

# Part 6: Ways to Well being

- **KS1**

**COVID-19**  
**Coronavirus**



# Ways to boosting your well-being

- What do you usually do to help yourself feel happier and more positive?
- Make a list of these activities
- What could you still do or adapt to do whilst in isolation?
- Make a daily list or a timetable for the week to have a go at one of these activities
- Check the list after worry time to help your mood



# Sleep

- **Enough sleep helps us to feel mentally and physically well.**
- **In these uncertain and worrying times your sleep is really important.**

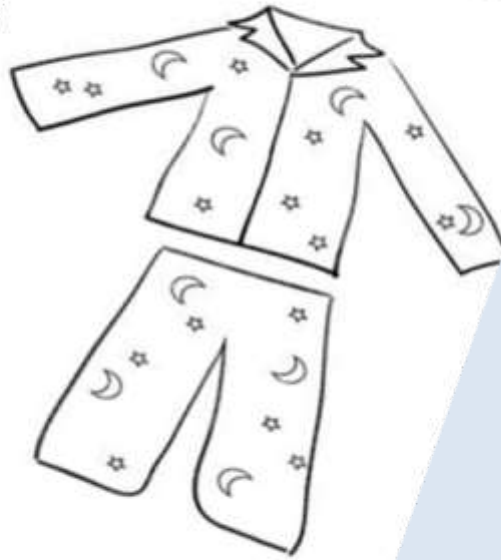


# Sleep

- To help you get the best night's sleep think about the following questions:
- Hungry? Or too full?
- Thirsty?
- Dark? Too light?
- Too hot or too cold?
- Funny noises?
- Different grown ups looking after you?
- Busy brains?
- Worries...



# Better sleep action plan



- You could make yourself a plan for better sleep and write or draw your ideas inside a pair of pyjamas.

**Top tips! Try to keep to similar times for getting up and going to bed**

- Talk about any worries before bedtime

# Screen time

- **In these challenging times, many families are we need our screens for communicating learning and entertainment..**  
**...but is important to stay off screens for at least an hour before sleep.**





# Healthy eating

- **It is easy in a time of stress a to rely on treats for quick ways to feel better.**
- **Try to build a balance with fruit and vegetable snacks as well.**



# The 5 ways to well-being whilst in isolation



- **Scientists say that there are 5 ways that can really help our well-being and help us to feel happier.**
- **Let's think about ways to do this whilst we are staying in at home**





# How can we stay in touch?

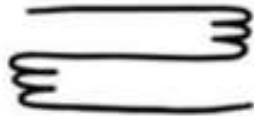


- Try some of these ideas...
- Play a game, sing a song or do some exercise together as a family watch day
- Use an apps like What's app, Skype etc to talk with a friend or family member
- You could put messages and posters in your window
- Write a letter to someone you haven't seen for a while!



# DRAW A HUG!

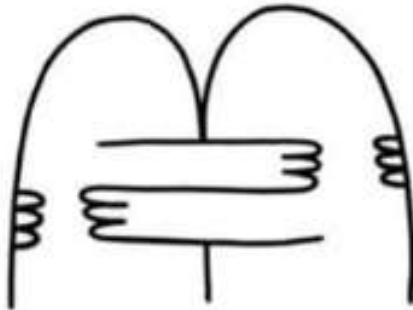
**1** Start with the arms.



**2** Next, the bodies.



**3** Then, add the hands.



**4** Now, it's time for the faces!



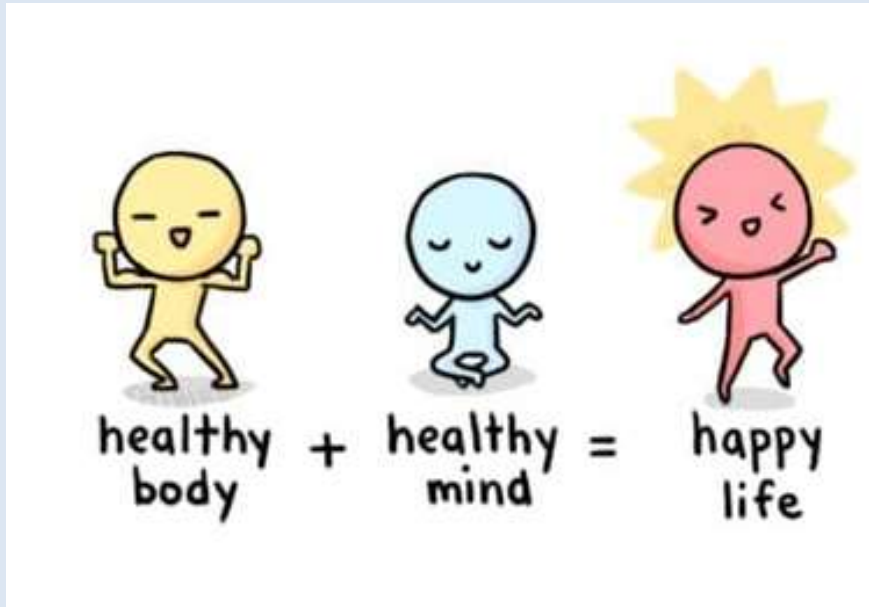
Send one to someone special!



It's nice to share: #cdrbighugs



# Physical exercise



- **Did you know?**
- **Having a healthy active body is linked to having a healthy, happy mind?**
- **Scientists have found out that being physically active causes chemical changes in a person's brain which can positively change someone's mood and help a person feel happier.**

# Try some of these!



<https://www.nhs.uk/change4life/activities>

- **Get active and shake off the tension!**
- **Try a Go Noodle exercise**
- **What other simple get active ideas could you do at home?**



<https://www.gonoodle.com/>

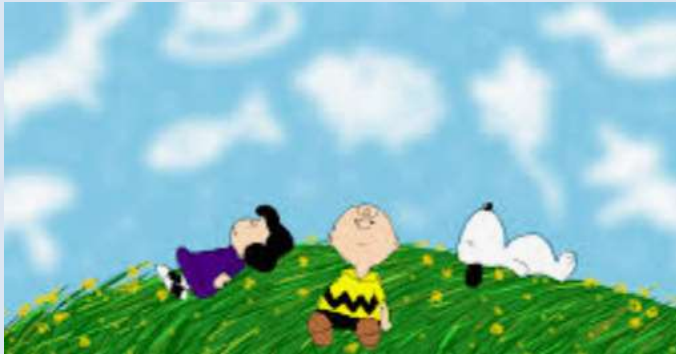
# Keeping active!

- Try out different things and find one you all enjoy to do each day
- Or just stick some music on and dance!

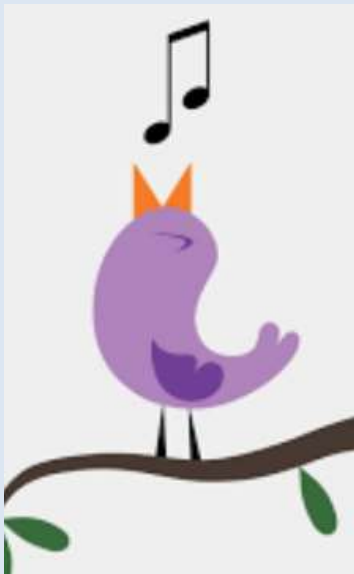




# Take notice



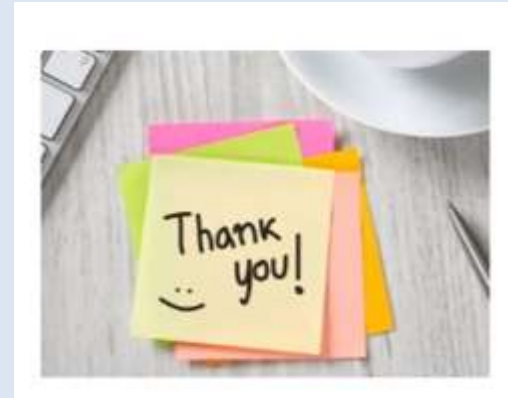
- You could try some of these ideas:
- Try noticing what is out side in your garden or (safely) through a window.
- Try cloud-gazing or listening to bird song.
- Plant a seed (from an apple, orange or bean) and watch how it grows.



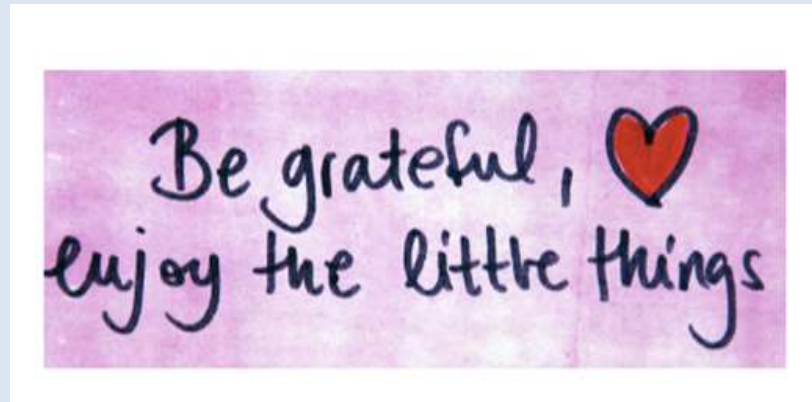


# Taking notice of what we are grateful for

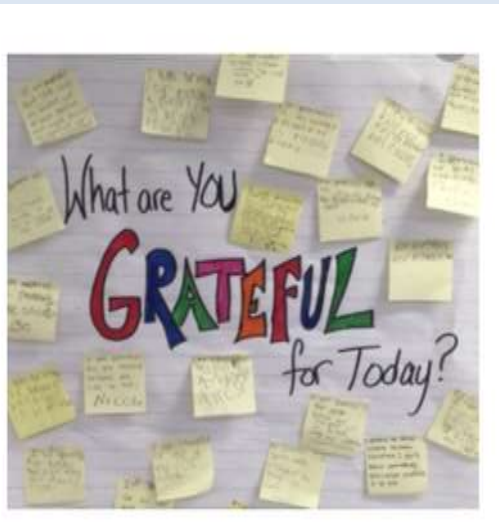
- **Scientists have found out that being grateful activates parts of our brain and helps us to boost our well-being and helps us to feel happier**



# What are you and your family grateful for?



- You could notice what you are grateful for and make a family gratitude jar and write down some positive things that have happened each day at the same time.



# Listen to this story of the Gratitude Jar!



#gratitude #mindfulness #self

Long Story Shortz - My Gratitude Jar - Written and Narrated by Kristin Wiens

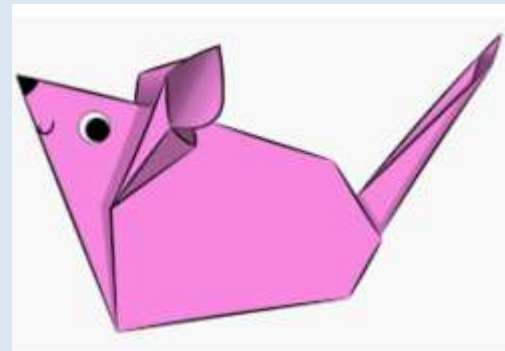
<https://www.youtube.com/watch?v=6TYvJh5C>

[www](#)



# Learning something new!

- If you feel like it you could learn something new.
- Learning can involve any manner of subjects, not just what you have to do in school. Set a goal. Learn something new. Try something fun.
- It could be yoga, some words in a new language, a new game, a card trick, paper folding!





**BE  
KIND**

- **Being kind makes everyone feel better!**

**Be a bucket filler!**

**Have You Filled a Bucket Today?**



**See what you can do for someone else today**



# An Alphabet of kindness



spread love through  
**KINDNESS**

HOW CAN YOU SHOW KINDNESS TO THOSE AROUND YOU?  
TRY TO COME UP WITH AN IDEA FOR EACH LETTER, THEN  
SEE HOW MANY YOU CAN COMPLETE IN 30 DAYS.

A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____

- Can you think of something for each letter?
- Then pick one out to do each day!



# Being extra kind to ourselves

- Taking care of ourselves is very important for everyone at this time.

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- Be kind to yourself – this is a difficult time and things are very different from usual

- Be kind to others – they might be struggling with worries– can you help them sometimes?

- Being kind makes us



Let's end by taking notice of what makes you... amazing!



**Celebrate The Little Things**

🕒 1:08

# Find out some more about mindfulness



<https://www.youtube.com/watch?v=QNmMH6tqiMc>

<https://app.gonoodle.com/activities/from-mindless-to-mindful?s=Search&t=from mindless to mindful>



# Try some of these activities!



[https://www.youtube.com/watch?v=CvF9AEe-](https://www.youtube.com/watch?v=CvF9AEe-ozc)

[ozc](https://www.youtube.com/watch?v=CvF9AEe-ozc) 😊 🌸 Breath Meditation for Kids 😊

♡ Mindfulness for Kids

[https://www.youtube.com/watch?v=vYQy8-](https://www.youtube.com/watch?v=vYQy8-7Ut1E)

[7Ut1E](https://www.youtube.com/watch?v=vYQy8-7Ut1E) meditation 6 mins

## Just One Breath BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



**It is ok  
to ask  
for help**

- **It always helps to talk to someone if we have a worry.**
- **Remember it is normal to feel a mixture of feelings, both big and small, happy and sad, especially during these difficult and uncertain times**
- **If you have a big feeling that is making it hard to think about anything else, to concentrate or stopping you getting to sleep, it's time to get some help.**



**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111