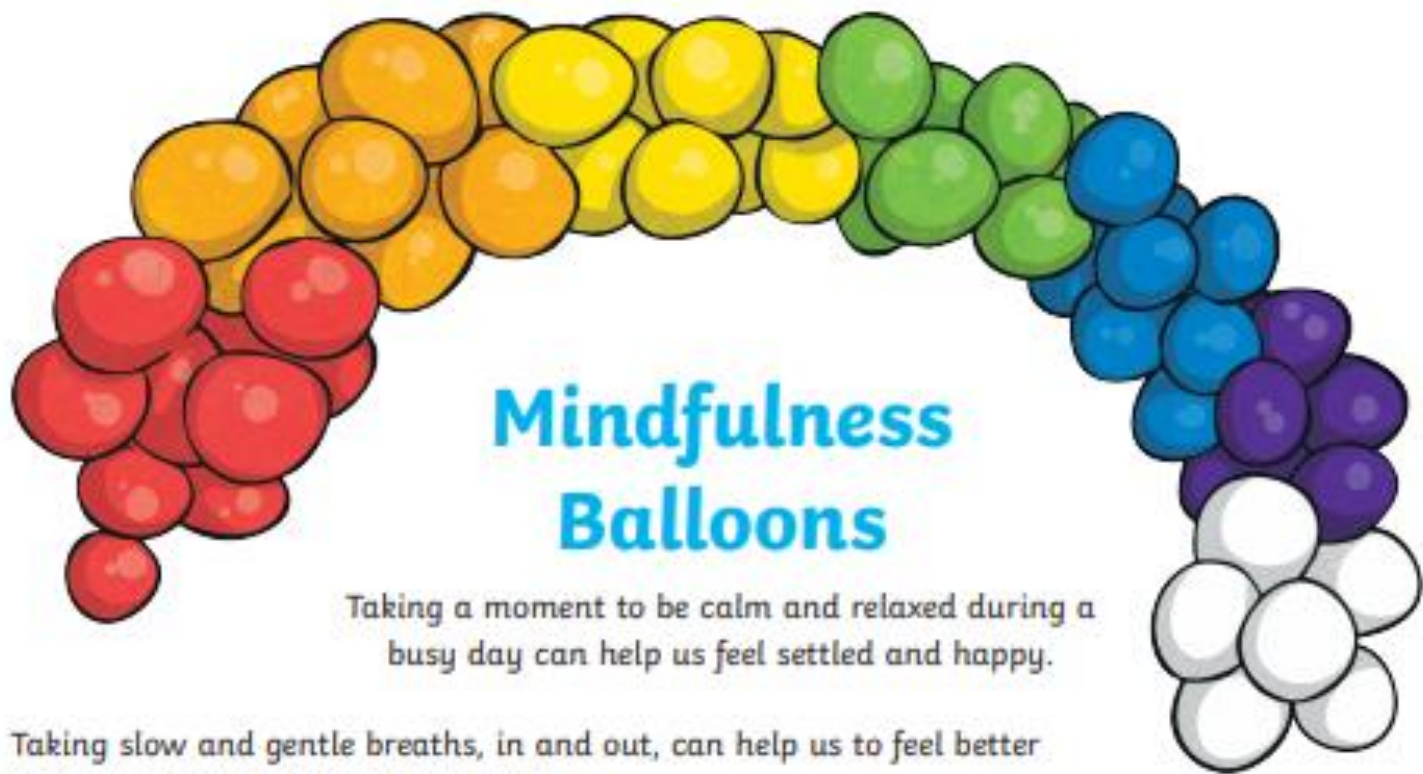
feel



like



this?



Mindfulness Balloons

Taking a moment to be calm and relaxed during a busy day can help us feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

Imagine you are blowing up a balloon – take a gentle, deep breath in and slowly breathe out to fill up your imaginary balloon. Tie a knot in the end and tie on a string.

As you hold on to the balloon, watch it flying high in the sky. As it gently blows in the warm breeze, just watch it. As you watch it, think of something that makes you happy.

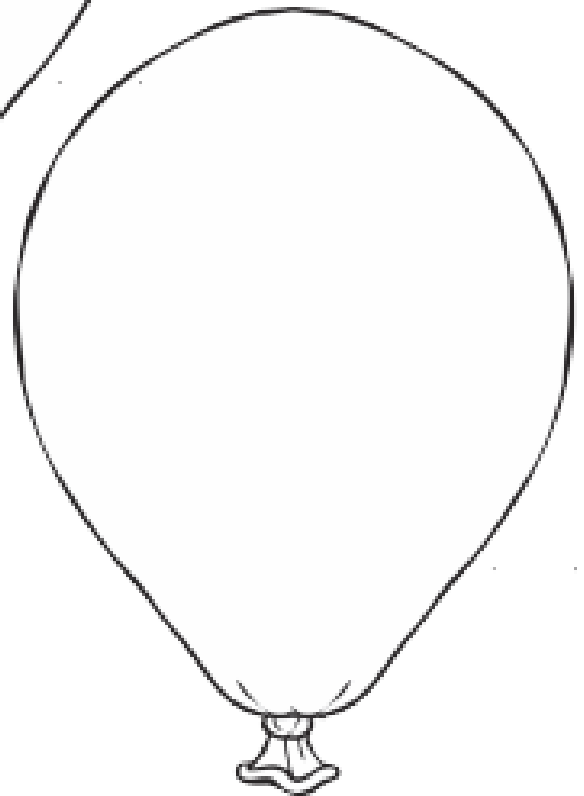
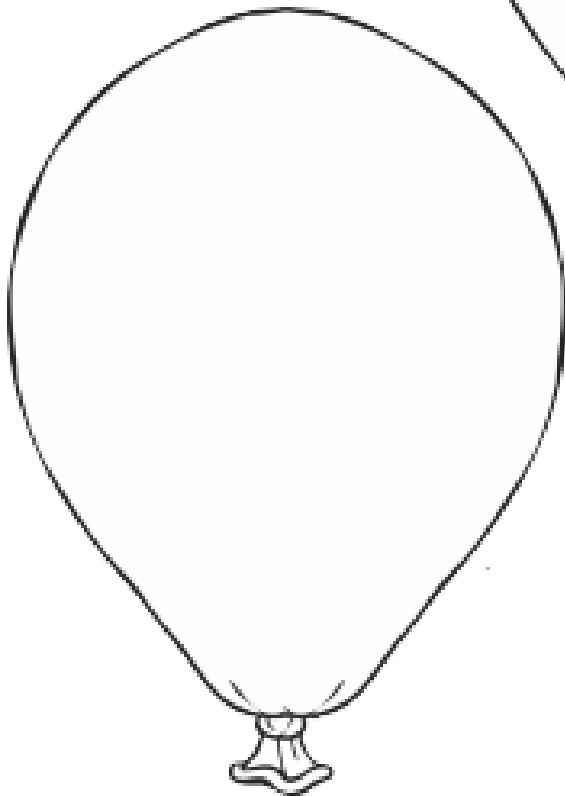
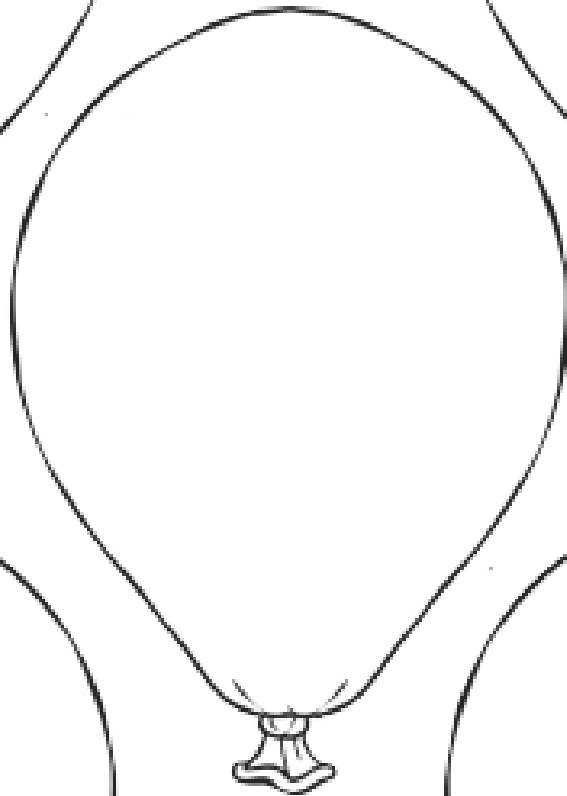
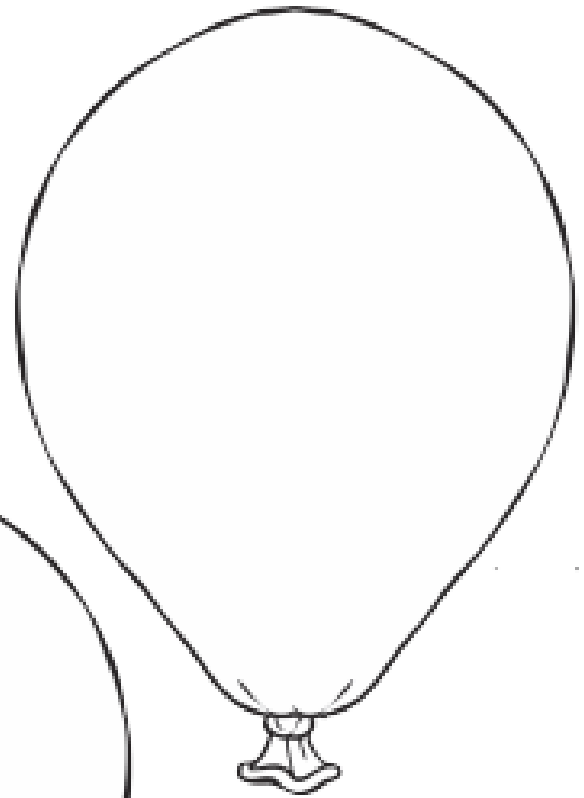
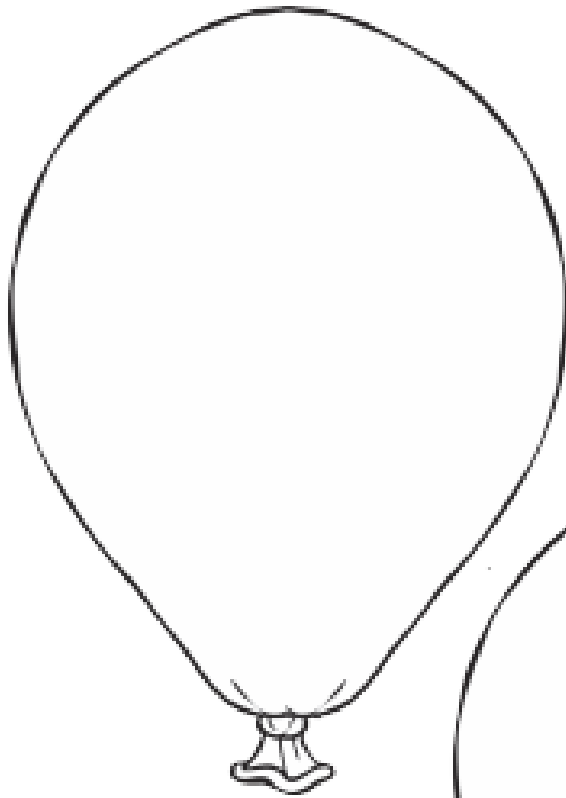
Blow up some more balloons and think of some more things that make you happy. Enjoy feeling calm and relaxed.

Thinking of things that make us happy can help us to have a positive day. It is a good way of looking after our mental health and wellbeing too!



Mindfulness Balloons

On the balloons below, draw or write the things you thought about that make you happy.



Well done for taking a mindful moment in your busy day! How do you feel?

Breathing hands

Independently bring calm to yourself with breathing deeply.

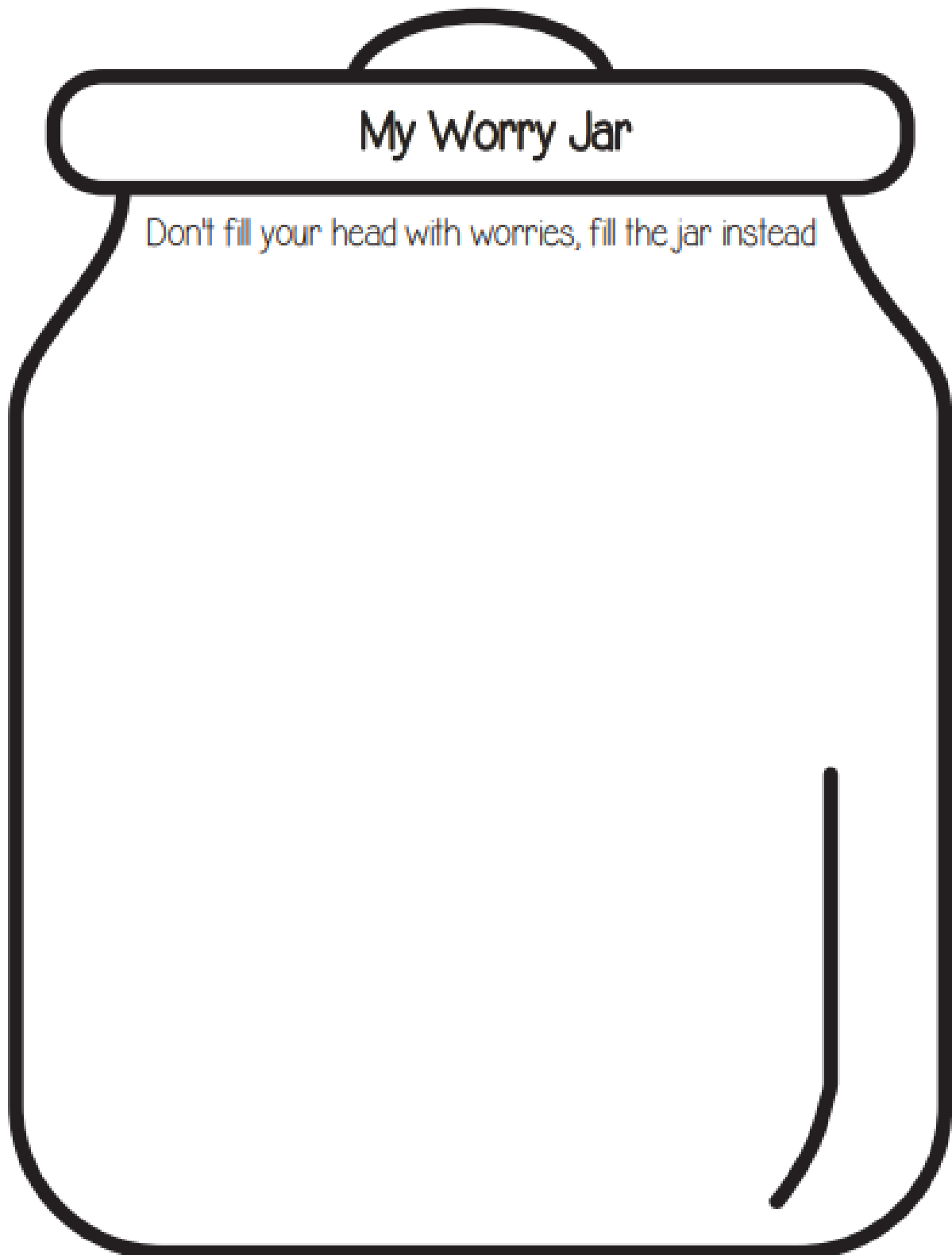


- Spread one hand out like a star.
- Use the index finger on your other hand to trace the outline of your star hand.
- Take a deep breath in as you move to the top of your thumb.
- Breathe out as you move down between your thumb and first finger.
- Take another breath in as you move to the top of your first finger.
- Breathe out as you move down between your first and second finger.
- Repeat until you have taken five slow, deep breaths.

How does your body feel after you have taken 5 deep breaths?
Does your body feel different now?
Are you feeling more calm and relaxed?
Are you feeling your Inner Power?

Making a Worry Jar

Ask an adult for an empty jar or container, you may like to decorate it to make it personalised. In this Jar you can write down or draw things that are making you feel worried. Don't fill your head with worries, fill the jar instead. You may like to share what you have written or drawn with an adult or sibling, they may be able to help you.



My Control

Look at the areas listed in the table below. Write each one of them into the box you feel they fit; either 'Things I Can Control' or 'Things I Can't Control'.

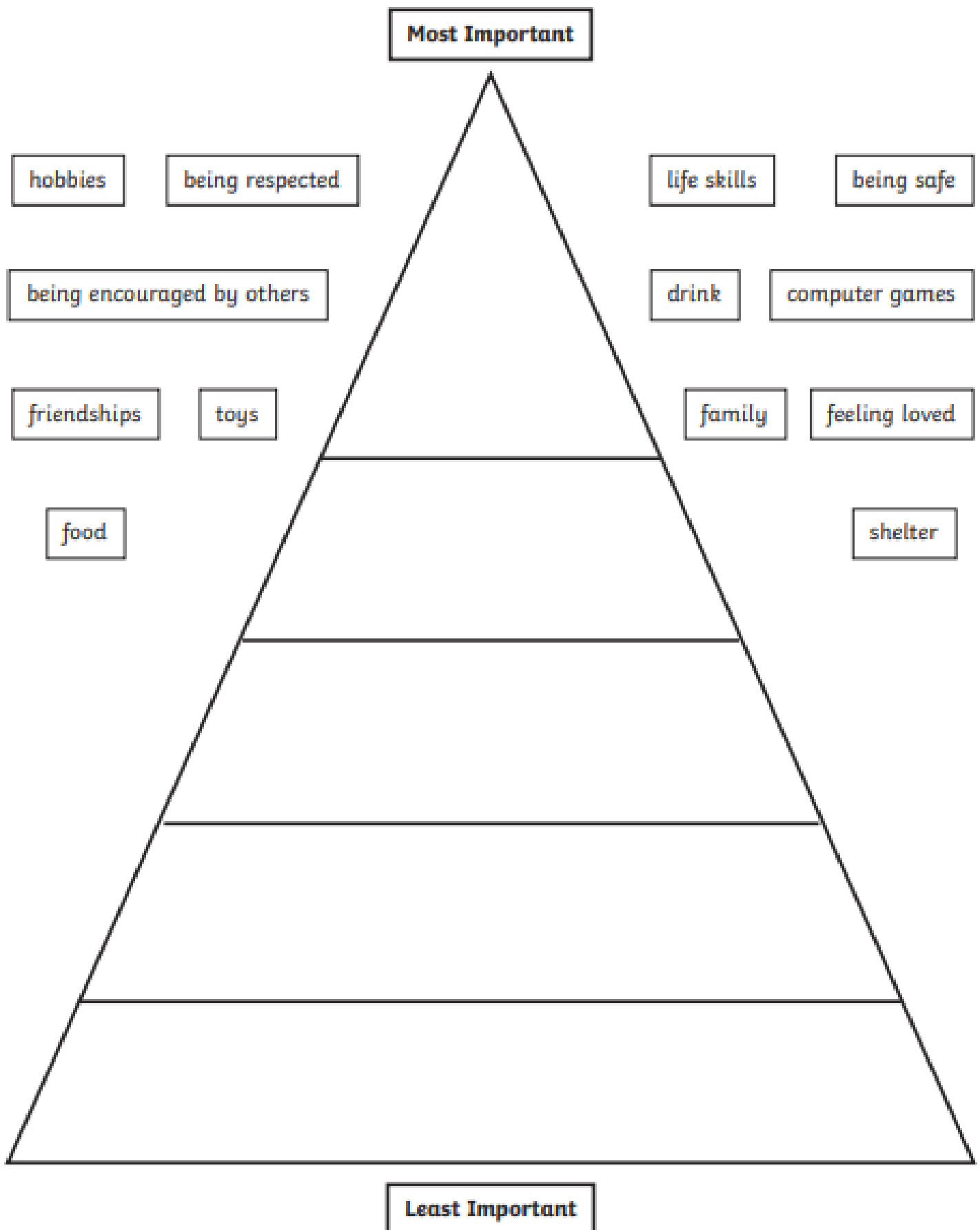
You can then put this up in your room or home to remind you of the things you can actually control and to focus on these.

Things I Can Control

Things I Can't Control

how other people feel	what other people do	my self-care	other people's opinions
getting older	what I say	traffic	the weather
what I do	what I wear	what I eat	who I play with
my opinions	my thoughts	my words	my actions
what other people say	what other people think	how other people feel	what other people believe

Pyramid of Priorities





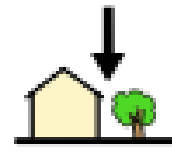
Thinking About



My



Happy



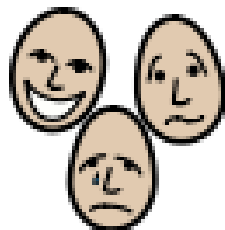
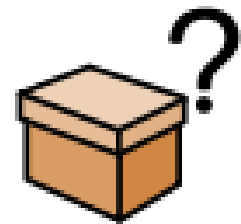
Place

Where is your happy
place?



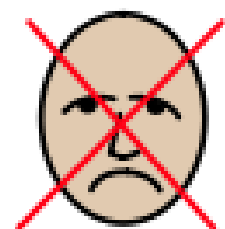
Who is at your happy
place with you?

What do you have with
you?



How do you feel in your
happy place?

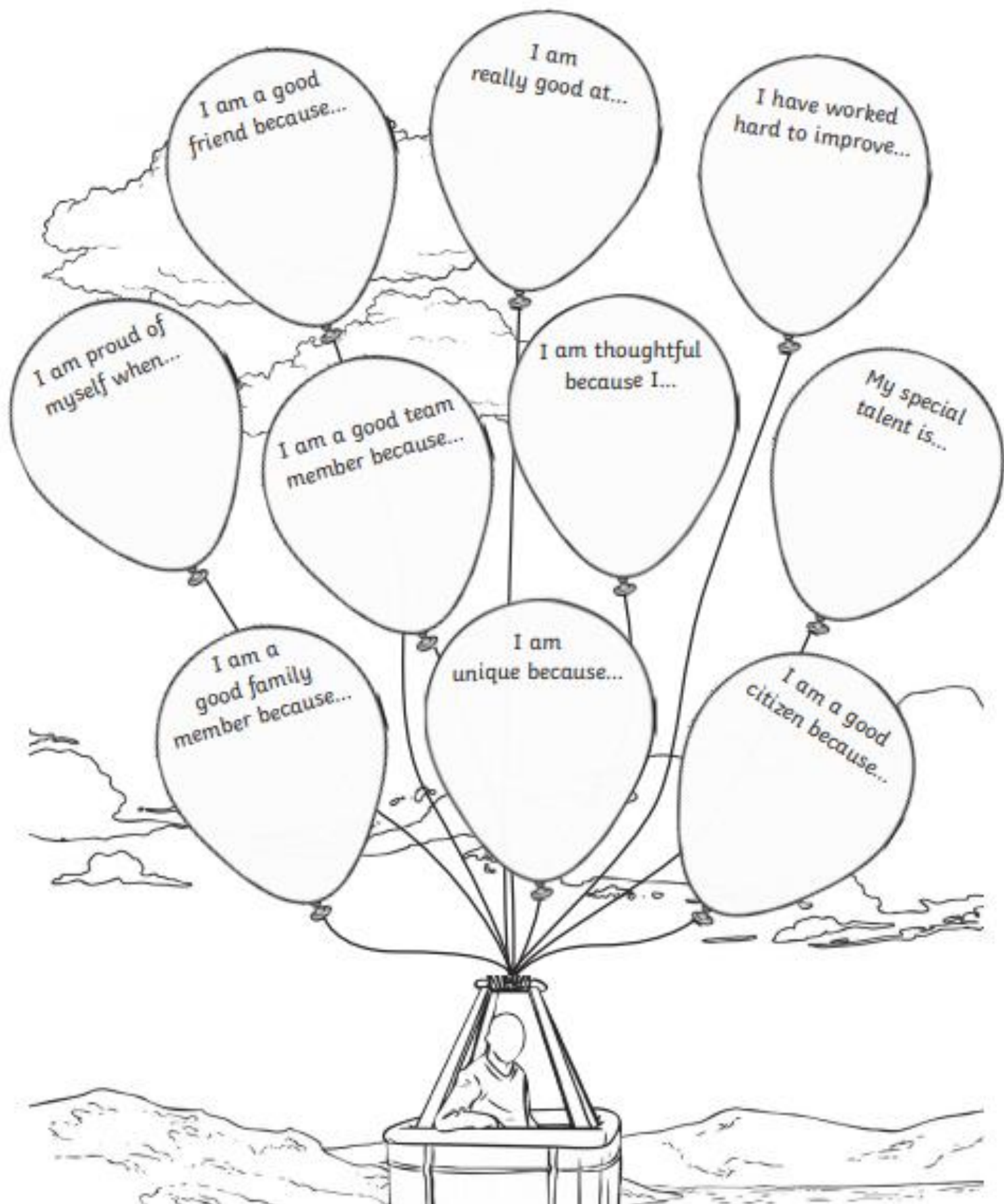
What is it about your happy place
that stops you from feeling sad?



Next time you are feeling sad think about
your happy place.

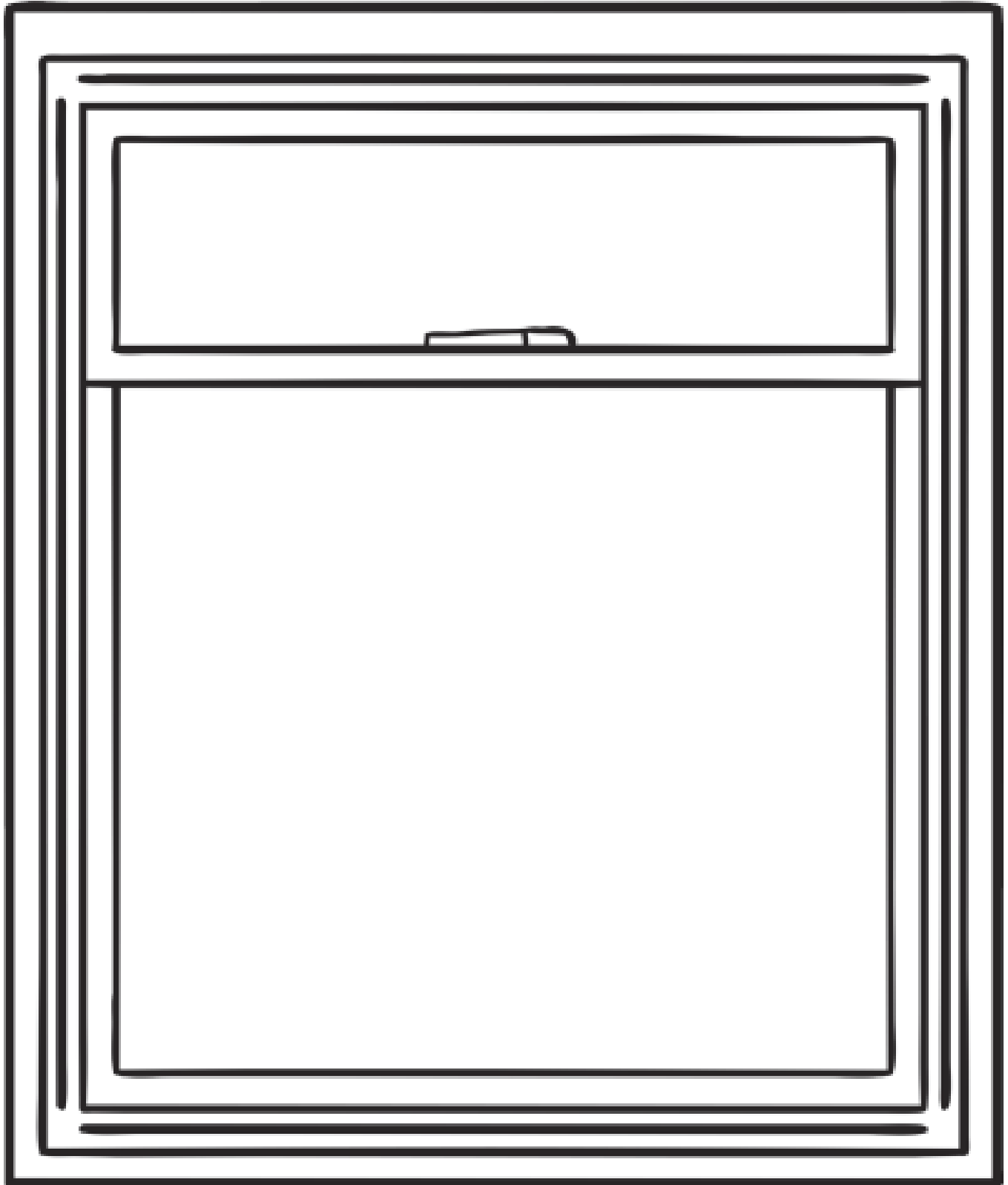
I Am an Amazing Person!

Read and finish the sentences in the balloons below.



My Window

Look out of the window, what do you see? Your task is to sketch your view from your window. Remember to concentrate on line and tone. You are not allowed to use colour in this activity!



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 breath in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



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.



"Sometimes

the smallest

things take

up the most

room in

your heart."

- Winnie The Pooh

There's

no

PLACE

like

HOME

- L. Frank Baum