

The Wheel of Well-Being

The Wheel of Well-Being is a handy way to think about things you can do to help improve your mood, reduce stress and strengthen relationships. Building resilience is much easier to achieve when we are happy and promote a positive mental well-being. If we can build these into our daily lives, we can help improve mental well-being to put ourselves in a better position to be resilient. Please see examples of things you could do at home to help which cover the 6 areas of well-being.



<p><u>BODY: Be Active</u></p>	<p>Pick one of the free, fun, curriculum-linked videos featuring famous faces that will encourage your child to get active while they learn. Choose one of the KS1 videos which supports the PSHE curriculum, covering themes such as coping with feelings, respecting ourselves and others, and friends and family. Super Mood Movers - https://www.bbc.co.uk/teach/super-movers/pshe-super-mood-movers/zm2gydm</p> <p>See the Be Active, Get Moving sheet for ideas on mini challenges and games to play at home. Go to the park with your family, practise your ball skills, play rounders with your family, practise riding your bike or scooter. Go for a walk with your family; have you tried the new pathway in the Tomlinscote woods that goes to Deepcut?</p>
<p><u>PEOPLE: Connecting</u></p>	<p>This is the hardest thing to do during lockdown but try to find small ways to build connections with others. Talk on the telephone/FaceTime, put five minutes aside to find out how someone really is, play a family board game and practise speaking and listening skills. Play I Spy or charades, share a book, watch a film together and review it, make a happy box and talk about what you have put in it, act out your favourite story. Talk about our emotions – see the emotion emojis and happiness sheet for ideas. Write a letter to a friend and post it. Tell some jokes, laugh, play some music games. See the Let's Get Laughing sheet and magical music ideas. Use the pick and mix sheet for more ideas of activities.</p>
<p><u>PLACE: Take Notice</u></p>	<p>Get a plant, look after it and watch how it grows, have a tidy up/clear the clutter day, go on a walk with your family but take a new route, investigate the Basingstoke canal walk with your family, observe the signs of the season. Take notice of how other people in your family or friends are feeling. Practise mindfulness - have a go at some yoga; try Cosmic Kids Yoga on YouTube and search for meditation techniques. Try making some mindfulness beads... see sheet.</p>
<p><u>SPIRIT: Giving</u></p>	<p>Smile, thank someone, do something nice for a member of your family, help with chores around the house, help keep your bedroom tidy, bake something, phone a friend to connect with them and check they are ok.</p>
<p><u>CARE: Planet</u></p>	<p>Go for a walk, learn about recycling and cut down on waste, save power by remembering to turn off the lights, turn the tap off, try making a bird seed feeder.</p>
<p><u>MIND: Keep Learning</u></p>	<p>Read a book, learn how to fix a bike, do a puzzle or a crossword, learn a new word, learn how to finger knit, learn how to plait hair.</p>

BE ACTIVE

30 Active Mini Challenges

1 30 super star jumps	2 Play your favourite song and dance all the way through it	3 Lie on the floor and stand up 10 times	4 100 claps: 25 above your head 25 arms straight in front 25 behind your back 25 between your legs	5 Put a plastic cup on the floor. Step back 5 paces. Can you throw a bottle lid (or similar sized object) into the cup?
6 30 hops on your left leg	7 Walk up and down your stairs 20 times. If no stairs, march 200 steps on the spot.	8 30 hops on your right leg	9 Create a line on the floor and jump over it, side-to-side 20 times	10 Throw a cuddly toy into the air higher than your head 20 times in a row without dropping it
11 Lie on the floor with your legs in the air and balance a balloon or a ball on your feet for as long as you can	12 Lie on your left side. Raise your straight right leg 20 times	13 Use 3 soft balls (or bundle 3 socks into balls). Can you throw them up and catch one or more before they reach the ground?	14 Lie on your right side. Raise your straight left leg 20 times	15 Lie on your back. Throw a ball or cuddly toy. Can you catch it with your feet?
16 Kick each leg straight in front of you 20 times	17 Kick each leg out to both sides 20 times	18 Sing 'Heads, shoulders, knees and toes' all the way through 5 times with all the actions	19 Be a boxer – 50 jab punches straight ahead	20 Lie on the floor with your legs in the air and 'ride a bike' for 5 minutes
21 Punch your arms up into the air 50 times	22 Stand on your left leg and make 20 circles in the air with your right ankle	23 Stand on your right leg and make 20 circles in the air with your left ankle	24 Play a song and skip on the spot or around the room until it ends	25 Walk like a crab for 5 minutes
26 Be a frog! Crouch down, then spring into the air 10 times	27 Roll a marble, a bead, or a very small ball from one side of the room to the other using only your nose	28 Walk like a jelly whilst reciting 'Jelly on a plate, Jelly on a plate, Wobble wobble, wobble wobble, Jelly on a plate.'	29 Balance a toilet roll on your head. Can you sit down on the floor and stand up again without dropping it?	30 Jog on the spot for 5 minutes

Why not...

- Work through one challenge each day and colour in the squares as you go.
- Choose 5 challenges for the day and tick them when complete.
- Put all the challenges out, put them in a hat and pull out a different challenge whenever you like.
- Close your eyes, put your finger on the page and do whichever challenge you land on!

GET MOVING

Get Moving

Sorting Hat

- Write different movement instructions on slips of paper and put them in a hat (or box).
- Take it in turns to pull out a slip of paper and everyone must do the activity for one minute.

Activity Ideas

- Star Jumps
- Kneeling press-ups
- Marching
- Jumping on the spot
- Pat head and rub tummy
- Heads, shoulders, knees and toes
- Crawling
- Swinging arms
- Log rolls
- Knee lifts



Hatch From An Egg

- You are an egg. Curl up small, stay on your feet but make yourself as small as you can. Can you wrap your arms around your legs to make yourself into an egg shape? How tightly can you tuck your head in?
- You are starting to hatch. Rock a little, but don't fall over. Start to break out of the shell – which body part will you use? Stretch that part of your body, push the shell away and feel the air.
- Gradually push all of the shell away and stand up.
- What animal are you? Walk a circuit of the room in the style of your animal.

Repeat this activity and become a different animal each time.



These activities have been taken and adapted from 'Sensory Movement Books' by Alison Harris.

EMOTION EMOJIS



HAPPY

Activity

Let's talk about feeling happy...

- When did you last feel happy?
- What different things make you feel happy?
- When you are happy, what do you notice about your body? Think about what happens from your head to your toes.
- What is your happiest memory?



WORRIED

Activity

Let's talk about feeling worried...

- When did you last feel worried?
- When you are worried, what do you notice about your body? Think about what happens from your head to your toes.
- What different things can help you when you are feeling worried?

HAPPY

Learning about happiness is really important

We don't have to be happy all of the time but if we know what makes us happy, this can help us when we are feeling sad.

Try these HAPPY activities ...

My Happy Box

Make your own happy box filled with things that make you smile. You could include a photograph of a memory, a small activity you enjoy, things that make you laugh or things that remind you of happy times.

Sharing Happiness

We can help to spread happiness by being kind to each other. Plan some 'random acts of kindness' to surprise your friends and family. They don't have to be big things and sometimes the smallest things make us smile!

What makes you Happy?

Draw or stick pictures of things that make you happy. They might be people you like to spend time with, activities you like to do or places you like to visit.



PICK AND MIX

Get Creative

Use paints, glue, junk modelling or colouring pencils to design and make a new masterpiece.

Have an Indoor Picnic

Lay out a blanket on the floor and set up an indoor picnic.

Go Outdoors

Take a walk around your garden or plan a walk with an adult. You could do some research to find a new local place to visit and explore.

Read a Story

Snuggle up and read a book together. You could start a chapter book and read a new chapter each night.

Dancing

Choose a favourite piece of music and plan a dance routine.

Games night (no screens)

Have a screen free evening and play a range of games together. You could play board games, card games, charades or why not spend time inventing your own game beforehand.

Drawing

Learn to draw something new. There are lots of 'how to' videos online that you can follow to help.

New Music

Explore and try listening to some new genres of music. You could try jazz, classical, rock, pop, and so many more. Ask family or friends to share their favourite songs and listen to them all!

Laughing

Laughing always makes us feel better. Tell jokes or watch something funny to help get you laughing!

Scrapbook

Create a scrapbook or journal. You could make one about a favourite holiday, a favourite place, things that make you happy or your family.

Music

Lie down and listen to some of your favourite music.

Can't go out... eat in!

Plan a themed dinner night. You could research the cuisine, make menus, play music and why not dress up for the occasion!

Doodling

Pick up a pencil and enjoying doodling and creating new designs. Let your imagination run wild!

Set Up a Home Cinema

Plan a movie night with popcorn, blankets and a family choice of film. You could even create tickets and lay out a red carpet for the event.

Get Moving

Plan your own fitness circuit or routine. Get the rest of the family involved too!

Share stories and memories

Get comfy and share some stories and memories together. You could think about funny ones, happy ones and memories from the past.

Photography

Have some fun with taking photographs. You could explore with different close ups, zooms, colours and then edit them on the computer too. If you are taking photographs of people, make sure you have their permission first.

MAGICAL MUSIC

Magical Music

Music is a brilliant way to reduce anxiety and have fun! Why not try one or two of these simple ideas.

Follow my Leader

The leader chants a familiar rhyme, such as 'One potato, two potato'. The followers use a tambourine, drum, box or pan and tap it at the same speed as the leader. Next, try changing the volume of the chant. Can the follower hear the differences and respond to them? Swap roles and perhaps walk around the room as you chant and play.

Dance and Freeze

Everybody loves this game! Play a favourite song and as soon as the music stops everybody freezes. Who will be the first to move?

Emotional Singing

Choose a song you all know well. Write a list of emotions and cut them out separately. Without showing it, pick one out and sing the song using the chosen emotion. Can anyone guess which emotion you are using?

Word Play

Choose a familiar song and sing it together, for example, 'She'll be coming round the mountain'. Choose a few instruments, or different boxes or shakers if instruments are not available. Link each instrument to a word of the song. The player must only play when they hear their word. E.g. She'll/she - tambourine mountain - triangle coming/comes - recorder etc.

Create a Storm

Children sit in a circle. Begin with the wind coming by circling palms on a hard floor. Tap fingers on one hand gently, then slightly harder. Use fingers on both hands, then hit palms of hands quickly on the floor as the rain is at its strongest. Do it in reverse as the storm passes away.

The Dinner Train Chant

Coffee, coffee, coffee, coffee Cheese and crackers (x4)
Coke and custard (x4) Beef and carrot (x4)
Fish and Chips (x4) Soooooouuuuuup!

The idea of this chant is to make the rhythm of a train, using repetition of different phrases. Can you think of any other food phrases that would fit?
Experiment by going slower and faster, quieter and louder. Try walking around the room, using your arms as the wheels of the train!

Sound Hunt

Fill suitable small containers with things that will make different sounds when shaken. Make multiples of each depending on the size of the group. Give each child a shaker. They must walk round and find someone with the same sounding shaker as themselves.

LET'S GET LAUGHING

Let's Get Laughing

Laughter is often regarded as the best medicine. It helps to raise our levels of oxytocin which makes us feel better.

Here are some jokes that will hopefully get you laughing.

What is a cat's favourite colour?
Puurrr - ple

What do you give a sick lemon?
Lemon-Aid

Why did the banana go to the doctor?
Because it was not peeling well

What do you call a dinosaur that talks and talks?
A dino-bore!

Why is Cinderella bad at sport?
She always runs away from the ball

Why was 6 afraid of 7?
Because 7,8,9 (seven eight nine)

How do oceans say goodbye?
They wave

Why did the kid put sugar under his pillow?
So he would have sweet dreams!

What do you get when you put three ducks in a box?
A box of quackers!

Why did the maths book look so sad?
Because it had so many problems!

Can you think of any more jokes to share with your family and friends?

MINDFULNESS BEADS

Mindfulness Beads

You will need:

- Air-dry modelling clay – coloured or grey/terracotta
- Paint and brushes (if using grey/terracotta modelling clay)
- Plastic needles, skewer or similar (to make holes)
- A sturdy threading material (such as embroidery cotton, shoelaces, or string)
- PVA glue (optional)
- Paper and pencils for designing

Introduction

Explain that you will be making a bracelet or fidget toy, either for yourself or as a gift for someone else. You will be designing them and making your own beads. This simple, tactile, and calming activity will need to be done in stages.

1. Design your bracelet or fidget toy.

Think about: What colours you would like to use.

Do you want to create a pattern or have a more random design? Do you want your beads to be the same shape and sizes or would you prefer a variety? Do the beads have to be round? How many beads would you like? Have go at drawing a design.

Use this space to draw your design.

It is possible to make your own clay substitute using:
4 cups flour
1 cup salt
2 cups water
Mix and knead for a few minutes

MINDFULNESS BEADS

2. Make the beads and leave to dry.

Once you have thought about the sort of bead string you would like, you can now start to make your own beads.

Use the clay and shape your beads however you like. Remember the beads need to be big enough to be able to poke a hole through. Make enough beads for your design (and a few extra in case of cracks or breakages.)

Using a plastic needle, poke holes through each of the beads while the clay is still malleable, then leave to dry. (If you have made the salt-dough clay, place on a baking tray on a low heat until hardened.)

If there are a few people making them, put your beads onto a paper towel and add your name to avoid mix-ups.

3. Paint the beads.

Decorate with poster or acrylic paint and leave to dry. (Optional) Paint over with PVA glue to add a sheen.

4. Thread and complete the bracelet/fidget toy.

Refer to your design, threading the finished beads onto your string.

Use your beads to help with anxious feelings.

Feel the beads. Can you feel the different shapes, sizes, and textures? Touch each bead, one at a time, and take a slow breath in and out for each one.

Touch each bead and think about something you are grateful for or something that makes you happy.

Useful websites

Five Ways to Support Children's Mental Health

BBC Bitesize Support

<https://www.bbc.co.uk/bitesize/articles/zndp6v4>

How to help with sleep problems

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/>

Sleep Tools

<https://sleepcouncil.org.uk/advice-support/sleep-tools/>

Tips to Manage Loneliness

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/>

NHS Looking After Young People

<https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

General advice and help

<https://youngminds.org.uk/>

February 2021 ER