

Wellbeing

What / Why

Managing our own wellbeing is important for our health and happiness. Wellbeing can be seen as our quality of life, how we think we are dealing with situations and how well we think our lives are going

Changes can affect our wellbeing as they are times when things are not certain, when we feel unsure of what is happening or what might happen next. This makes it harder for us to feel in control.

This could be moving house, moving school, having a new sibling, big changes in the news or your usual day to day life. For some people smaller changes can make them feel just as anxious.

How



We can use strategies to help manage our own wellbeing and even when things are difficult they can help us feel better quicker.

Share



Talk to people; your family, your friends, your pet,

Do



Do some exercises, play a game, do some sport.

Eat



Make good choices, try new things

Think



Learn new things, practice things, do things you are good at

Sleep



Resources



[Wellbeing Calendar](#)



[I can manage my emotions](#)



[I am amazing](#)



[Mindfulness activities](#)

Weblinks

Learn more online here



[Cosmic Yoga](#)



[Fun Actions](#)



[Online colouring](#)






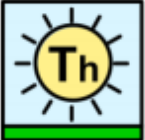
















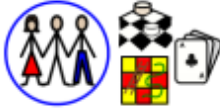

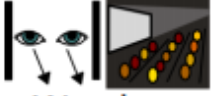




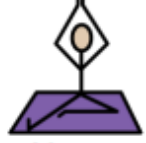

[Place2Be Ideas](#)



Challenge:




Can you make someone else feel better too?




Wellbeing Calendar





	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	 Saturday	 Sunday
1 1	 Stretch	 Stretch	 Stretch	 Stretch	 Stretch	 Stretch	 Stretch
2 2	 Favourite Song	 Learn a sign	 Write a letter	 Meditate	 Dance Party	 Selfie Fun	 Family Game
3 3	 Draw	 Watch a movie	 healthy snack	 Favourite Song	 Free Choice	 Talk on the phone	 Yoga
 Done							

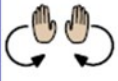







Managing emotions





 Sometimes I feel  sad. Sometime I feel  angry.

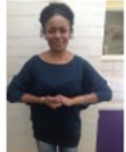




 It's ok to feel  different  emotions.

 I can try and  feel better by doing  calm down  tricks.

 squeeze ball	 Rest	 massage
 Stretch	 Talk to an adult	
	 Eat a snack	 Go for a walk
 Fidgety Toy	 Stretch	 Jumping Jacks

 keep listening	 keep looking	 keep focussed
 keep helping	 Keep learning	 Keep smiling
 Good sharing	 Good work	 Good friend
 Take turns	 High Five	 keep working

 weighted blanket	 Roll over ball	 Squeeze therapy putty
 squeeze ball	 Deep pressure	 Rock to and fro
 Deep pressure	 Chair Pull ups	
	 drink water	 fun room

		
		
	 Talk to an adult	 Time out
		

More Task Planners available in the Schedules and Routines Toolkit



Positive Thinking



I

am an



amazing

person



Read

and



finish

the



sentences

in the



speech bubbles.



I am a good friend

because



I

am



good

at



I

am









thoughtful

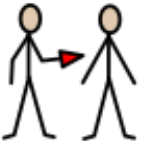






because

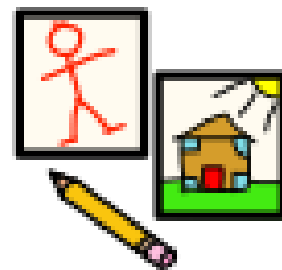
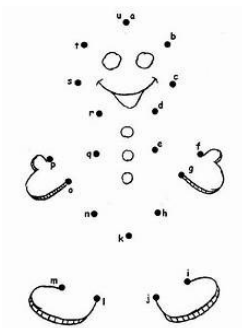


Mindfulness Activities





 Doing things we enjoy can help us think about different things.








 You could try drawing, colouring or dot-to-dot pictures.



[Find dot to dot pictures online.](#)

[Find colouring pages online](#)

[Drawing instructions online](#)

