

P.S.H.E. Focus: Well-Being and Resilience Activities

Daily affirmations

Start each day by listening and repeating these affirmations.

<https://watchkin.com/7c12613596>

I can change
the world!

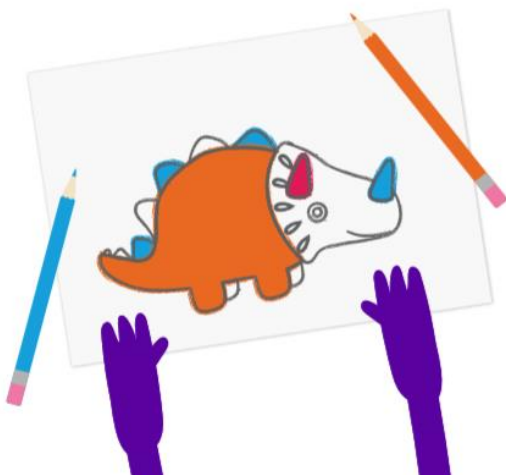
Challenges help
me grow.

I can learn
anything

Opposites

Draw an animal with the
hand you normally write
with.

Now try drawing it again
with your other hand.
It's a bit more tricky isn't it?



Find and seek

Search each room of your
house and find something
that is your favourite colour.

How many things have you
found?



My 'I Can' Journal

Monday	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
Tuesday	Today I felt good when...	
	I had a good time with...	
	Something I did for someone...	
Wednesday	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
Thursday	I felt proud when...	
	A good thing I saw was...	
	Today I achieved...	
Friday	Something I did well today...	
	I had a positive experience with (a person/time or place)	
	I was proud of someone when...	
Saturday	Today I had fun with...	
	Something I did for someone...	
	I felt good about myself when...	
Sunday	A positive thing I saw...	
	Today was interesting because...	
	I felt proud when...	

Wellbeing Craft -

Things to Look Forward To Jar

Use these craft instructions to create your own wellbeing jar. Having things to look forward to can make you feel happier and improve your wellbeing. Each time you think of something you would like to do in the future, write it on a piece of paper and place it inside your decorated jar.

You will need:

- glass or plastic jar
- sticky label or strip of paper
- scissors
- tissue paper or coloured paper
- paintbrush
- pencil
- white glue
- paper to record the things you are looking forward to



Instructions



1 Cut shapes out of the colourful paper or tissue paper.



4 Write a label for your jar. You could write 'Things to Look Forward To'.



2 Use the paintbrush to put some glue onto the jar.



5 You can use white glue to paint over the top of the shapes on your jar and the label. This will give it a nice, shiny effect.



3 Stick the paper shapes carefully onto the jar.



6 Once dry, your jar is ready to use. Write things that you are looking forward to on pieces of paper and place them into your decorated jar.

Flower power

Collect some stones, leaves and flowers from your garden or on your walk.

Create a face. You could use stones for eyes, a twig for a smile, leaves for hair and a flower for a nose.



This may be a useful website and link:

'Big Life Journal UK'— biglifejournal-uk.co.uk

Big Life Journal

This website has some useful printable resources to promote a 'Growth Mindset' and Resilience. If you don't have access to a printer you could use the ideas and draw your own version on paper.

<https://www.maginationpressfamily.org/mindfulness-kids-teens/fostering-resilience-in-a-time-of-the-coronavirus-tips-for-helping-your-child/>

Magination Press
FAMILY

Simple Games and Activities to Increase Resilience.

- * Build a 'trust walk'. If you have a garden, use anything available to create an obstacle course. If you are inside, move some furniture or objects like storage boxes, to create a course. Use a scarf, piece of fabric, or sleep-mask to create a blindfold. Take turns to lead each other round the course. The blindfolded person needs to completely trust the leader and not cheat by peeping! What is the fastest time you can complete the course together?
- * Play musical chairs if you have enough. If not, use sheets of newspaper or anything else you have that the children can stand on and which can be removed one at a time. One way to improve Resilience is by learning that you cannot always win!
- * Pass the compliment! Take it in turns to say something positive about a member of your family, who is present in the room. Try to avoid only commenting on physical appearance and mention other attributes, such as 'they try really hard when things are tough'.
- * Create a 'hope wall', using scraps of paper, sticky notes, or a big sheet of paper/card. Each member of the family writes things they hope can happen when lockdown ends.
- * Every week, each member of the family chooses one "hard thing," they are going to achieve by the end of the week. Ideally pick something that will need practice such as learning a new skill, like juggling. Allow time each day for family members to practice their 'hard thing', and encourage each other! by only giving positive feedback, "I really liked the way you kept trying after you dropped the ball."




Kindness Calendar

11 – 15 May

The Kindness
School Foundation



Weekly theme: Kind to the planet

Monday	Kind to me	Treat yourself with a long walk today. Try to walk near green areas as much as possible - the air is fresher, and you'll enjoy the walk more! Try to walk for at least 45 minutes, and make sure to pay attention to all the different plants, trees, flowers and animals that you walk past.
Tuesday	Kind to others	Do you know what your family's favourite flowers are? Ask members of your household to tell you what flowers they love, and ask them to describe them. Afterwards, make them a drawing of the flower based only on the description they give you! Once you've finished the drawing you can look at a picture of the flower. You can share your flowers with us on Twitter using #KindnessCalendar and @KindnessSchools 
Wednesday	Kind to the world	Think about how humans impact nature in different ways. During the Coronavirus lockdown, nature has started to flourish while humans stayed at home. Search for stories online about how nature has taken back control while people have stayed at home during lockdown.
Thursday	Kind to me	Do you know what kind of trees are growing on your street? Go for a walk around your neighbourhood and take notes of the trees you see. Then, go back home and do some research. What are their names? What flowers do they have and when do they blossom?
Friday	Kind to others	Pick your favourite tree from yesterday and challenge a member of your household to find it. Giving them only the name of the tree and a vague location (for instance 'in the park' or 'on X Street'). Ask them to take a picture once they find it.

Turning Negative Thoughts into Positive Thoughts

Often, we think negatively about a situation or an event that has happened or is about to happen. When we think negatively, we are likely to carry on thinking negatively, which helps to make the thought more powerful. When this happens, it is really difficult to find positive thoughts. This can lead to a one-sided view of a situation or event which is often not a true judgement.

Please complete the table below so you can see how you can change negative thoughts into positive thoughts.

Negative Thoughts	Positive Thoughts
My friends don't like me anymore because I can't go to the party on Saturday night.	
I am not good at maths because I only got 16 out of 20 correct in my test.	
I don't want to move house as I won't make any new friends and I will be lonely.	
My new school won't be as good as my current school.	

[illegible]

The more positives you can find, the more positive you will think, as the negative thoughts will be reduced and the situation will appear more balanced.

Negative Thoughts	Positive Thoughts

Finger Breathing

Use this technic as a calming strategy.

Follow the video link here: <https://watchkin.com/d3991ddbc4>



1. Stretch your hand like a star
2. Trace your fingers with index
3. Inhale up, exhale down
4. Notice your breath

Take 5 Breathing

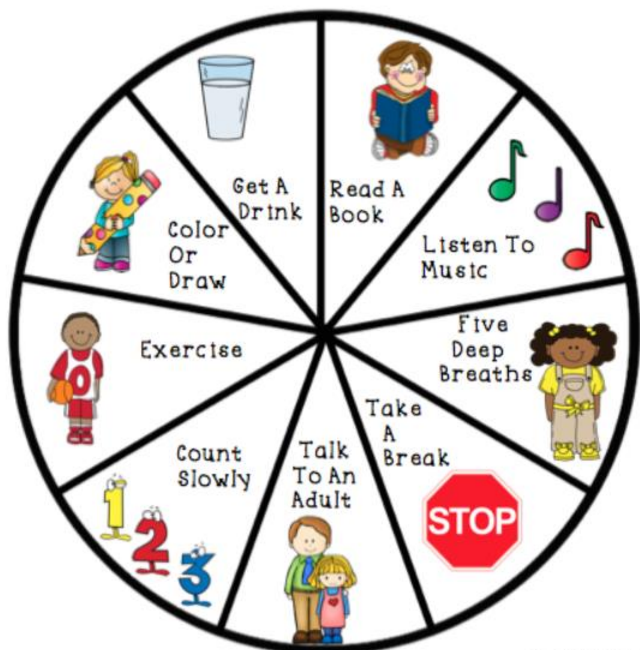


How Big Is My Worry?

5	EMERGENCY Fire, danger to yourself or others. You may need an ambulance or fire engine.
4	GIGANTIC PROBLEM Fighting, someone is hurt. You will need an adult to help you.
3	BIG PROBLEM Small accident (you may have fallen down), you may be bleeding, not feeling well. You will need an adult to help you.
2	MEDIUM PROBLEM Someone is bothering you, feeling tired or unwell, you need something. You could try to sort this out yourself or ask for help.
1	LITTLE PROBLEM Can't understand your work, lost something, falling out with your friend. You can try to sort this out yourself with a little reminder.
0	GLITCH Losing in a game, not being picked, you have forgotten something. You can fix this yourself!

Coping Skills Wheel

9 Ways to Handle Big Emotions



Created by: Doreen O'Leary