

Wednesday 8th July 2020

Year 1

Wellbeing Wednesday

- Today we would like you to concentrate on the well-being activities, which are on the next few slides.

From Miss Reilly and Miss Rogers.

My Wellbeing

Complete the activities about yourself.

You can write words, phrases, sentences and draw pictures.

If you do not have a printer, you can create your own posters similar to these.



EMOTIONS

Look for what's good

What good things have happened to you recently?

This week I am going to 'look on the bright side' and take a positive approach

I will choose at least one of these:

1. Choose to do something I know will make me feel good.
2. Try to smile and say something positive every time I walk into a room.
3. Find something every day that I have done well.

When you smile and/or 'look on the bright side' - what do you feel?



EMOTIONS



This is what I would teach a person from the Planet Sad about EMOTIONS as a key to happier living



These are the EMOTIONS actions that I will take this week

	Completed ✓
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I learned that I can...

A large empty rectangular box for writing.

This is what I felt

A large empty rectangular box for writing.

My Wellbeing

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KEYS TO HAPPIER LIVING **ACCEPTANCE** Be comfortable with who you are

What are your greatest strengths or hidden talents?

This week I am going to:

notice the things that I do well and make a list of all of them (my strengths). I can ask a friend or a safe adult to help me.



I am also going to be as kind to myself as I am to others.

When you notice the things that you do well, what do you feel?

ACCEPTANCE



This is what I would teach a person from the Planet Sad about ACCEPTANCE as a key to happier living

These are the ACCEPTANCE actions that I will take this week

	<small>Completed</small> ✓
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I learned that I can...

This is what I felt

My Wellbeing

Complete the activities about yourself.

You can write words, phrases, sentences and draw pictures.

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What things in your life give you a real sense of purpose?

I am going to notice what I feel when I do an activity with a group of people.

Does this give me a sense of purpose?



You could ask a safe adult what gives them a sense of purpose in life.

There will be many different answers to this question.

Record what you will do in your journal

When you think about your purpose, what do you notice and what do you feel?

MEANING



This is what I would teach a person from the Planet Sad about MEANING as a key to happier living



These are the MEANING actions that I will take this week

	Completed ✓
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I learned that I can...

This is what I felt

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Watch this mindfulness session...

https://www.youtube.com/watch?v=uUIGKhG_Vq8



Mindful Kids = Happy Kids

