

Well-Being Curriculum (From Home)



Week 2

Dear Parents and Carers,

The weekly plan below are some well-being activities for your child to complete from home. There are links for each day to access then an activity idea based on the theme for the day. Children who have returned to school have really enjoyed taking part in these daily sessions and it has had a positive impact on their mental well-being. We look forward to seeing your finished pieces!

Miss Harding

Designated Safeguarding Lead

Day 	Theme and Activity	Additional Resources
Day One	<p>Theme- Worries about the World Visit the website and explore the “calm zone”: https://www.childline.org.uk/toolbox/calm-zone/</p> <p>Print a picture of the Earth or draw your own version. Around the outside, write down your worries about anything going on in the world. This may range for small scale things, to larger worries like the pandemic, not seeing friends and family across the world and wars. Share your worries with someone you live with.</p> 	Coronavirus E-book: https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/
Day Two	<p>Theme- Self-Care Watch the introduction video to self-care: https://www.youtube.com/watch?v= X55radTB-M</p> <p>Think about self-care and the important of looking after ourselves. Remember, it is not selfish but necessary to do things that make us happy. Consider some of the ways we will need to adapt our normal “self-care” at the moment and there may be some things we cannot do at the moment e.g. seeing grandparents, playing football, going to after school activities etc.</p>	

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	<p>Fold a piece of paper into six or print your own blank “bingo” grid. Fill each box with something you enjoy doing as part of your own self-care. Once you are done, ask an adult to call out things they enjoy doing and see if you can get a line of your Bingo grid!</p>	 <p>Self Care KIDS EDITION</p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th colspan="5">B I N G O</th> </tr> </thead> <tbody> <tr> <td>READ</td> <td>BE KIND</td> <td>CREATE</td> <td>DANCE</td> <td>GO OUTSIDE</td> </tr> <tr> <td>HAVE FUN</td> <td>BUILD</td> <td>PLAY A GAME</td> <td>HUG SOMEONE</td> <td>MOVIE TIME</td> </tr> <tr> <td>NAP</td> <td>DO NOTHING</td> <td>FREE SPACE</td> <td>WRITE</td> <td>ASK FOR HELP</td> </tr> <tr> <td>ENJOY COOKIES</td> <td>EXERCISE</td> <td>COMPLETE A PUZZLE</td> <td>BRAIN BREAK</td> <td>SING</td> </tr> <tr> <td>LISTEN TO MUSIC</td> <td>EAT HEALTHY</td> <td>CUDDLE WITH A PET</td> <td>HYDRATE</td> <td>FAMILY TIME</td> </tr> </tbody> </table>	B I N G O					READ	BE KIND	CREATE	DANCE	GO OUTSIDE	HAVE FUN	BUILD	PLAY A GAME	HUG SOMEONE	MOVIE TIME	NAP	DO NOTHING	FREE SPACE	WRITE	ASK FOR HELP	ENJOY COOKIES	EXERCISE	COMPLETE A PUZZLE	BRAIN BREAK	SING	LISTEN TO MUSIC	EAT HEALTHY	CUDDLE WITH A PET	HYDRATE	FAMILY TIME	
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<p>Day Three</p>	<p>Theme- Mindfulness and Calmness</p> <p>Watch the video: https://www.youtube.com/watch?v=uUIGKhG_Vq8</p> <p>This is the “grounding” method: This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help children or adults get through tough or stressful situations. You can use this whenever or wherever to calm yourselves down.</p> <p>Take a deep belly breath to begin.</p>	<p>Cosmic Kids Yoga: https://www.youtube.com/user/CosmicKidsYoga</p> <p>I Am Peace, A Book of Mindfulness - By Susan Verde https://www.youtube.com/watch?v=vnR5HDfR3JI</p>																															

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5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

5 4 3 2 1 Grounding Exercise



4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the chair I am sitting on.

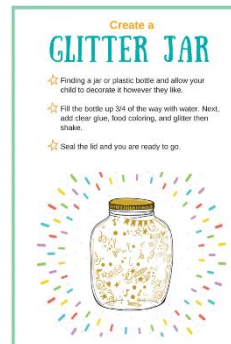


3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell. If you're allowed to and are outside, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favourite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or food from after lunch. If you can't taste anything, then say your favourite thing to taste.

Take another deep belly breath to end.



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	Activity ideas: Create a leaflet to give someone information on how to calm themselves down if they feel anxious or create a calming glitter jar/bottle,	
Day Four	<p>Theme- Self-Esteem</p> <p>Have a go at signing Katy Perry, 'Roar'. A song about feeling empowered and choosing to recognise our strength: https://www.youtube.com/watch?v=wCfjV_G_x5s</p> <p>Remember, we are all unique and all have our own individual profile of strengths. Think of one special thing about yourself that makes you different from everyone else.</p> <p>Create a self-portrait of yourself. You could use a mirror to make sure you look carefully at your features. Could you experiment with colour?</p> 	<p>Keala Settle - This Is Me (Lyrics video) The Greatest Showman: https://www.youtube.com/watch?v=IfGmj_NZ85M</p>