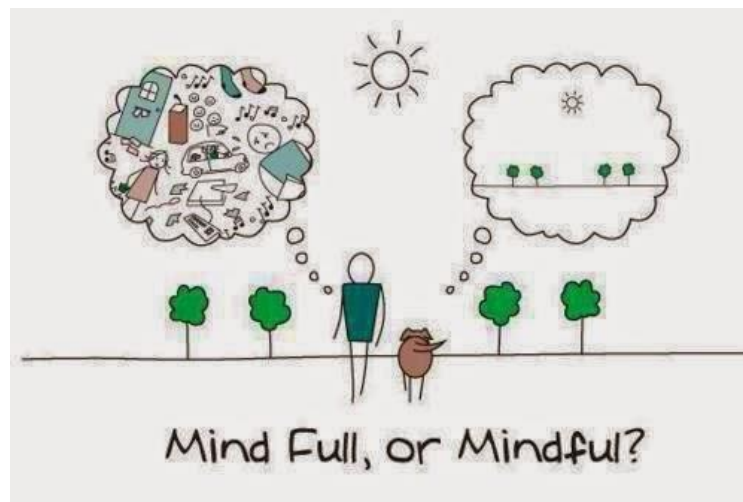


Wellbeing activities
For at home or when returning to school.



"What you do today can improve all of your tomorrows".

Dear year 3 and year 4...

During this difficult time, it is very normal to come across feelings of worry and concern. However, we must not let these feelings take control of us. It is important to remember that the rain will always pass, and soon there will be much better days! In the meantime, please take some time each day to focus on your wellbeing and look after yourself by enjoying the tasks within this pack.

We look forward to seeing what you get up to, and how the activities have helped you!

What is wellbeing?

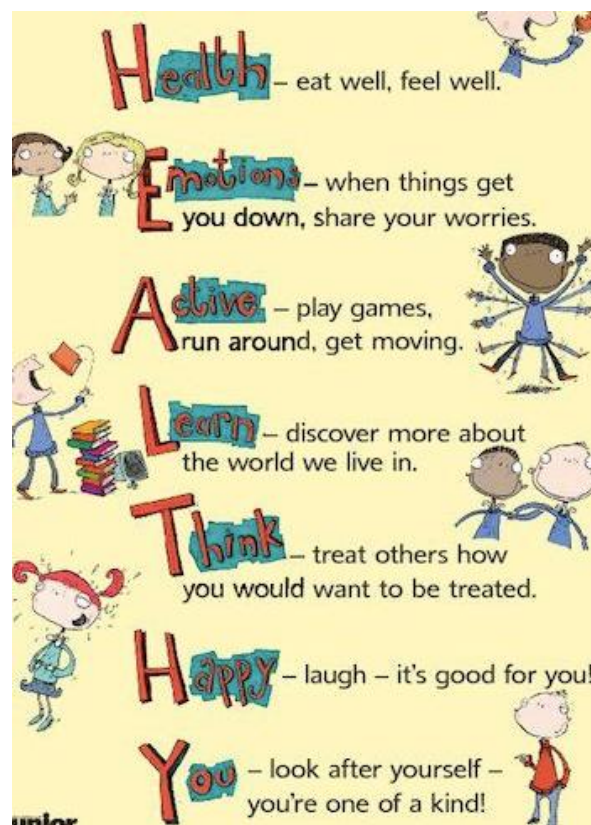
Wellbeing refers to our happiness and health. It involves looking after ourselves and taking notice of how we are feeling. Sometimes, when we come across difficulties in life our wellbeing will need to be supported. There is so much that you do to support your wellbeing, even by the little things such as speaking to your friends and family, or by eating healthy and going outdoors.

<https://www.bbc.co.uk/teach/growth-mindset-and-wellbeing-lesson/z4g4382>

<https://www.bbc.co.uk/teach/five-ways-to-help-childrens-wellbeing/zfb2d6f>

'Mental health awareness week' took place during the last week of term five before half term (18th-24th May). The purpose of this week is to give awareness to the importance of looking after our brains, feelings and our wellbeing.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



Outdoor activities

"Take a quiet walk with Mother Nature. It will nurture your mind, body and soul".



- **Daily walks and exercise.**

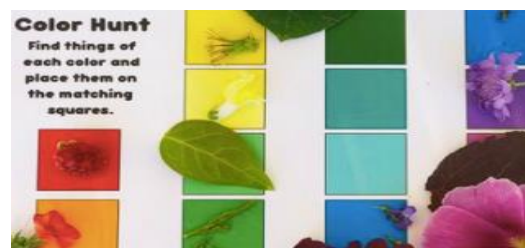
Walking in the nature is very beneficial for your wellbeing. It will help you to find yourself in the present. Walk slowly and take in everything that your senses come across including what you can hear, and what you can smell. You could gather nature elements from your walk such as flowers and leaves to keep as a gift and memory of that walk.

- **Gardening.**

'Gardening adds years to your life and life to your years'. There are many gardening activities which are said to reduce stress and improve your mood. Check out this website: <https://kidsgardening.org/garden-activities/>

- **A colour scavenger hunt.**

This will encourage you to explore nature and all of the beautiful colours that are around us. You might decide to create a picture or piece of art out of everything that you collect!



- **Take photos or draw something special that you have found each day.**

This could be a place that you plan to visit with friends and family in the future.

- **Pavement chalk.**

Create a colourful drawing or writing on the pavement or your garden. You could create a rainbow and a message for the NHS!

- **Outdoor meditation and yoga.**

This is a great way to reduce stress and anxiety. The fresh air and vitamin D from the sunlight will boost your mood! Become a Cosmic Kid:

<https://www.youtube.com/user/CosmicKidsYoga>

- **Cloud watching.**

This is a good way to take some time out for yourself to think and reflect. It is also always fun and relaxing to find shapes and pictures in the clouds.

Physical activities

"Exercise not only changes your body, it changes your mind, your attitude and your mood"



- **Exercise.** Make sure to have lots of water, to warm up and cool down. The endorphins that we release during exercise will help to improve our mood and energy levels, as well as our confidence and resilience. Some exercise videos that you can follow:

<https://www.youtube.com/watch?v=oc4QS2USKmk>

<https://www.youtube.com/watch?v=aHVR2FnTpdK>

<https://www.youtube.com/watch?v=xLe6ptkK91M>

... and of course continue your daily work outs from Joe Wicks!

<https://www.youtube.com/user/thebodycoach1/videos>

- **Get dancing!**

It is known that dancing is a fast mood booster which allows you to escape from any negative feelings and let loose. It is also a great way to express yourself! You might choose to put some headphones on and dance around for a while, or follow a dance routine. Check out some of these:

<https://www.youtube.com/watch?v=ymigWt5TOV8>

<https://www.youtube.com/watch?v=FP0wgVhUC9w>

https://www.youtube.com/watch?v=6QObE0zvN_E

- **Jumping rope challenge.**

How long can you jump rope for? Challenge yourself. Motivation is a great wellbeing booster!

- **Play games** with your family such as hide and seek, musical chairs and hop scotch. Or, think of your own that you enjoy!
- **Sports** that you enjoy or try out a new sport. This may need to take place outside!
- **Help your parents with some chores around the house.**

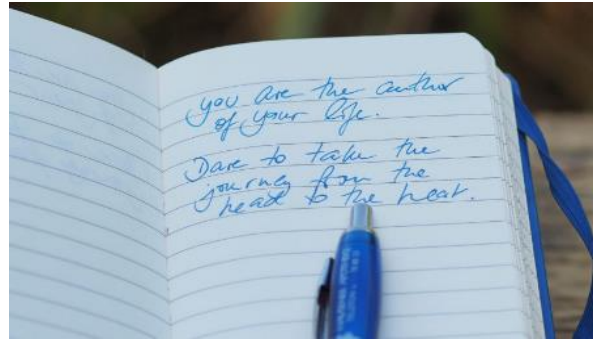
This may not sound like much fun but you will have a good feeling when you help someone.

- **Do something silly** - laughter is the best medicine! You could have a pillow fight with a sibling, or move around like different animals!



Writing activities

"If you don't see the book you want on the shelf, write it yourself".



- **'A brain dump'.**

It is always good to get your feelings out. Sometimes you might not feel like talking about them, so write them down. This will help you to take control of how your feeling and understand some of the reasons why... if any!

- **Keep a journal.**

Writing is known to calm your emotions and give you feelings of happiness. A journal is like a diary where you keep a daily record of something. You can choose what you would like to write about, but here are some ideas:

- What you get up to each day during lockdown and when returning to school.
- Your feelings. Similar to a brain dump, however, a journal will help you to keep track of them! Make sure to include all of your happy times!
- Your dreams and plans for the future.
- Things in your life that you are grateful for.

- **Write a letter to a friend or loved one.**

Writing letters and posting is something that you are likely to do throughout your life. So, this is a great place to start! Ask your parents to help you with the posting stage!

- **Write a poem or a story.**

Poetry is a great way to express your emotions, just as reading a poem can help you to feel a certain way! You can be very imaginative with this writing by turning your emotions into people. Or, you can just write exactly how you feel.

- **Write a positive letter to yourself.**

This could be a letter for your future self or one that you can read over during this time at home to remind yourself how great you are!

- **Goal setting.**

This is a great way to look forward to the future and to motivate yourself. Your goals could be about what you would like to achieve in school or during everyday life such as: help around the house more or do something kind for the planet. This will help with your growth mindset!

I AM BRAVE
I AM SMART
I AM CREATIVE
I AM KIND
I AM valuable
I AM strong
I AM capable
I AM
extraordinary

Mindful activities

"When it rains look for rainbows, when it's dark look for stars".



- **'A mindful minute'.**

Take a minute out each day to concentrate on what is happening in the present. Your worries will move away and you will feel calm and relaxed!

- **Reading.**

Reading is a great way to relax and take the time out that you need for yourself. It is said that reading for pleasure will improve your wellbeing. So grab your favourite book, find somewhere quiet and relaxing and get reading.

- **Social stories.**

Social stories are useful for helping you understand situations in your life, for example, about the current lockdown. You may ask a parent to read one to you or read it by yourself.

<https://www.learningandwellbeing.org/what-is-a-coronavirus-pandemic>

- **Breathing exercises.**

Deep breathing is known to help you calm down and relax, especially at times when you may not be feeling your best. Even listening to music during these exercises can really help. Check out some of these links for breathing videos that you can follow:

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

<https://www.youtube.com/watch?v=qFZKK7K52uQ>

https://www.youtube.com/watch?v=Bk_qU7l-fcU

- **Mindful colouring.**

Colouring gives us the opportunity to relax and become focused in the present moment. It is known to reduce feelings of stress and boost wellbeing.

- **Cooking and baking.**

This activity is known as an act of patience and mindfulness. It also helps to boost self-esteem and positivity as you will be making something that your family and yourself will enjoy. BBC offers an exciting list of baking ideas:

<https://www.bbcgoodfood.com/recipes/collection/kids-baking> Make sure you ask your parents for help!



Creative activities

"Our creativity is worth more than the products produced. Creativity links us with our one-of-a-kindness".



- **Drawing and painting.**

Art is a very relaxing activity which gives the opportunity to express yourself and focus on the present. Try to include the colour yellow as this symbolises happiness and warmth!

- **Origami.**

This activity is a great way to develop mental concentration and to learn a new skill. There are lots of websites and online videos which will show you step by step ways to create origami. Check out this website:

<https://www.easypeasyandfun.com/easy-origami-for-kids/>

- **Mood board.**

This is a great creative way to express something that you enjoy or to plan for the future. Some people have used this activity to set goals for the future by putting together pictures and ideas that they are dreaming of.

- **Paper/ card weaving.**

You can make lots of interesting and fun designs using paper weaving. Here are some videos to guide you:

<https://www.youtube.com/watch?v=OYyS-Par5wQ>

https://www.youtube.com/watch?v=eX_E4qiecVE

- **Create a glitter jar.**

Creating a glitter jar and shaking it is said to reduce feelings of stress and anxiety. They are also very great fun to make! This website will guide you and tell you more about the benefits of the glitter jar:

<https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/>

- **Create a flower garden window.**

This is a relaxing activity which involves collecting beautiful flowers of your choice and creating a window and frame to display it. What you need is cardboard, fresh flowers and plastic wrap/film.

<http://krokotak.com/2015/04/flower-panels/>

