

Subject: Well-being	Week: 4
Class: Everybody	From: Miss Wright
<p>Outcomes:</p> <ul style="list-style-type: none"> • To be able to use a breathing technique when I feel anxious • To think about others • To keep going even when things become challenging <p>Below are some activities and information that you might find useful to help improve your mental health and well-being.</p>	
<p>Activities:</p> <p><u>Useful website:</u></p> <p>www.kooth.com</p> <p>Offers online support for young people.</p> <p><u>Something to watch:</u></p> <p>Pooky Knightsmith’s Finger Breathing is a grounding technique. It is a great technique to use when you feel yourself becoming anxious or angry or encountering a stressful situation. Practice it when you are calm so you are ready to use it when needed.</p> <p>https://youtu.be/HQVZgpyVQ78</p> <p><u>Useful Apps:</u></p> <div data-bbox="204 1384 355 1565" data-label="Image">  <p>The image shows the icon for the 'WorryTree' app. It features a stylized white tree with a green canopy on a green background, all within a rounded square frame. Below the icon, the text 'WorryTree' is written in a simple font.</p> </div> <p>Instructions on how to install this app can be found in week 1.</p> <p>It’s a good idea to explore the App when you are feeling calm and relaxed. If you do begin to feel anxious, angry or worried at any time then you can go on the App and find an activity that you know can help you to feel better.</p>	

5 Ways to Well-being Weekly Challenge

Connect- Ask someone to tell you an interesting fact about themselves that you don't already know.

Be Active- Go on a scavenger hunt walk.

Before you set off get someone to write a list for you, such as, a bird, a cat, a blue car, a green front door, a swing, a church, a tree, a dandelion, a bee, a dog, a post box, a bus.

You can add whatever you want to your list. As you are out on your walk tick off on your list as you see things.

Take Notice- One of the government guidelines to help fight Coronavirus is to wash your hands often, for at least 20 seconds. Some people sing Happy Birthday or play part of a song so that they know they've washed them for the right length of time. How about some mindful hand washing? A mindful activity will help you focus on the present and can distract you from worrying about the future. Here's what to do:

- ✓ Stand at the sink and concentrate on how your feet feel on the floor.
- ✓ Concentrate on your breathing. Do a few deep, slow breaths, in through your nose and out through your mouth.
- ✓ Turn on the tap, watch and listen to the water, notice the temperature.
- ✓ Put the soap on your hands, notice how it feels and how it smells.
- ✓ As you rub the soap into your palms, fingers and the back of your hands pay attention to how it feels, notice the bubbles, listen to the sounds it makes.
- ✓ Watch the water rinse the soap away, focus on how the water feels on your skin.
- ✓ As you dry your hands pay attention to how the towel feels on your skin.

Really focus on each step as you wash your hands. If you feel your mind starting to wander bring it back to how your feet feel on the floor and concentrate on your breathing, then refocus on washing your hands.

This video may help https://youtu.be/LrH_mdJNvog

Keep Learning- During one of our wellbeing afternoon's we learnt how to make a friendship bracelet. Here is a YouTube video to remind you how to make them.

<https://youtu.be/yYU9mSua8zc>

Have a go. Concentrating on an activity like this will take your mind off what's happening around the world at the moment.

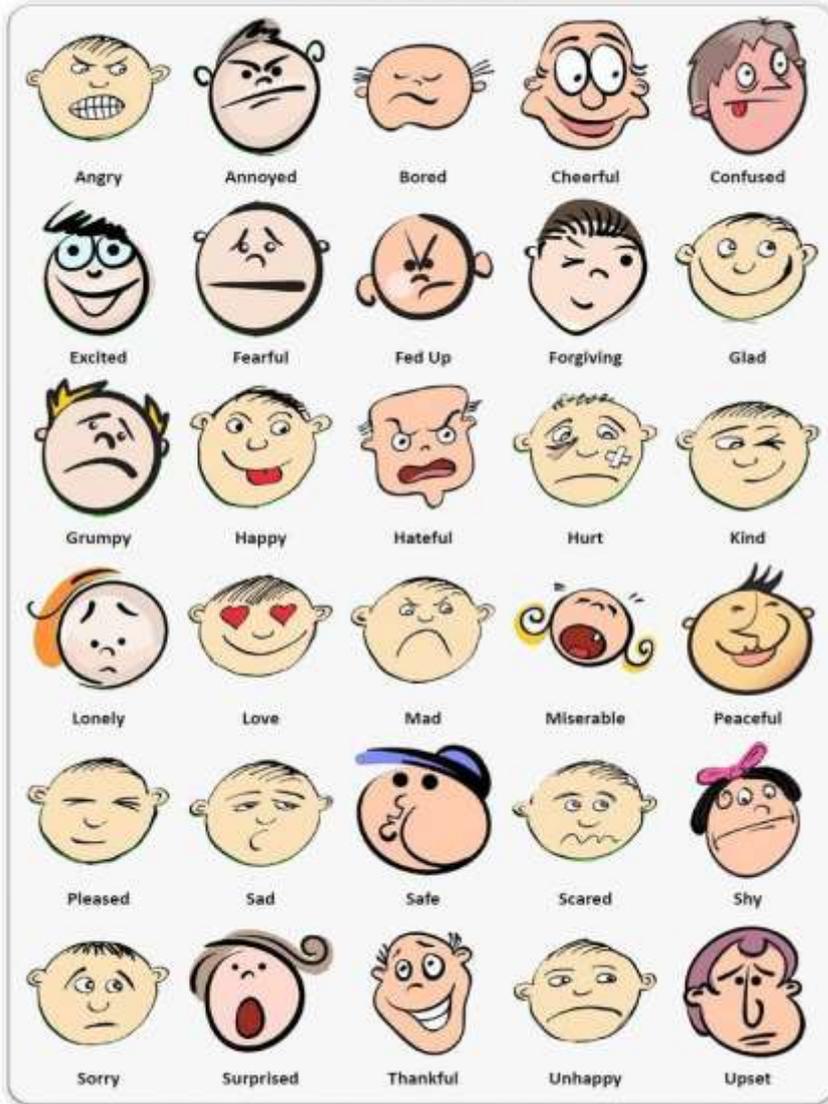
Give- When you've made your friendship bracelet give it to someone in your house or save it to give to someone when it is safe to do so.

Evaluation:

Before each activity think about how you are feeling. Name your emotion. Write it down.

Emotions Chart

Chart #1: Emotion words for children up to age 6.



HOPE 4 HURTING KIDS

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When you have finished an activity think about how you are feeling. Name your emotion. Write it down.