

<b>Subject: Well-being</b>	<b>Week: 7</b>
<b>Class: Everybody</b>	<b>From: Miss Wright</b>
<p><b>Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Reduce anxiety</li> <li>• Boost energy levels and mood</li> <li>• Practice gratitude</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> <p><u>Useful website:</u></p> <p>The Change 4 Life website has lots of information about healthy eating and various activities you can do.</p> <p><a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a></p> <p><u>Something to watch:</u></p> <p>To help you relax try some yoga. It's a good idea to have a morning ritual to set you up for the day. Try 5 minutes each morning.</p> <p><a href="https://youtu.be/X655B4ISakg">https://youtu.be/X655B4ISakg</a></p> <p><u>Useful Apps:</u></p> <div data-bbox="204 1429 376 1615" style="text-align: center;">  <p>Mindful Powers</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-** with nature. Either in your garden or on a walk or from your window. Look closely at the flowers, trees, birds and insects.

**Be Active-** Choose an activity from the Change 4 Life website.

**Keep Learning-** What do you know about the place you live? Find out some interesting facts about your area, such as- it's industrial history, why it has it's name, did anybody famous live there?

**Give-** Keep up with your RAOK's even though Mental Health Awareness week is over. For some ideas look at the Kindness information in Healthy Minds at Home.

**Take Notice-** Lockdown and having to social distance has been incredibly challenging. Sometimes we are forced to make changes to our routines. However these changes can be good. Think about if there have been any positive changes in your routine because of coronavirus. Will you still carry them on when things get back to 'normal'?

### 3 Good Things Challenge

It can be difficult to remember the good things in life that happen to us. We tend to focus on negative things, especially when we are feeling depressed, anxious or stressed. Gratitude can help you to feel more positive, improve your mental health, build resilience and help you to appreciate good experiences.

Gratitude is defined as the state of being grateful and thankful.

The 3 Good Things Challenge is a simple happiness boosting exercise that can build up your daily level of happiness, help you to sleep and reduce stress. It will help you to focus on the things in life that bring you joy and make you happy.

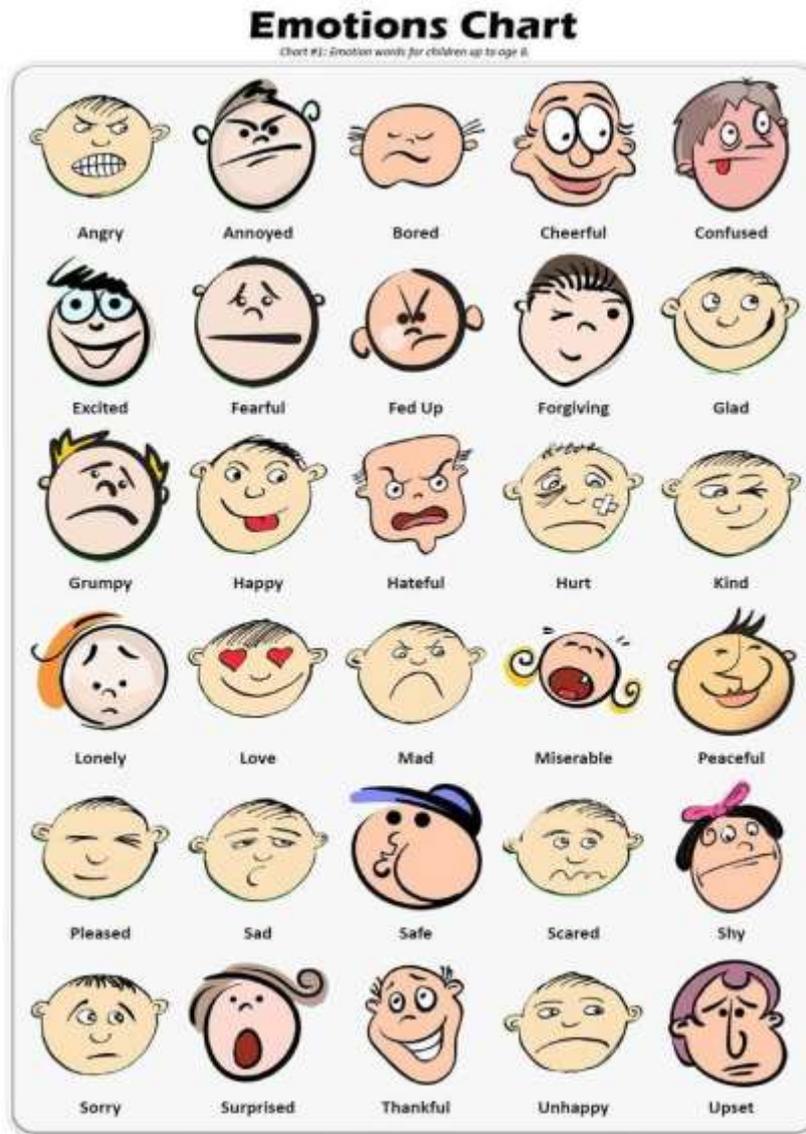
**What to do-**

- *Every night, just before you go to bed, sit down for a while and look back at your day. (If it seems a bit too much to do every night start by doing it once a week and build up).*
- *Think of 3 things that went well, or you are grateful for, or you enjoyed during the day.*
- *Write them down. (If you can't write it down talk to a family member)*

At first it might take a long time to think of 3 good things, but, the more you do it the more you will see all the good things in your life.

**Evaluation:**

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



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