

<b>Subject: Well-being</b>	<b>Week: 5</b>
<b>Class: Everybody</b>	<b>From: Miss Wright</b>
<p><b>Outcomes:</b></p> <ul style="list-style-type: none"> <li>• To design my own coping strategies</li> <li>• To think about others</li> </ul> <p>Below are some activities and information that you might find useful to help improve your mental health and well-being.</p>	
<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>❖ <u>Design your own A-Z of coping strategies:</u> <ul style="list-style-type: none"> <li>• Look at the A-Z coping skills on the Elsa website.</li> <li>• Watch the A-Z of coping strategies video on YouTube.</li> <li>• Write down your own ideas for each letter that can help you when you are finding it difficult to cope.</li> <li>• Put your coping strategies list somewhere you can always find it.</li> </ul> </li> </ul> <p><u>Useful website:</u></p> <p><a href="http://www.elsa-support.co.uk">www.elsa-support.co.uk</a></p> <p>There are lots of amazing resources that support your mental health and wellbeing on this website. A lot of them are free to use. When you are on the website search for A-Z Coping Skills.</p> <p><u>Something to watch:</u></p> <p>The A-Z of coping strategies.</p> <p><a href="https://youtu.be/5EXpkVw3fh0">https://youtu.be/5EXpkVw3fh0</a></p>	

# COPING STRATEGIES

<b>A-</b>	<b>B-</b>	<b>C-</b>
<b>D-</b>	<b>E-</b>	<b>F-</b>
<b>G-</b>	<b>H-</b>	<b>I-</b>
<b>J-</b>	<b>K-</b>	<b>L-</b>
<b>M-</b>	<b>N-</b>	<b>O-</b>
<b>P-</b>	<b>Q-</b>	<b>R-</b>
<b>S-</b>	<b>T-</b>	<b>U-</b>
<b>V-</b>	<b>W-</b>	<b>X-</b>
<b>Y-</b>	<b>Z-</b>	

❖ Random Acts of Kindness



Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our emotional wellbeing and even benefit our physical health. When we carry out an act of kindness a chemical in our brains called serotonin is released. Serotonin can help to heal wounds, calms you down and make you feel happy.

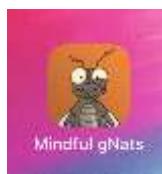
Even though we are going through a very difficult time at the moment there are lots of stories in the news about people doing kind things.

Watch this video on YouTube- <https://youtu.be/O9UBylY0jBM>

- Find some stories in the news of people doing Random Acts of Kindness
- Do your own Random Act of Kindness. Below are some ideas of things you could do.

- 1) Tell your family how much you love them.
- 2) Make someone laugh.
- 3) Help a family member cook a meal.
- 4) Make a cup of tea for a family member.
- 5) Spend time playing with your pet.
- 6) Help with the household chores at home.
- 7) Leave a thank you note for the postman or bin man.
- 8) Pick up some litter when you are out on a walk.
- 9) Send a positive message to a friend.
- 10) Be kind to yourself. If you find yourself thinking negative thoughts, stop and change them to positives.

**Useful Apps:**

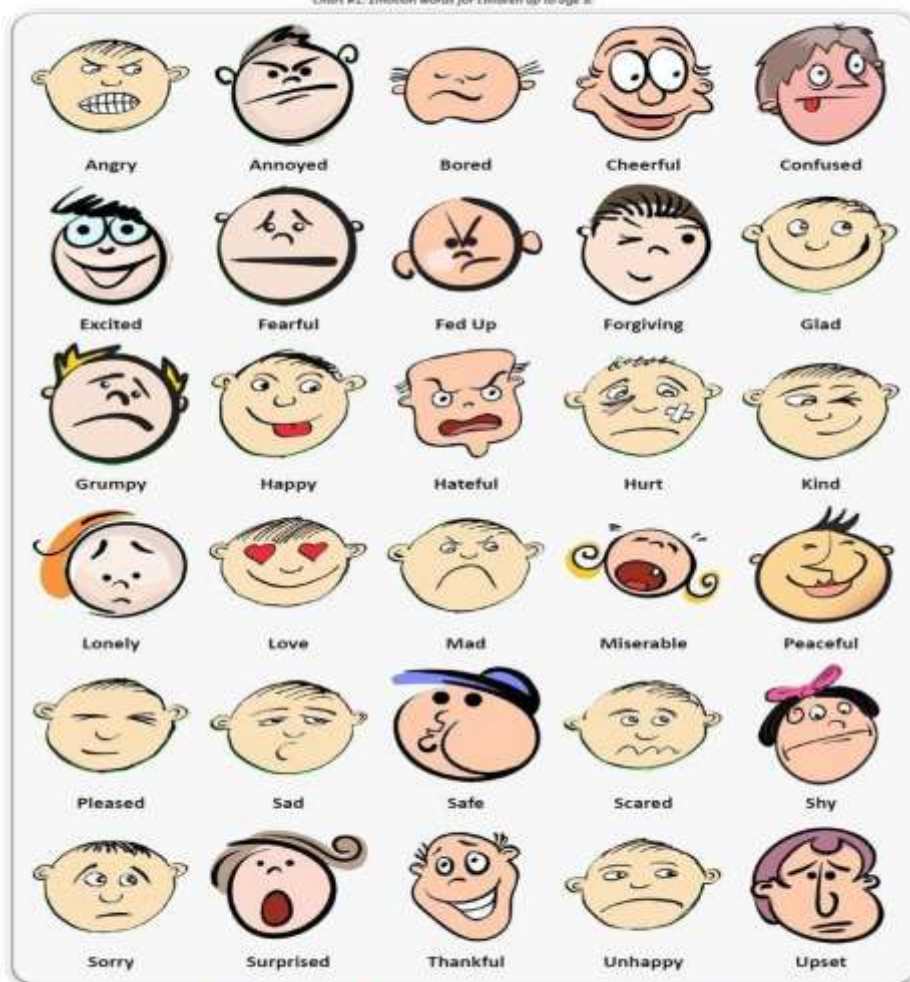


The App can be found in self service. Instructions on how to install this app can be found in week 1.

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.

**Emotions Chart**

Chart #1: Emotion words for children up to age 8.



HOPE 4 HURTING KIDS

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**Evaluation:**

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