

## Well Being Resource Pack Information

### Well Being Book

A book to explain about the importance of self-care and wellbeing to young people in a simplistic and concise way.

Useful supporting resources:

- Wordmats
- Resilience Cards
- Positive Qualities
- What Helps Checklist

### Five Ways to Wellbeing Book

This book follows on well from the Wellbeing Book as it encourages children to explore a variety of activities to promote and improve their wellbeing.

Useful supporting resources:

- Wordmats
- Resilience Cards
- Special Breathing
- Web of Support

### Resilience Book

A social story to develop an awareness of how to face challenges and overcome obstacles.

Useful supporting resources:

- Wordmats
- Web of Support
- Resilience Cards
- Circles of Control
- Comfortable and Uncomfortable Scenarios

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### Positive Qualities

An activity to develop self-confidence and help children to recognise feelings and qualities in themselves and in other people. This activity aims to help children to recognise the importance of building caring friendships.

### Sorting Helpful and Unhelpful Emotions

A resource to help build emotional understanding and support children in recognising different feelings that they may experience.

### Circles of Control

A practical activity to help children understand that some things are beyond their control. This resource enables children to recognise a variety of different situations that may arise within daily life and organise them onto the circles of control proforma.

### Comfortable and Uncomfortable Bodily Sensations

A resource to support children in developing an awareness of comfortable / uncomfortable bodily sensations that they may experience and the importance of making changes in order to feel safe.

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### Comfortable and Uncomfortable Scenarios

An activity to support children in understanding how they may experience both comfortable and uncomfortable bodily sensations in a range of scenarios e.g. going on a rollercoaster might make you feel both excited and anxious.

### Web of Support

A resource to use alongside the Resilience Book which discusses the concept of a support web. This activity encourages children to draw their own trusted adults onto their support web.

### Special Breathing

A visual resource and step-by-step guide to explain the importance of focusing on breathing in order to feel calm.

### What Helps Checklist

A resource to encourage children to consider their own strategies for emotional regulation. This resource will work well as a follow up activity after reading the Wellbeing Book.

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### Resilience Cards

A set of cards to support school staff to explore key areas of resilience with a child. The cards can be sorted into two piles to encourage children to reflect on what is 'Like Me' and what is 'Not like Me'.

Further instructions on how to use this resource are listed within the Resilience Cards activity.

### Wordmats

Two differentiated wordmats to support understanding and aid discussion around wellbeing.

### Additional Activities

A selection of additional activities to build on children's understanding of the topic Wellbeing.

- Copy the Letters
- Wordsearch
- Find Hidden Words
- Make Hidden Words