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# ‘Well-Being Wednesday’



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East Herrington Primary Academy  
13/05/20

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# Welcome to Well-Being Wednesday

— A day to focus on feeling happy, —  
calm and being kind!

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**Take a day off school and enjoy some of the ideas below to have a day full of happiness, kindness, fun and relaxation .**

**Make sure you get your grown up to join in too.**

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# Activity 1 - Feel Good Music...

Make a playlist of your favourite feel-good music. Spend time listening and dancing to your favourite music. If you are able to, get together with other people (e.g. at home, or friends via social media/face-time) and dance together to each other's playlist. Keep adding to the playlist every day as you think of more music that makes you feel happy.



## Activity 2 - Dear ...

Hand write a note to someone you love and send them it. You could tell them how much you love and miss them, you could ask them how they are feeling and what have they enjoyed doing during isolation? Ask them to reply with a letter back to you. You could send them through the post or you could send them a photograph of it.



## Activity 3 - Leave a special message...

Paint a stone/rock and leave it for someone to find. You could paint a special, positive or kind message on for someone to read that will brighten their day. Try to paint it bright and colourful so it stands out!

During your daily exercise you could leave your stone some place on your journey for someone else to find and keep. If you find a stone yourself don't keep it, take it someplace else and leave it for someone else to find.



## Activity 4- I love...

Draw a picture of yourself. Then write around your picture what you love about yourself. This could be about your looks, your personality or your strengths and talents.

Parents can do this too and then swap pictures. Is there anything extra you could add to one another's?

I love...



I like  
my...

I think I  
am...

I am very....

# Activity 5 - My strengths are...



FAMILY OR GROUP  
STRENGTHS

Draw a strengths 'family tree' - either for your family, or for your group of friends, your class or your school. Think about how these character strengths you all have can help you overcome challenges together.

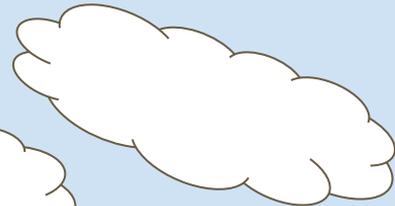
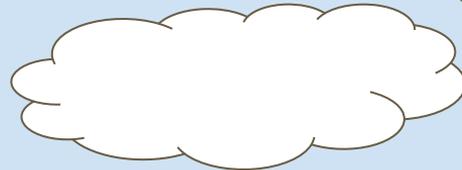
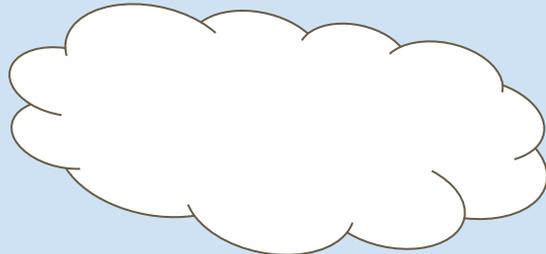
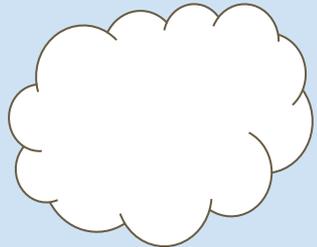


# Activity 6: Hope Clouds...

This activity is about hope. Instilling a sense of hope features as one element of helping to **build resilience**. When hope is present it can make the most difficult challenges feel manageable and survivable. One way we can do that is to encourage children to have **aspirations and dreams for the future**.

Draw different shaped clouds, on some of them write down your dreams and hopes for the future. On the others, write down steps you could take to achieve your dreams, What could you do? Who could help you? When do you want to achieve this by?

Parents can join in with this activity too. What dreams do you have for the future?

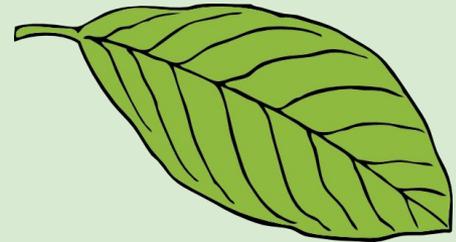


## Activity 7 connect with nature

Being in nature is scientifically proven to boost our wellbeing.

Go on a walk or get out in the garden and have some fun playing or planting some seeds.

Why not collect some natural things on your walk and use them to create some art.



## Activity 8 - I am proud...

**Close your eyes, think of three things that you are proud of.**

**How do you feel when you think about those things?**

**Write them down on a piece of paper or draw a picture of them.**

**Put it up on the wall where you can see it and read it throughout the day.**

## Activity 9 - Let's be positive...

Create your very own positivity jar. This jar can be filled with **positive words**, comments or affirmations. The purpose of the jar is to use it whenever you're feeling sad and need to remember all the positive things about you.

You can use a jam jar, coffee jar or a box of anything kind. Decorate this however you wish. You could wrap the jar, use paints and add accessories to it such as ribbon, stickers (anything you have free at home).

The jar needs to be personal to you and make you feel **happy** when you look at it so take your time decorating it and decide what slips you are going to put in.

An adult or sibling at home may have some positive slips that they want to complete about you as well or they could even create their own and you could both add slips into each others.

Once your jar is complete try to look at your jar every day for a few minutes to remember how **special and positive you are as a person**.



# Activity 10 - mindfulness and breathing...

Take part in some mindfulness or breathing exercises. Both have been shown to help calm the mind and body helping you to feel calmer and happier.

<https://www.headspace.com/>

<https://app.www.calm.com/meditate>

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



# Activity 11 - My Vision Boards...

What are you really looking forward to when we come out of lockdown? Can you find pictures and words that represent the things you really want to do?

Some things to think about.

- Who do you really want to see?
- Where do you really want to visit?
- Is there an activity you can't wait to do?
- What feelings will you have then?

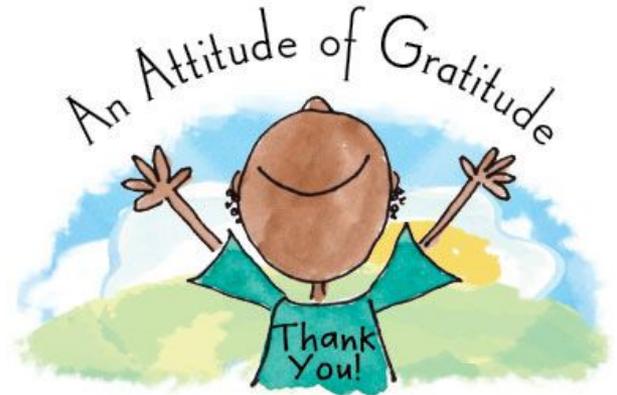
Stick all of these pictures and words on a piece of cardboard or paper and put it up where you can see it. Remind yourself that you have lots of exciting things to look forward to.

# Activity 12- Gratitude...

Being grateful even in the most difficult of times can really help to shift mindset and boost wellbeing.

Can you write down three things (or more!) that you are really grateful for?

You could write them in a special book and do this every night before you go to bed - guaranteed to cause sweet dreams!



## Activity 13 - Picnic time!

Plan a picnic for all of your family. Will you have it out in your garden or will you get cosy in the house?

Maybe you could bake some cakes to have at your picnic. You could even make some menus and decorations to put up!

Have fun!



## Further information and help

If you would like more details on any of these ideas or if you would like more information on mental health and well-being you can contact Mrs Davison, mental health and wellbeing lead on [p3@balmorallearningtrust.co.uk](mailto:p3@balmorallearningtrust.co.uk)

Thank you Mrs Davison and Miss Hall

**Please send any photographs to your class teachers email address.**

**We can't wait to see them.**

