



Wellbeing Wednesday

What is Wellbeing Wednesday?

At Wales Primary School we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships.
- promote self-esteem and ensure children know that they count.
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks

We know that screen time and being in continued formal lessons is not always conducive to good mental health, and it is really important to give children opportunities to take time out and enjoy different learning activities which might help with developing mindfulness, relaxation, resilience or talking time. All of these things are good for children's mental health- particularly post lockdown. 'Wellbeing Wednesday' means that children will have **a day every term** away from more formal learning to enjoy various wellbeing activities. These 'Wellbeing Wednesdays' will be carefully planned with a clear focus for the day.

This academic year (2023/2024) the Wellbeing Wednesdays will be:

- Autumn 1 – Resilience (linking to our school driver)
- Spring 1 – Linking to Children's mental health week (5-11 February 2024)
- Summer 2 – During Healthy Lifestyles week

As well as our 3 whole school Wellbeing Wednesdays teachers will also offer more informal wellbeing sessions throughout the year when deemed necessary by the class teacher. These sessions may be a proactive session where the teacher can pre-empt an unusual event/ situation that some children may find challenging or they will be a reactive session to respond to the needs of the child / class.

Example situations when a proactive Wellbeing Wednesday is needed

- Children are going to have a significant change soon and need some coaching on how to respond and adapt to new situations (E.g. moving classes, classrooms, school trips to an unknown place)
- New member of the class (adult or child)
- Testing (SATs)

Example situations when a reactive Wellbeing Wednesday is needed

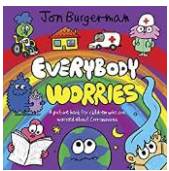
- Children are finding unstructured times in school a challenge (playtimes, lunchtimes)
- Children are finding working as a team a challenge
- Children are unable to respect others emotions
- Children are finding concentrating for a sustained period of time difficult
- Incident of racism within the class

ACTIVITIES to support children's wellbeing

- Booklet that encourages wellness activities outdoors
<https://cdn.naturalresources.wales/media/691058/activities-and-games-health-and-well-being.pdf>
- Write a letter to a friend, telling them about things that have been going well for you recently. Could you include some photos or draw a picture for them?
- Think of a gift that you could give to somebody. Can you draw or make something that will make them smile?
- Get some slips of paper and write something nice about a friend and then give it to them. Could you make similar 'compliment slips' for everyone in your family or your class?
- Make a friendship bracelet using some string, wool, beads and other small items.
- Make a certificate for a friend to celebrate one of their special qualities or an achievement.
- Complete a 'random act of kindness' by doing something nice for a friend or a stranger anonymously (if possible).
- Write a thank you letter to somebody to show your appreciation for a gift or something that the recipient has done for you.
- Drink some water. Keep a record of how much water you are drinking each day.
- Keep a sleep diary over the course of a week to check if you have been getting enough sleep each day.
- Think about times when you have been brave. How did you overcome your fears?
- Think about something that might be worrying you at the moment. Make a comic strip in which you overcome those worries. How did you do it?
- Give a person (or a tree) a hug! How does it make you feel?
- Make a 'Fab File' to collect work and pictures that you are proud of, certificates that celebrate your achievements and cards from people that you care about. You could then look at it whenever you might be feeling low.
- Make a list of all of the things that you are grateful for. Could you show these on the petals of a flower drawing or the coloured stripes of a rainbow painting?
- Keep a food diary to review the food and drink that you consume each day. Which parts of your diet are the most healthy?
- Learn how to bake or cook something. Could you make a healthy treat or a new meal?
- Try cloud gazing. Look outside at look at the clouds. Can you see any pictures or patterns with them?
- Make a dream catcher and add small pictures or slips of paper that show your hopes for the future.
- Find out about a charity that is important to you and think of ways that you could help.
- Listen to some relaxing sounds (e.g. rainfall, beach sounds, rainforest soundtracks). How do they make you feel? This Youtube channel has lots of examples.
- Play a game with a friend or family member. This might be a favourite card / board game or a new game that you have never played before. Could you make up your own game too?

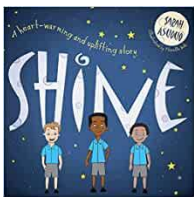
- Try some exercise. You could go for a walk, follow a workout or yoga video or play an active game with your friends. **COSMIC YOGA** <https://www.youtube.com/user/cosmickidsyoga>
- Get outside. Go for a walk and try to look for different plants and animals. Could you make a note of which ones you see or draw a picture of some of them?
- Grow some seeds and monitor their progress each day. Could you work with others to create a small garden?
- Dance! Put on your favourite song and dance along. You might be able to follow a dance-along version of the video on Youtube too.
- Put on some calming music and colour in some colouring pages.
- Lie down somewhere quiet and feel your pulse. Can you count the number of beats?
- Wellbeing Bingo - <https://www.youngminds.org.uk/media/cl3je1wu/wellbeing-bingo.pdf>
- Primary School self-care pack (Has lots of different activities – suitable for all ages)
<https://primarysite-prod-sorted.s3.amazonaws.com/berryhill/UploadedDocument/8003e9217ade4bfa8528a30474af07ee/final-selfcaresummer-primary.pdf>

BOOKS to support children's wellbeing



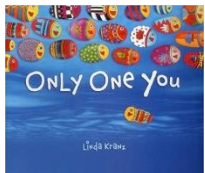
Everybody worries by John Burgerman – Read the online version here:

<https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx>



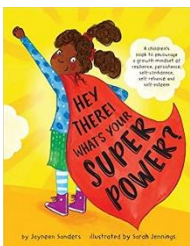
Shine by Sarah Asuquo

Kai is excited to go back to school after the summer holiday, but soon finds himself being mocked by his peers for being different. Kai's confidence is lowered and he begins to wish that he is normal like everyone else.



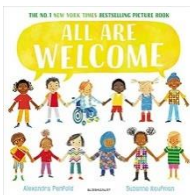
Only one you by Linda Kratz

There's only one you in this great big world. Make it a better place. Adri's mama and papa share some of the wisdom they have gained through the years with their eager son. Their words, simple and powerful, are meant to comfort and guide him as he goes about exploring the world.



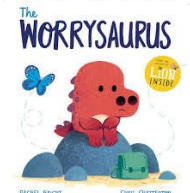
Hey there! What's your super power? By Jayneen Sanders

Follow Becky's journey as she tries lots of exciting new things to find her amazing superpowers! This engaging and interactive children's book provides a number of simple and very achievable 'tasks' to help kids to develop a growth mindset of resilience, persistence, self-confidence, self-reliance and self-esteem.



All are welcome by Alexandra Penfold

Follow a group of children through a day in their school, where everyone is welcome. A school where children in patkas, hijabs, baseball caps and yarmulkes play side by side. A school where students grow and learn from each other's traditions. A school where diversity is a strength.



The Worrysaurus by Rachel Bright

A fun and reassuring tale about dealing with worries

WEBSITES to support children's wellbeing

Teacher pet – Have good ideas around Wellbeing Monsters & Mental Health Heroes

<https://tpet.co.uk/wellbeing-wednesday/>

Place 2 Be – Has some really good resources and links to videos

<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/>

Young minds

<https://www.youngminds.org.uk/professional/resources>