

5 Ways to Wellbeing

Looking after your mental health is just as important as looking after your physical health. The 5 Ways to Wellbeing are simple and proven actions which have been found to build resilience and enhance mental health and wellbeing. It doesn't have to intervene with other commitments; taking as little as 10 minutes every day to adopt each of the five ways can be beneficial to maintaining positive wellbeing during lockdown.

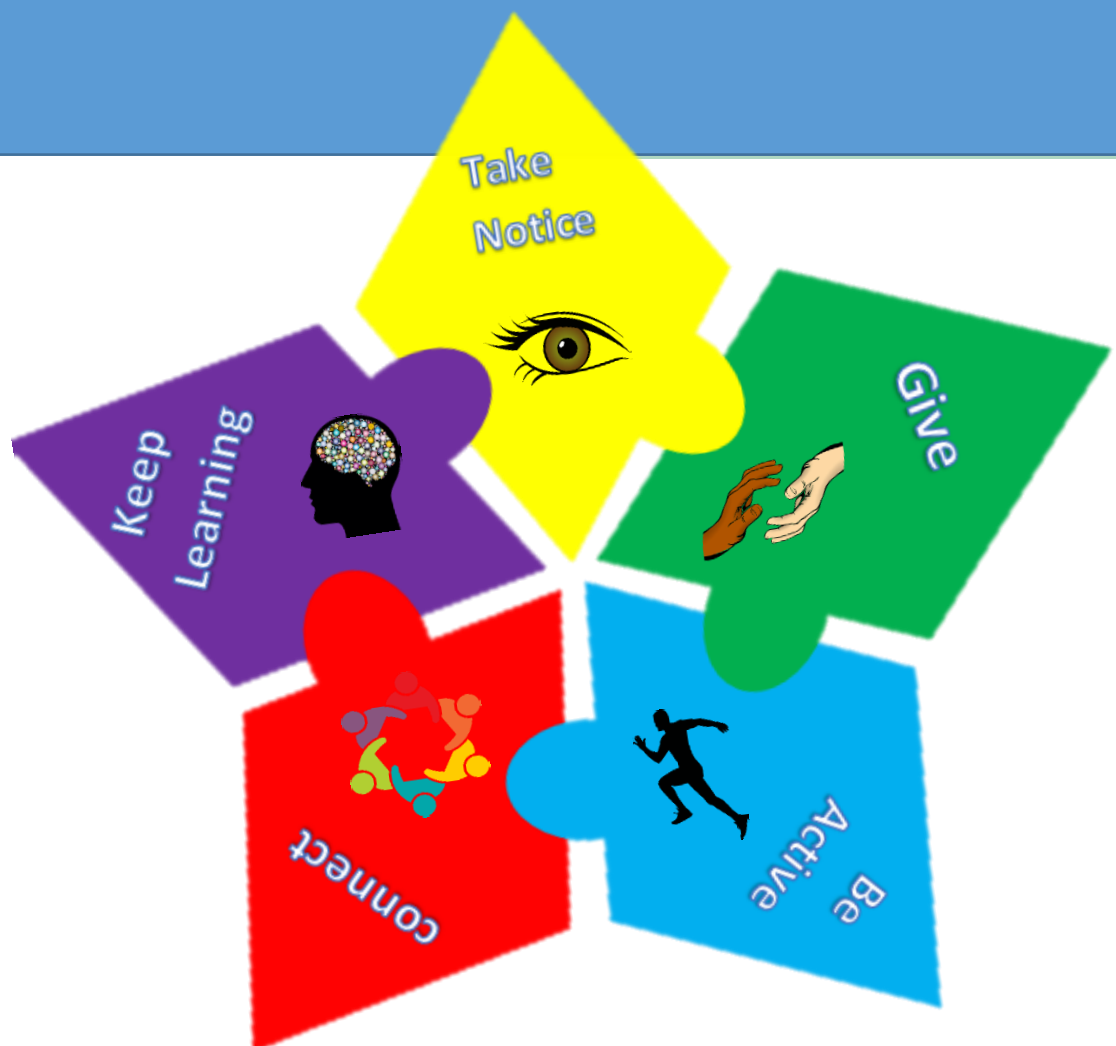
Give: Random acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

Be Active: Being physically active improves both our physical health and mental health. It can improve mood and wellbeing and decrease stress, depression and anxiety.

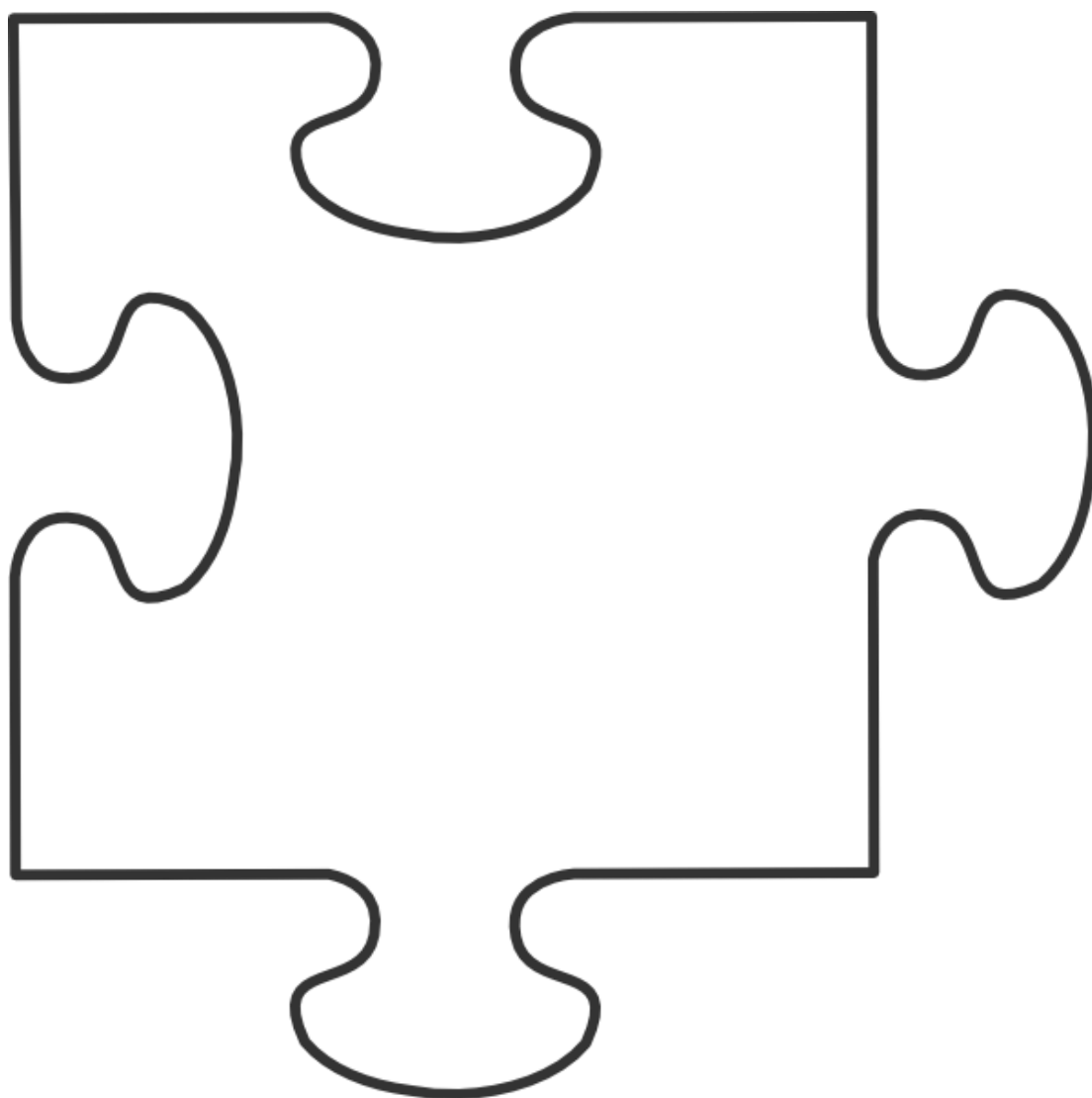
Connect: Having strong relationships and feeling close and valued by other is important in boosting wellbeing.

Keep Learning: Being curious and seeking out new experiences in life positively stimulates the brain.

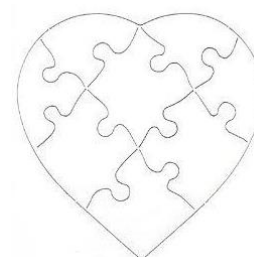
Take Notice: Paying attention to the present moment, to thoughts and feelings and to the world around helps improve our wellbeing.



Decorate Your Own Jigsaw Piece



Decorate this jigsaw piece with something that makes you think of being kind. Place this jigsaw piece in your window to remind others how to be kind. Maybe if enough people put these in their window we can create a whole kindness puzzle!



Kindness is always
fashionable and
always welcome

Send a Friendship Bracelet



Make someone a friendship bracelet. Each colour should represent something you love about that person. Write a letter to your person to say what each colour represents and why you chose them to make the bracelet for. Send this letter with the bracelet to your chosen person. This will bring so much happiness to someone who is special to you.

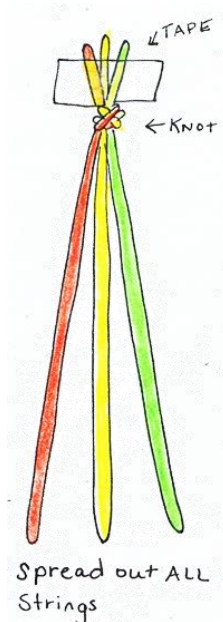
Below are 2 different types of friendship bracelets that you can make for your friends and family. Once you have mastered these 2 types, there are many more different styles to try online!

You will need:

- Different coloured string (each colour representing something you love about the person you are making it for)
- Tape
- Scissors

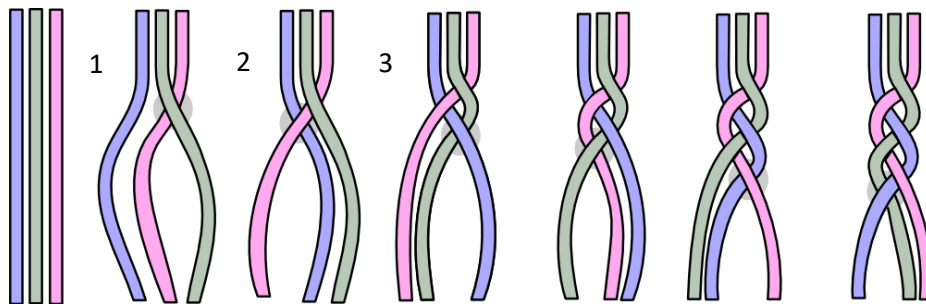
For each braid the first steps are the following:

- 1- Measure out the length of each string slightly longer than the distance from your fingertip to your shoulder and then cut.
- 2- Tie all of the strings you will need for the braid into a knot at the very top, leaving around 4cm at the top. This is so you can easily tie the bracelet on at the end.
- 3- Secure the strands to your work surface using tape.



3 string braid:

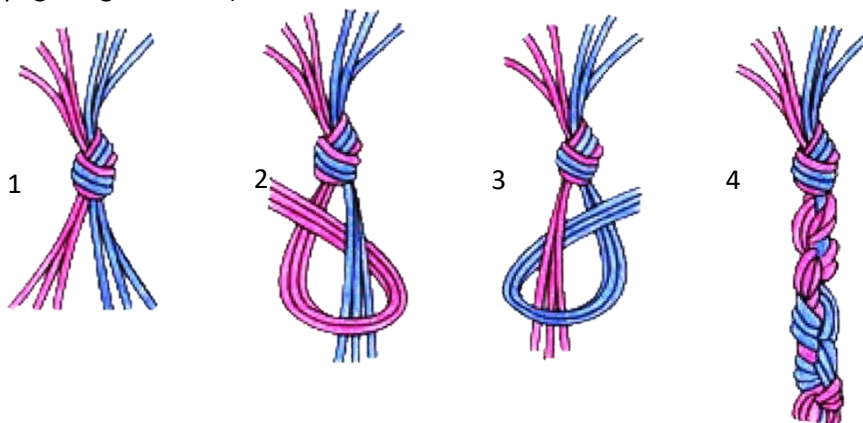
For this braid you will only need 3 strings (follow the steps on the first page to get started). This bracelet uses the same technique as if you were braiding your hair.



- 1- Cross the outside right string (pink) under the middle string (green)
- 2- Then cross the outside left string (blue), under the new middle string (pink)
- 3- Repeat this process until you have a braid long enough to fit your wrist.
- 4- Make a knot at the bottom of the bracelet to secure it in place.
- 5- Post it to your friend or give it to a family member with a letter, describing why you chose each string.

Double knot bracelet:

For this braid you will need 3 equal strands of 2 different coloured string (follow the steps on the first page to get started)



- 1- Separate the colours into 2 bunches (in the case above; blue and pink)
- 2- Hold the blue strings tight and straight. Place the pink strings on the left over the blue strings on the right to make a forward knot and tighten.
- 3- Hold the pink strings tight and straight. Place the blue strings on the right over the pink strings on the left to make a backward knot and tighten.
- 4- Repeat this process until the bracelet is the desired length
- 5- Make a knot at the bottom of the bracelet to secure it in place.
- 6- Post it to your friend or give it to a family member with a letter, describing why you chose each string.

School Wellbeing Service Helping Hand

The School Wellbeing Service are always here to help. We would like you to think of ways that you can give a helping hand at home during lockdown. You can write these down in the hand.

A kind and
compassionate
act is often its
own reward



Act of Kindness Jar



Can you think of lots of ways to be kind to others? Put these ideas into a jar that you have decorated yourself. Each day you can pick out one of your ideas and make sure you carry out that act of kindness throughout the day. You can decorate the jar however you like, the more colourful the better!

Here are some examples of acts of kindness that could go in your jar.

Say "Thank you"

Make someone
a cup of tea

Share your toys

Tell someone why
you love them

Give someone a
compliment

Help a sibling with
their schoolwork

Send a letter to
someone you miss

Examples

Give a hug

Kindness Ribbon Hangers



Why not capture kindness when you see it?
Every time you see kindness or do something kind, yourself, tie a piece of ribbon on a hanger and watch them grow with all of the kindness around you. By doing this you will notice more kindness around you and be more aware of how kind you are being to others. And you get a lovely wall decoration for your bedroom out of it!!

You will Need!

1. Ribbon, scrap fabric, lace
2. A hanger – this can be an embroidery hoop, a hoop made from card, a long stick, a coat hanger
3. String to hang it with
4. Any other decorations – artificial flowers, etc.

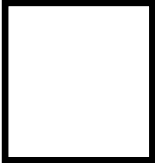


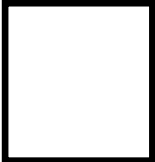
Send a Postcard

You can make someone's day by sending them a postcard to let them know you are thinking of them. Simply cut out some of the ones we have designed for you, or you can create your own.



Kind words can be short and
easy to speak, but their
echoes are truly endless



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*Try to be a
rainbow in someone
else's cloud*



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Kindness pledge



Finish each sentence with your act of kindness;

I will help my with
.....

I will share.....
.....

I will finish.....
.....

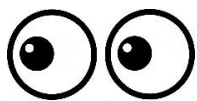
I will thank.....
.....

I will tidy.....
.....

I will make.....
.....

What is Kindness?

Kindness is the quality of being friendly, generous and considerate.



Looks like

Smiles, sharing, sticking up for others

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Sounds like

Friendly tone, compliments, thank you,

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Feels like

Safe, happy.....

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.....

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Make a Time Capsule

We are currently living in a time that people living in the future will want to learn all about. So why not make a time capsule capturing what life is like for you during lockdown, you could also write about coronavirus.



1. You can use something like a shoe box, a tin can, Tupperware box or a jar

2. You can fill the capsule with anything you like that will show what life is like today. You could think about all of the acts of kindness that you have seen or heard.



3. Once you have placed your items into your time capsule you should write a letter to the person who may open it in the future, explaining what you have included and why. You could also write about the things you are doing during lockdown to make sure you are staying happy and healthy. Then you can ask an adult to help you find a place to store it.

