

Remote Wellbeing Pack

St George's C of E Primary School



  **ACTION CALENDAR: HAPPIER JANUARY 2021**  

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 "Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi				1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day
4 Write a list of things you feel grateful for in life and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something physically active (ideally outdoors)	10 Thank someone you're grateful to and tell them why
11 Switch off all your tech 2 hours before bedtime	12 Connect with someone near you - share a smile or chat	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Eat healthy food which really nourishes you today	16 Get outside and notice five things that are beautiful	17 Contribute positively to a good cause or your community
18 Focus on what's good, even if today feels tough	19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone	23 Plan something fun and invite others to join you	24 Put away digital devices and focus on being in the moment
25 Decide to lift people up rather than put them down	26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Use one of your personal strengths in a new way	30 Count how many people you can smile at today	31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS     

Learn more about this month's theme at www.actionforhappiness.org/happier-january www.actionforhappiness.org

Happier · Kinder · Together

Mindful Monday



Click on the picture to access a quick meditation breathing exercise. Meditation can help you feel ready for the day!

Training Tuesday



Click on the picture to access Cosmic Kids yoga.

Wellbeing Wednesday

Breathing Buddy

Grab a teddy and lie down on the floor with the teddy on your tummy. Breathe in silence for one minute and notice your breathing buddy moving up and down. If you have any thoughts in your head, imagine they are bubbles and they float away.



Thoughtful Thursday

Go for a walk around your house or garden. Use your senses of sight, hearing, touch, smell and taste to make a list of things you are grateful for.

A worksheet for a gratitude exercise. At the top, there is a banner with a string of triangles and two stars on either side. Below the banner are five rectangular boxes for notes, each with a label in a small box at the top: 'Hear', 'See', 'Touch', 'Smell', and 'Taste'. The boxes are arranged in a grid-like fashion. There are several star shapes scattered around the boxes. At the bottom center, there is a logo for 'ELSA' with a bee icon.

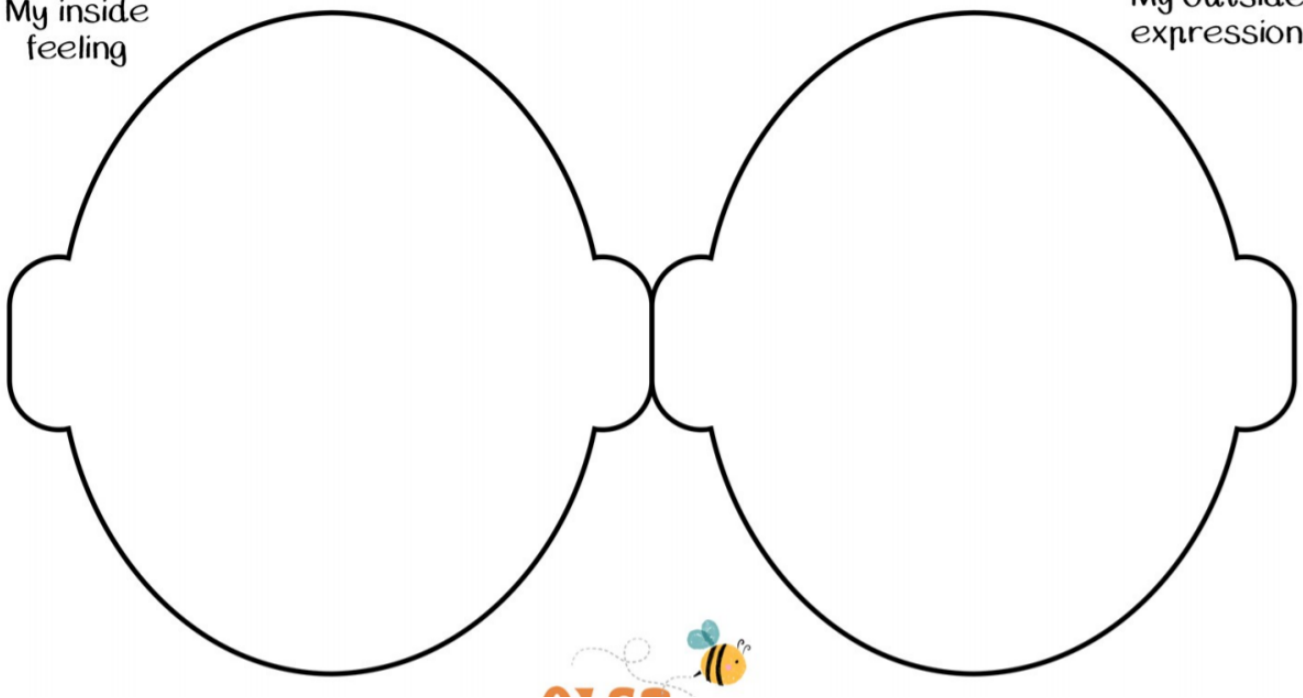
Feelings Friday

Remember it's perfectly normal to have all sorts of feelings including big feelings like anger and worry.

Cut out carefully. Leave the two faces joined to each other. Draw your outside expression on one side and your inside feeling on the other side. Fold and stick down or laminate

My inside feeling

My outside expression



Here are some useful links:

<https://youngminds.org.uk/find-help/for-parents/> (useful tips for parents on how to support mental health and well-being during COVID)

<https://www.bbc.co.uk/bitesize/topics/ztkk7ty/resources/> (some super clips on how to manage well-being and mental health)

<https://www.annafreud.org/media/12113/final-selfcaresummer-primary.pdf> (some lovely activities to encourage self-care)