

WELLBEING HOUR

For each daily session use the following ideas and activities to help build a solid and familiar routine for the children during wellbeing and mindfulness opportunities.



Warm Up Starters

Just like mental orals starters, a simple warm up exercise can help the children settle in ready for the session. There are three ways you can do this; breathing exercises, yoga or meditation.

Breathing Exercises

There are many ways you can introduce breathing exercises into the day. Animal and shape cards help bring an element of fun. Look on Share Point under Wellbeing for a bank of resources.



Breathing Picture Books

Use picture books to bring context into breathing routines, especially when explaining the importance behind it and when we can use them to help us.



Meditation and Yoga

Meditation and Yoga should be part of your daily lessons. When practiced together reinforce the connection between mind and body, improving mainly health and well-being. Why not learn a weekly pose to help build up a sequence over a term? Here are some different resources you can use. Don't forget you can use the resources from the yoga training we received.

- <https://cosmickids.com/watch/>
- <https://m.youtube.com/watch?v=CITc2AxYnPY>

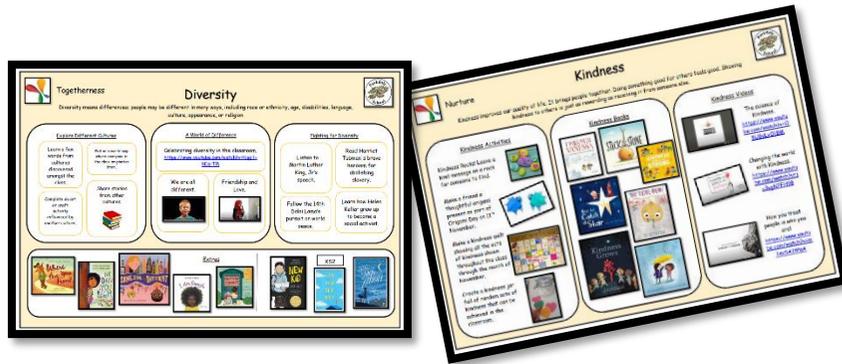
Another way you can bring meditation into the classroom is by using meditation music and providing the children with play dough or a pipe cleaner. Whilst the children listen to the music they can mold and manipulate the item. This will provide an element of focus whilst trying to relax the mind.



Key Stage Two children should be able to experience a whole-body scan. This will enhance their senses, encourage them to focus on themselves and allow them to fully experience a relaxed state. This will need to be taught in small stages, which eventually progress, especially for children who find a challenging to stay focused for long periods of time. https://www.youtube.com/watch?v=ihwcv_ofuME

Monthly Themes

The monthly theme is the focus for the month. For each focus you need to provide sessions that highlight and teach the meaning behind that focus. It is important that you vary the activities to help keep the children keen and engaged so here are some ways in which you can make this happen.



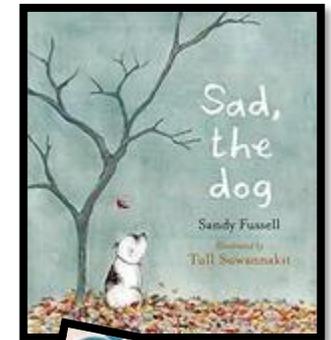
Choice Boards

Each term you will have access to a choice board linked to our terms on Self Identity, Diversity & Belonging, Sustainable Development and Peace, Justice and Equality. You will also have access to a monthly choice board which has links to our school learning values, Transform Trust's values and any National/Global days we may celebrate or support. These boards will provide you with weblinks, clips, documentaries, books and activities which link nicely to the theme. Please use these as a starting point, as inspiration or dip in and out as you see fit.

Picture books and Chapter books

There is a wide range of books available on various themes, values and issues the children need to explore, perhaps too many at times! Here are my go-to websites for inspiration as these are presorted into helpful book lists.

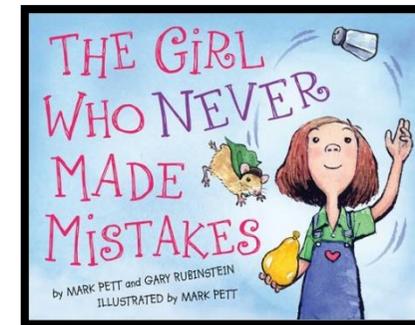
- <https://www.booksfortopics.com/mental-health>
- <https://www.lovereadings4kids.co.uk/blog/collections/anxiety-wellbeing-helping-young-ones-cope-6083>
- <https://childrenslibrarylady.com/category/book-list/> - make sure you explore this website in depth, it is full of useful book lists for all areas of mental health
- <https://www.pinterest.co.uk> - this platform is full of books, clips, videos and activities so be sure to use it to its full potential



Films, Clips and TED Talks

Explore values and emotions through clips from their much-loved movies. Here are some examples...

- Inside Out - Understanding our emotions (UPKS - explore the notion of depression)
- Finding Nemo and Frozen - Anxiety
- Finding Dory - Teamwork
- Up and Big Hero 6 - Grief
- Aladdin - Poverty/ Equality



You could also use animation clips from Disney+, Pixar, Literacy Shed or simply search for them on You Tube.

[TEDxYouth](https://www.tedx.com/) talks can be found on You Tube, these talks can be extremely powerful and open up opportunities for discussion.



Now we have read the book, let's discuss the important messages of the story.
 Discuss with your partner what important messages you think the author was trying to share.
 Task: Write your response on the paper provided ready for the scrapbook.



Open and Closed

Discussions

Once you have read a book or watched a video think about holding an open and closed discussion. Here you can explore the key messages and/or themes. After the discussion why not generate a written outcome in their reflective journals.

Journal Task
 What key messages does the story share?



Create a page in your journal all about the important messages taught in the story.



Journal Task
 What is identity? Why is it an important part of us?
 Self Reflection on our own identity...

I love that I...

can an have

Journal Task
 What things in your life make you happy?



Create a page in your journal that lists all the things in your life that make you happy.



Displays

Use books/videos or reflective tasks to influence displays.



Reflective Journals

In their journals, the children can do activities based on a book, share coping and breathing strategies they have learnt, or create a double page spread based on a themed day. The children can also have a page in their journal where they can jot down emotions, thoughts and goals for each month.

Journal Task
 Design a page in your reflective journal...

Share your **strengths** - the things you are good at.

Share your **challenges** - the things you need to work on.

Don't forget to show...

- headings
- doodles
- borders



Look back at your challenges from last time, pick one challenge to focus on. You need to make an action plan - what are you going to do to make it happen!

GOALS

I will count in different multiples every time I climb the stairs.

I will complete my Math homework.

I want to get better at my times tables.

I will ask my parents to test me on the way to school.

I will play on TTRS.

Comprehension Questions

After you have read a book in the Wellbeing Hour, why not consider using the text as part of you shared reading sessions and give the children comprehension questions based on the book. You could also complete a prediction based on illustrations or use the illustrations to map out the emotions of the main character.

L.O: To explore the main theme within a book

- 1.) Why did Ramon have trouble drawing his pictures after his brother's comment?
- 2.) If you were Ramon, would you have reacted the same way?
- 3.) What could Ramon have said to his brother?
- 4.) What does Marisol mean when she says that the picture is vase-ISH?
- 5.) How would you feel and if someone made a negative comment about your art? A positive comment? How would this affect how you make your art?



Anytime Activities

Promote the importance of exercise as part of our mental health and wellbeing using these resources.

Joe Wicks

<https://www.youtube.com/c/TheBodyCoachTV/playlists>

Wake and Shake with Go Noodle

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

Sheriff's Challenge

Find the app on your iPad.



Daily Check In

Use this as a tool to monitor children's feelings and emotions throughout the day. Those children who consistently flag up on the same emotion may benefit from a check in with an adult.

You may wish to display the mat (left) on their table or in a private folder on Showbie so the children can highlight or circle which one they are feeling when they first arrive in the morning.



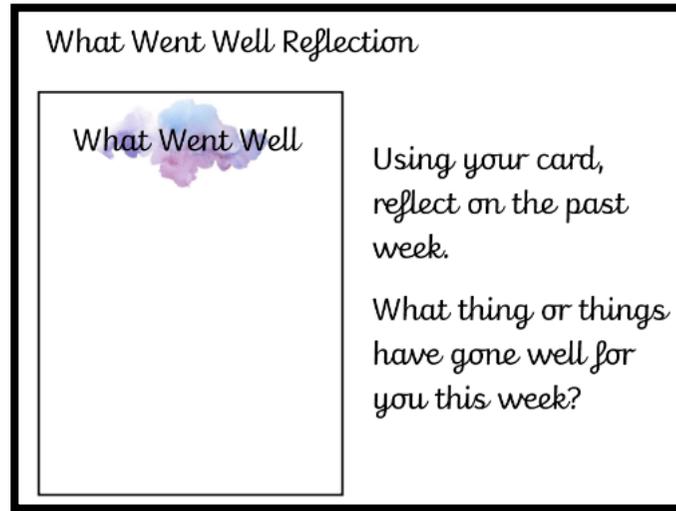
An alternative version is a display board. Here the children have access to it, always. The children can reflect on their emotions at multiple points throughout the day.



What Went Well Reflection

WWW works best at the end of the week as a positive way to end the week. It gives the children chance to reflect on their strengths and the motivation used throughout the week. It is important to not make the session about goals and what could have been better as this may spark too many negative thoughts; it needs to be a celebration!

This maybe an excellent activity to do at the end of a lesson the children have found particularly challenging or at the end of assessment week so they can focus on the positives.



Zen Ten

Dedicate 10 minutes to complete a meditation session or a yoga sequence already learnt to bring focus back into the classroom. UKS2 children may want to lead Zen Ten for their class - can they build a sequence of their own or as part of a group?

