



# Moorside Primary School and Nursery

*'Nurturing children to succeed and achieve'*

## Supporting Our Well-Being



This information has been collated from a range of sources and resources to provide support, advice and strategies for parents and carers of children at Moorside Primary School and Nursery.

Sometimes, we need to take some time out for ourselves. This booklet from Mind may help us to focus our thoughts and think about our own well-being.



# Five ways to wellbeing



The following steps have been researched and developed by the New Economics Foundation.

## Connect

Building and maintaining positive relationships with people can be an important part of wellbeing. Spending time speaking to positive and supportive people can help you have a better self-image, be more confident and feel able to face difficult times.

For example:

- telephoning a friend or relative to see how they are
- asking how someone is and really listening when they tell you
- arranging to speak with a colleague or friend

What do you currently do to connect?

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Set a goal to connect:

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## Give

Giving can be a great way to look after your wellbeing. People who show a greater interest in helping others are more likely to rate themselves as happy. Allow yourself time to recognise how your goal gives something back to your community.

For example:

- volunteering your time
- supporting your community
- doing something nice for a friend
- thanking someone

What do you currently do to give?

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Set a goal to give:

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## Keep learning

Setting challenges and learning new things can improve your confidence and add fun to your day. You could rediscover an old hobby, sign up to a course or try learning a new skill, such as playing a musical instrument.

For example:

- finding something out about a colleague or a friend
- doing a crossword or Sudoku
- researching something you're interested in
- learning a new word

What do you currently do to keep learning?

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Set a goal to keep learning:

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## Be active

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Pick something you enjoy so you're more likely to stick with it.

For example:

- going for a walk during your day
- following a workout video
- doing some 'easy exercise', like stretching, in the morning and before you go to bed

What do you currently do to be active?

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Set a goal to be active:

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## Take notice

Take time during your day to be more aware of your surroundings and notice the present moment. Whether it's pausing for a tea break or talking to a friend, be aware of the world around you and reflect on what you're feeling. It can help you appreciate what's going on around you.

For example:

- getting a plant for your home
- taking notice of sights and sounds outdoors
- switching off technology, such as your mobile phone
- taking notice of how your friends or family are feeling or acting

What do you currently do to take notice?

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Set a goal to take notice:


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[mind.org.uk](http://mind.org.uk)

 @MindCharity

 [mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)

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Game to play- you will need a dice and counters (or buttons)...

# Healthy Eating and Living

**Start**

**Finish!**

You danced to a song today!  
Move forward two spaces.

Oh no! You ate too many sweets.  
Go back two spaces.

You played football in the park!  
Move forward two spaces.

Oh no! You ate too many sweets.  
Go back three spaces.

Uh oh! You ate too many crisps.  
Go back two spaces.

You went swimming today!  
Move forward two spaces.

You forgot to brush your teeth.  
Go back two spaces.

You ate too many chips!  
Go back two spaces.

Uh oh! You ate too many crisps.  
Go back two spaces.

You've had your '5 a day' today!  
Move forward two spaces.

You ate too many chips!  
Go back two spaces.

You drank all of your water today!  
Move forward two spaces.




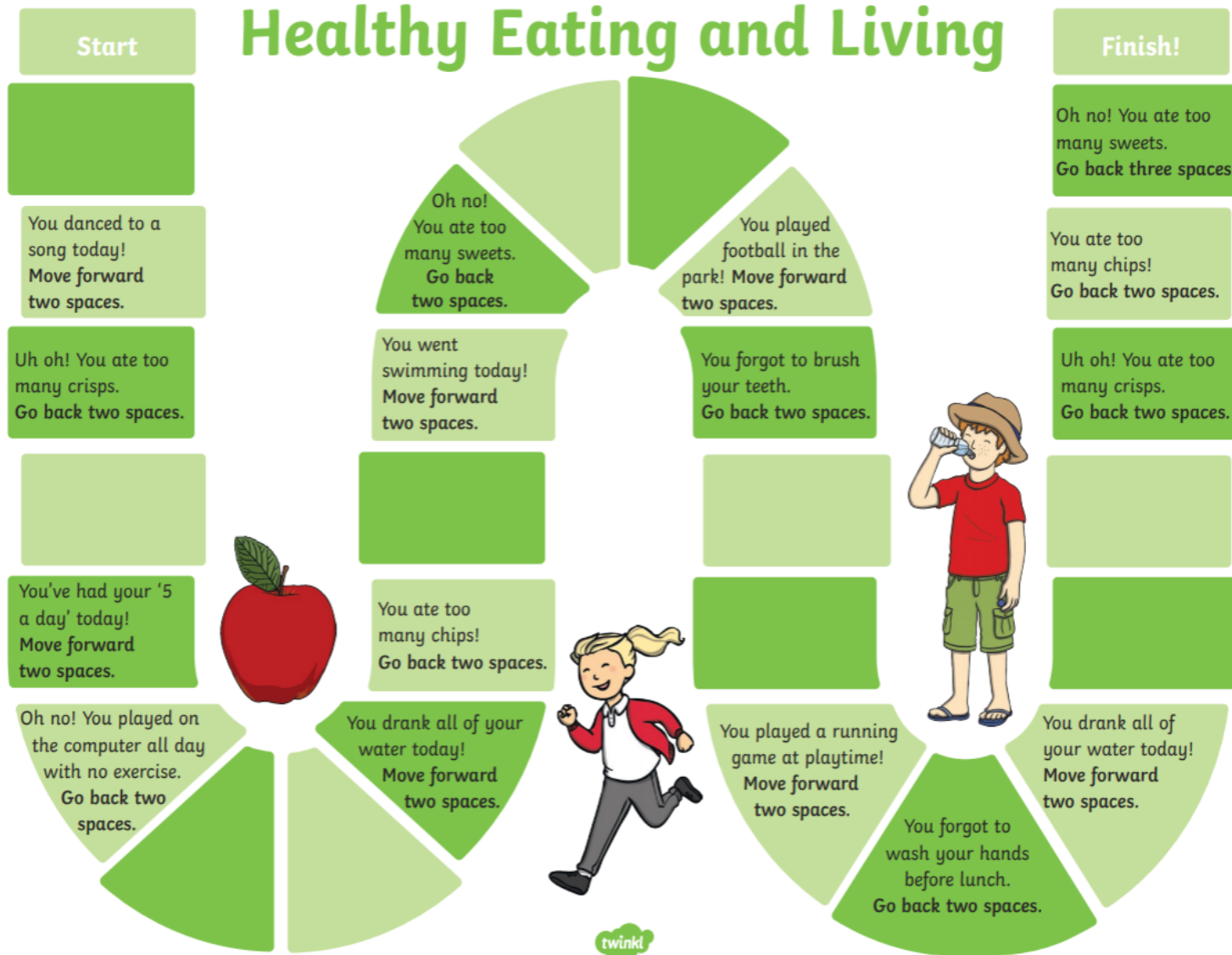
You drank all of your water today!  
Move forward two spaces.

Oh no! You played on the computer all day with no exercise.  
Go back two spaces.

You played a running game at playtime!  
Move forward two spaces.

You forgot to wash your hands before lunch.  
Go back two spaces.

You drank all of your water today!  
Move forward two spaces.



# Well being activities and Mindfulness..



The following pages include a range of reflective activities and mindfulness ideas that you might like to try at home, to help you to focus your thoughts, discuss your feelings with a trusted person and support you with feeling good about yourself....

# What are your special talents? How can you express yourself?

## What Are My Best Qualities?

Each one of us is different.

You are a very special, unique person with many special, positive qualities.

Can you list as many of these as you can below?

There are a few examples to get you started. If you are struggling, ask the adult you are with. Try your best to do this on your own though.

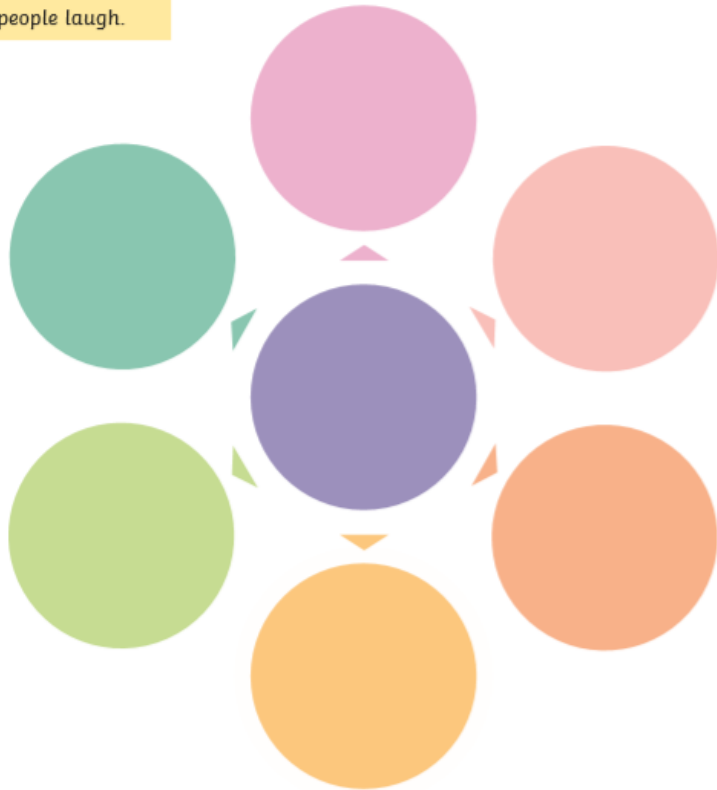
Write all those wonderful qualities down and be proud of who you are!

### Examples:

I am honest.

I am brave.

I make people laugh.



## Express Yourself

i y u z p p o e t r y m  
n q n b r r a y l z y r  
k i n d i v i d u a l a  
v e v i a o u a t r j n  
r o d k r w f v n h h y  
c r e a t i v e e a w o  
j s s q c c m s m x r u  
z c i s u m m v e j i r  
s u n i q u e x v n t s  
q s s e r p x e o l i e  
s p o r t s o p m u n l  
l r d r e a m e j o g f

art

creative

dream

express

individual

movement

music

poetry

sports

unique

writing

yourself



# My Happy Place

Sometimes, people may feel sad, worried, angry or lonely. There are many ways you can manage these difficult emotions. The activity encourages you to think about people, places and objects that make you happy.

Think about all the things that make you happy and why they make you happy. For example, my best friend makes me happy because they make me laugh and help me to forget about feeling sad.

Read the following questions and write or draw a suitable answer. When you have finished all the questions, cut out the sun scenes and attach them together. You can then keep your 'happy book' with you all the time and look through it if you are feeling sad, worried, angry, lonely or upset.

This book will hopefully help you to feel happier when you are feeling difficult emotions.

Where is your happy place? For example, somewhere you go for day trips, somewhere in your house or somewhere you have been on holiday.



When you are in your happy place, how does your body feel? Try to think about your whole body from your toes, all the way up to your head. For example, my toes feel light, my legs feel full of energy and relaxed.



When you are in your happy place, how does your mind/brain feel? For example, my brain feels calm and able to concentrate.





When you think of your happy place, who is with you? For example, someone from your family or a close friend.



What do you have with you in your happy place? For example, your favourite book, a favourite food, film or picture.



What is it about your happy place that stops you feeling sad? For example, my best friend is there and we are playing games and laughing.



# Positive Thinking

## Happiness Is...

Focusing on what makes us happy can help us to be positive thinkers. Think about what makes you happy and write your ideas in a list to create a poem.

Happiness Is...

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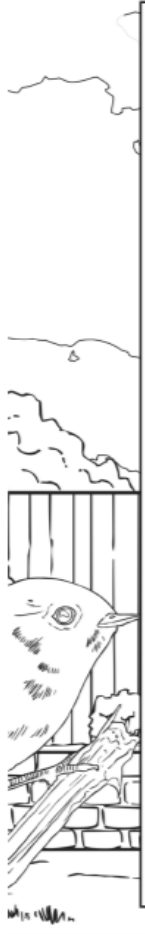
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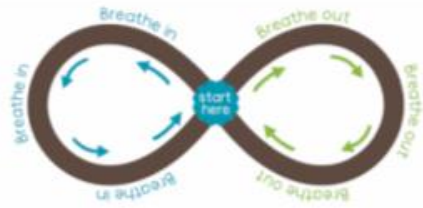
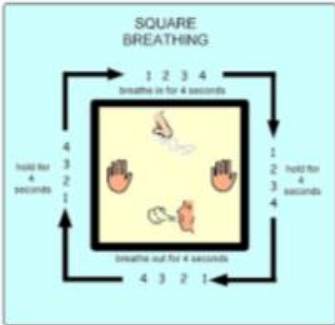


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# Mindful breathing

When we feel uncomfortable, we usually try to find things to make us feel better. Breathing is something that requires no resources, just ourselves! You may have tried some of these techniques in class already...



### WHALE BREATH

Take a deep breath in, hold it while you count to 5 with your fingers then tilt head up to blow it out of your blowhole. You can also put your hands up on top of your head to create the blow hole to "blow" out.



### RAINBOW BREATHING

Arms start at the side of your body; arms go up as you breathe in and go down as you breathe out (arms make a rainbow).

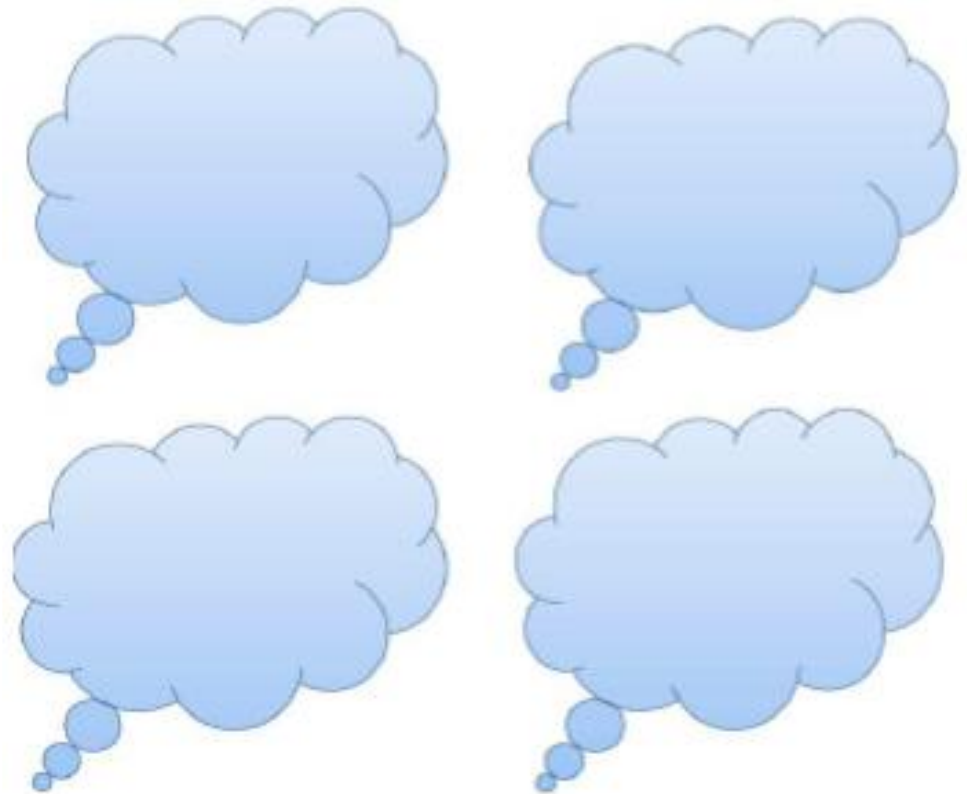
## Gratitude Jar

Each day...write down something that you are grateful for. You can either write it on the jar below OR on a little piece of paper. You might like to decorate a real jar (one that you recycle) and put your positive thought or something that you are grateful for inside. If you are feeling sad or worried, you can read back all the things that make you feel grateful and happy.



## Thoughts and Worries....

Write down any worries you have had this week. Out of 10, how much do you believe them to be true?



B E K I N D T O Y O U R S E L F  
E K I N D T O Y O U R S E L F

Write down some ideas about how you can be kind to yourself. Some ideas have been given to start you off! How would you make these happen or who would you need to help?

Be Brave

Relax

Laugh

Breathing

Do something new

HANG in There!  
This is what I did today!

Free Websites and Apps to support with...

# Mindfulness and Keeping Active



### Smiling Mind

Short audio sessions to help with mindfulness.  
<https://app.smilingmind.com.au/>



### Cosmic Yoga - YouTube

Yoga videos designed for kids aged 3+  
[www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)



### BBC Supermovers

Interactive videos to support with KS1 and KS1 Maths, Literacy and PSHE and PE learning. Great for times tables—as well as videos that are 'just for fun'.  
[www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)



### Go Noodle—YouTube (More videos on their own website)

Hundreds of 'brainercise', dancing, strength and mindfulness videos—as well as videos that are 'just for fun'.  
[www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)



### Premier League Stars

Videos and activities to support with Maths, Literacy, PSHE and PE.  
[www.plprimarystars.com](http://www.plprimarystars.com)



### Newsround

Keeping children up to date with the world around them—creating opportunities to talk about the news with children.  
[www.bbc.co.uk/newsround](http://www.bbc.co.uk/newsround)



# I'M GLAD TO BE ME

I look in the mirror  
And what do I see,  
I see the me  
No one else can be.

I am precious,  
I am glad to be me,  
My hair, my face,  
My personality.

My size, my shape,  
The color of my skin,  
All make up me  
Outside and in.



Websites that may be of interest for further information and ideas to support.

Understanding my feelings – <https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-my-feelings/>

Compass Buzz – support sections for children and parents Telephone 0800 008 7452

<https://www.compass-uk.org/services/north-yorkshire-compass-buzz/>

Resources adapted from Twinkl and Mind

