

Primary Wellbeing Week

5 Ways to Wellbeing #kidedition

Connect

Look into their eyes
Hold them close
Create something together
Play

Be Active

Set family challenges
Walk where and when
you can
Sing and dance
Play

Give

Let them help you
Support them to find ways
to help others
Model generosity
Play



Take Notice

Rest & reflect together
Notice the changing seasons
Model gratitude
Play

Keep Learning

Try something new together
Teach each other something
Risk looking silly
Play

For more resources to support your kid's mental wellbeing and to develop positive classroom culture visit www.theworrybug.co.nz

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 to explore:

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

A few YouTube clips associated with Well Being

<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>

<https://www.thenational.academy/>

Cosmic kids / peace out meditation

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

FRIENDSHIP

<https://www.twinkl.co.uk/resource/t-t-13179-how-can-i-be-a-good-friend-writing-frame>

<https://www.twinkl.co.uk/resource/t-s-870-what-i-want-in-a-friend-activity>

PERSONAL HYGIENE

<https://www.twinkl.co.uk/resource/us-a-189-keeping-clean-i-spy-activity>

<https://www.twinkl.co.uk/>

<https://www.twinkl.co.uk/resource/t-tp-5353-eyfs-washing-your-hands-sequencing-activity-sheet>

HEALTHY EATING

<https://www.twinkl.co.uk/resource/t-t-2398-food-writing-pyramid-activity>

<https://www.twinkl.co.uk/resource/t-t-2399-healthy-eating-lunch-activity>

SELF BELIEF

<https://www.twinkl.co.uk/resource/i-am-an-amazing-person-t2-inc-4>

<https://www.twinkl.co.uk/resource/t-c-2549258-i-am-an-amazing-person-activity-sheet>

Breathing hands

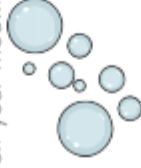


- Spread one hand out like a star.
- Use the index finger on your other hand to trace the outline of your star hand.
- Take a deep breath in as you move to the top of your thumb.
- Breathe out as you move down between your thumb and first finger.
- Take another breath in as you move to the top of your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

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.

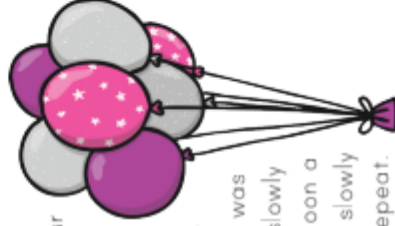
Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



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

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

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

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.



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.