

Wellbeing Pack

Created in partnership between



Dr Jerricah Holder
Educational Psychologist

Wellbeing Resource Pack Information

Wellbeing 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

Wellbeing Resource Pack Information

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.

Wellbeing Resource Pack Information

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.

Wellbeing Resource Pack Information

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.

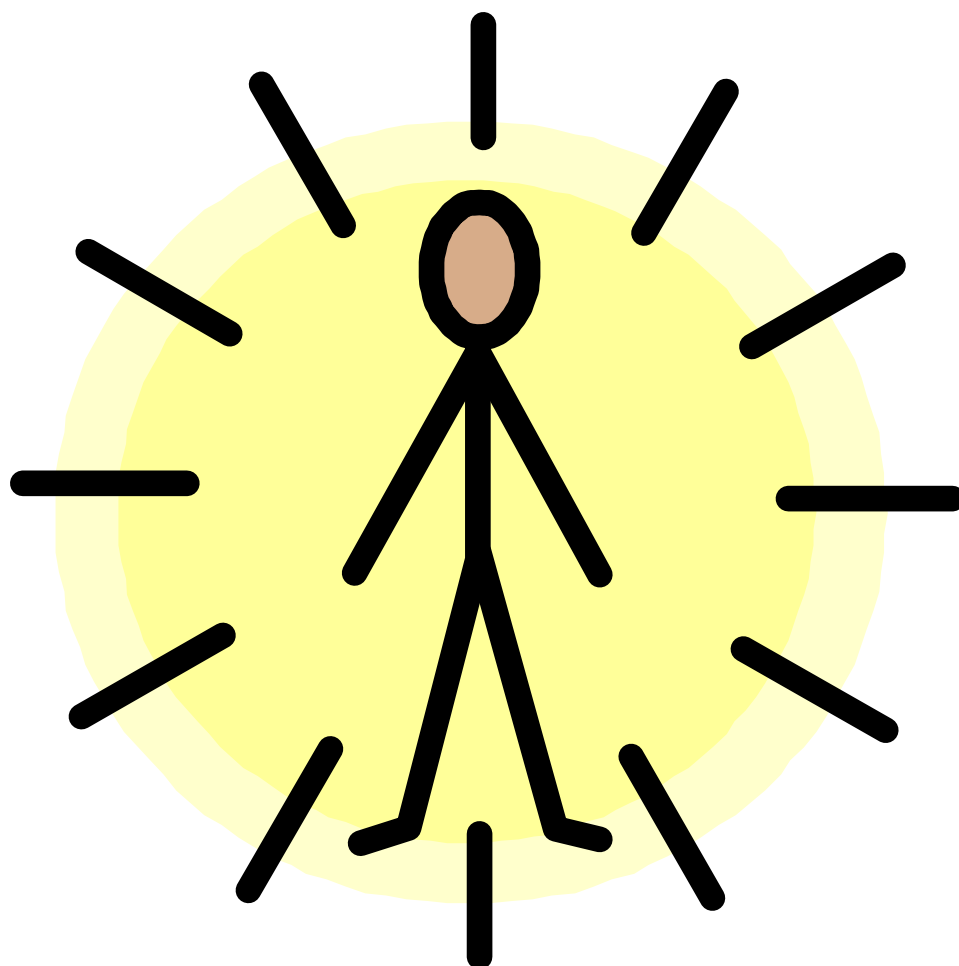
- Copy the Letters
- Wordsearch
- Find Hidden Words
- Make Hidden Words

Symbol-Supported Books

This pack contains 3 symbol-supported books to support children's understanding of wellbeing and self-care.

- Wellbeing Book
- Five Ways to Wellbeing Book
- Resilience Book

Symbol Book



Wellbeing

Created in partnership between



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Educational Psychologist

Wellbeing

Symbol Book

Published by Widgit Software

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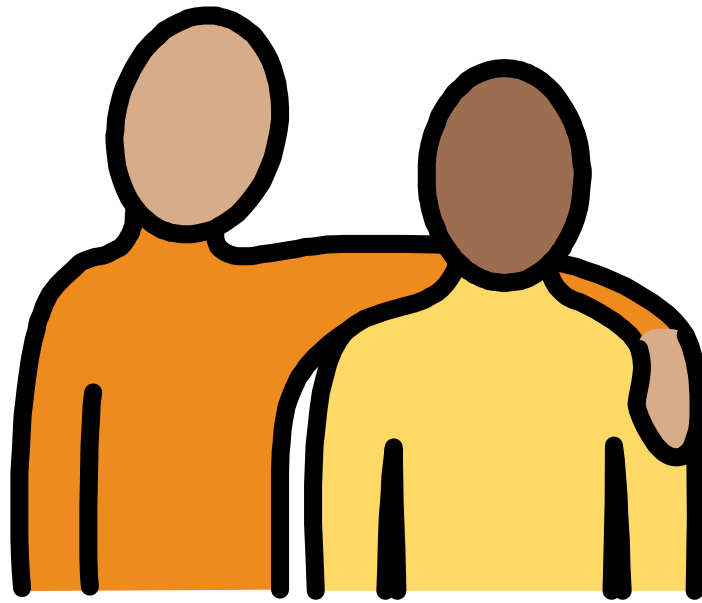
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Being kind to yourself means looking after your wellbeing.



Always remember that you need looking after too.



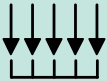



Thinking about how you feel is an important first step.



You can find strategies to cope with difficult emotions.

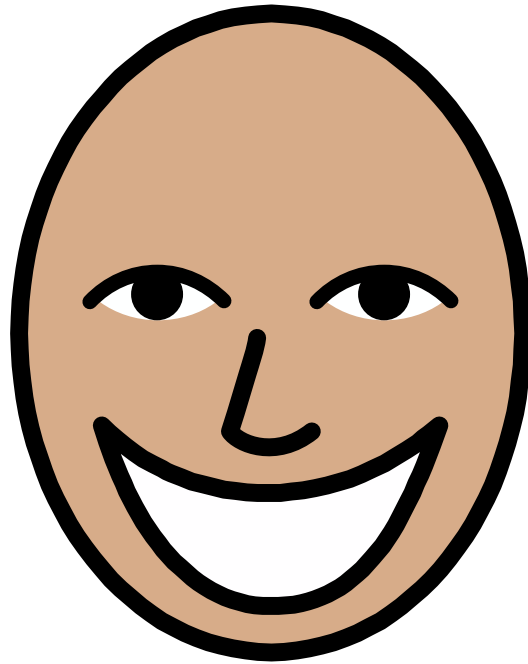


 Wellbeing  includes  all areas  of health.

 Wellbeing  includes  physical,  mental and  emotional  health.

 It is important  to look after  all these areas.

 Looking after  all these areas  will help  maintain  healthy  wellbeing.



=



Wellbeing means being happy, healthy and comfortable.



Think about what makes you happy.



It might be being with your friends and family.



It might be playing a game you like.



Think about



what



helps



you to feel



healthy.



This



can be



eating



healthy foods.



This



can be



spending time



outside



walking.



This



can be



exercise

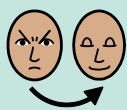
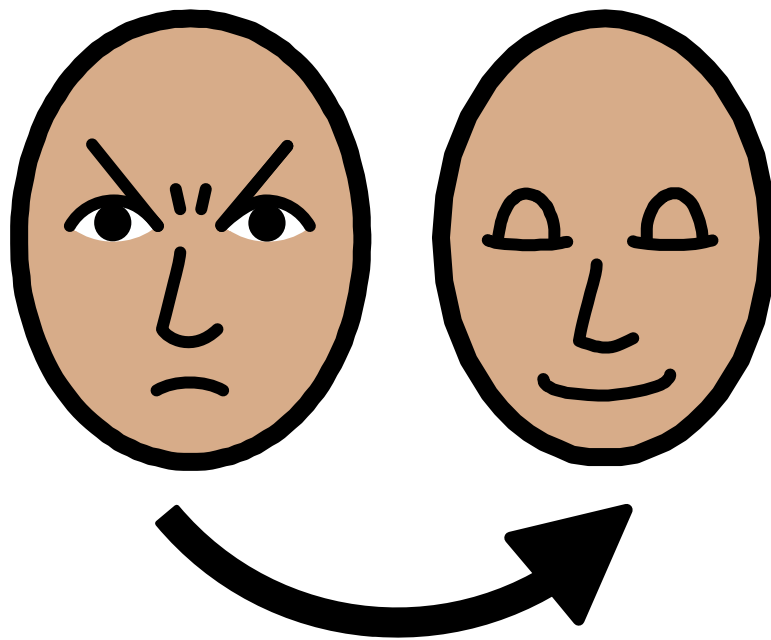
and a



good night's



sleep.



Feeling relaxed



can



help



you to feel



comfortable.



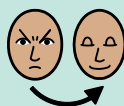
What



helps



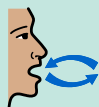
you to feel



relaxed?



You can



breathe



calmly

or



do some calm colouring.



You can



spend time with

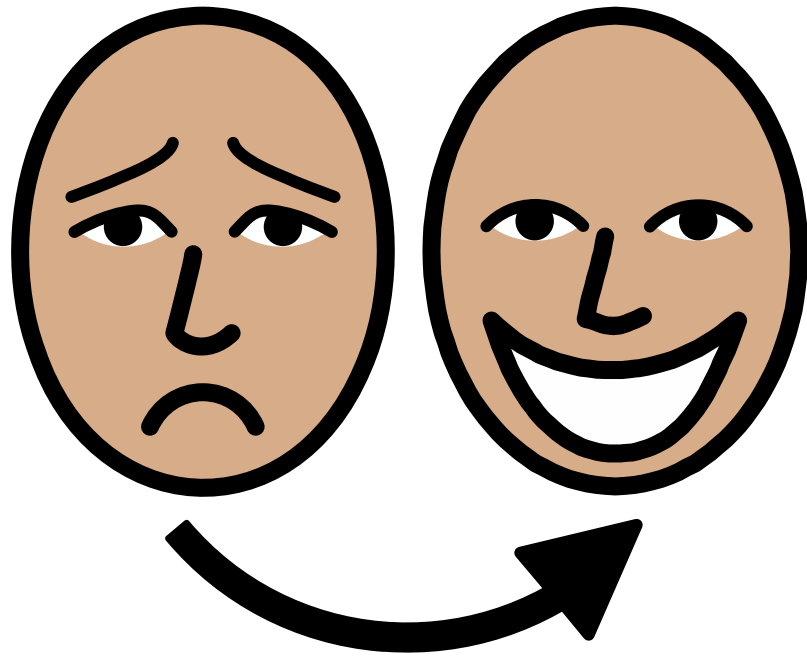


a pet

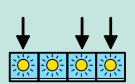
or a



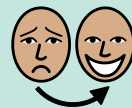
best friend.



Understand what makes you feel happy and healthy.



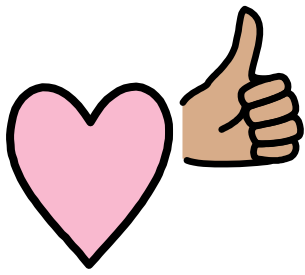
You can make sure you do what makes you happy and healthy often.



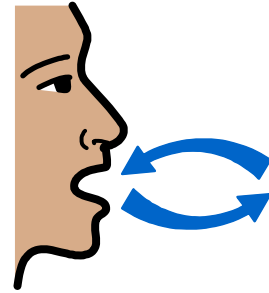
Ask for help if you still don't feel better.



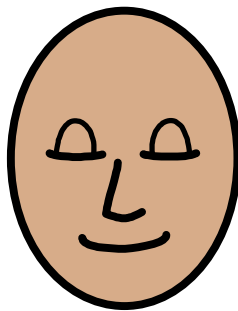
Asking for help is a way to be kind to yourself.



be kind



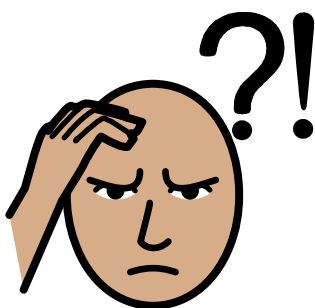
breathe



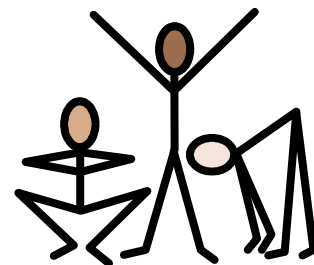
calm



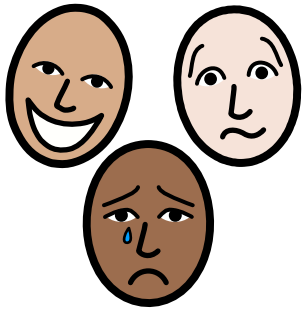
comfortable



difficult



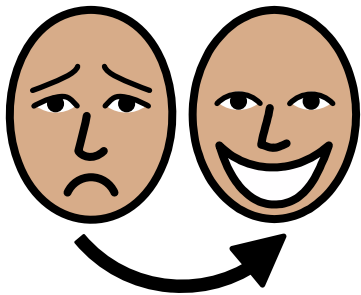
exercise



emotions



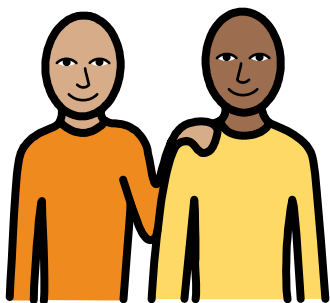
family



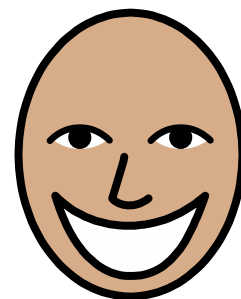
feel better



feelings



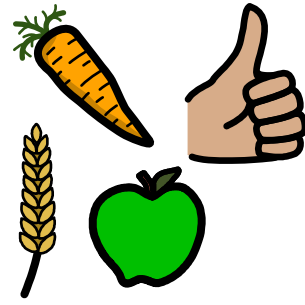
friends



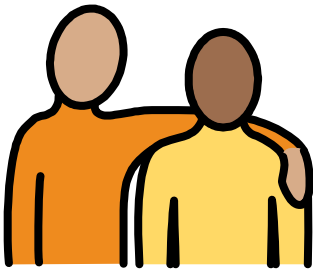
happy



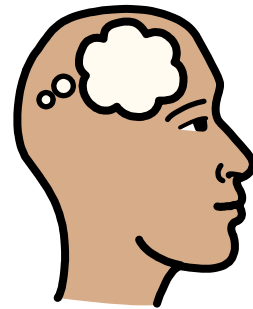
healthy



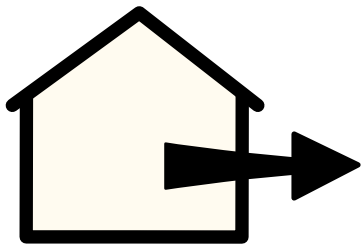
healthy foods



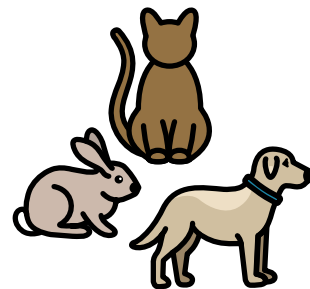
look after



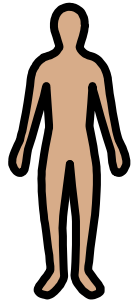
mental



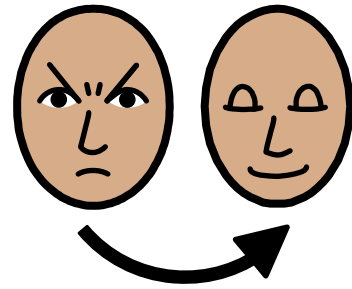
outside



pet



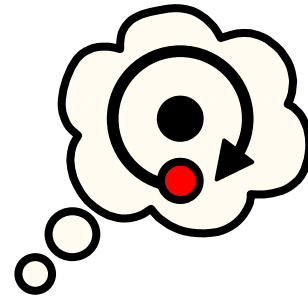
physical



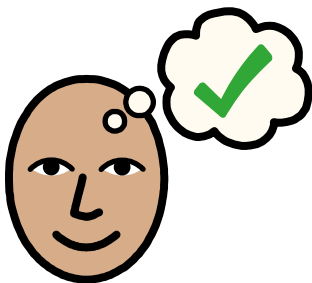
relaxed



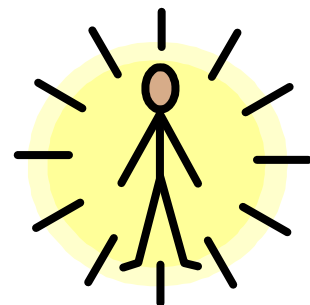
sleep



think about



understand



wellbeing



Five Ways to Wellbeing

Created in partnership between

Five Ways to Wellbeing

Symbol Book

Published by Widgit Software

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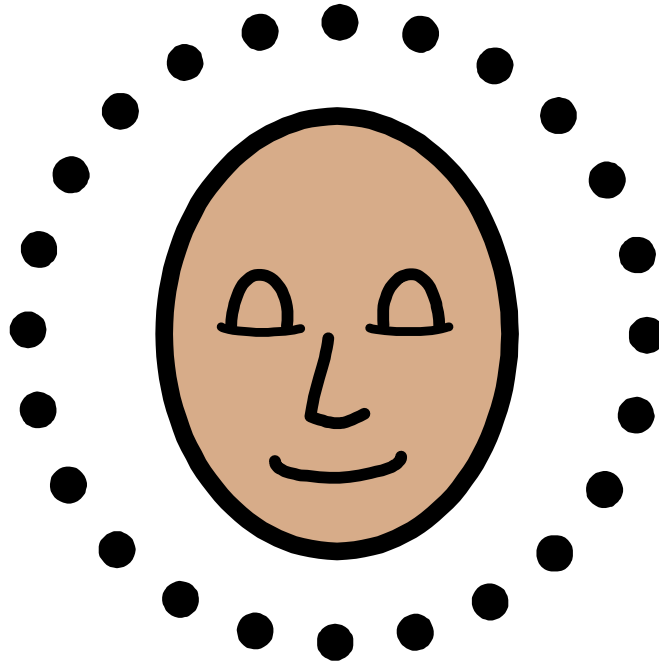
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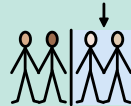
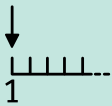
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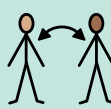
'Five Ways to Wellbeing' can help improve your wellbeing.



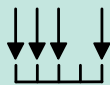
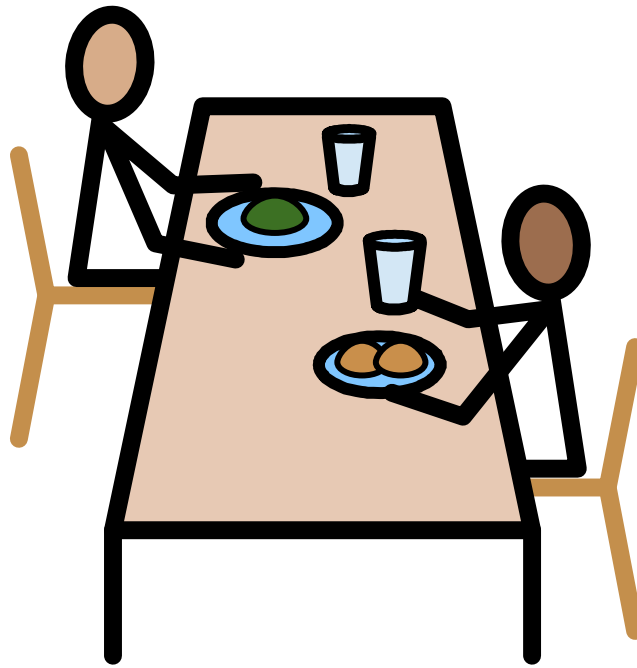
The first way is to connect with other people.



Being with friends and family helps you to feel safe.



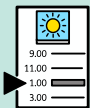
You can support each other.



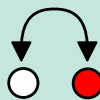
There are many ways you can spend time with other people.



Switch off the TV and play a game.



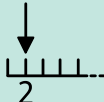



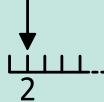

Make time to cook and eat meals together.



Go for a walk together in the park or countryside.







 Walking is part of the second way too.



 The second way is to be active.





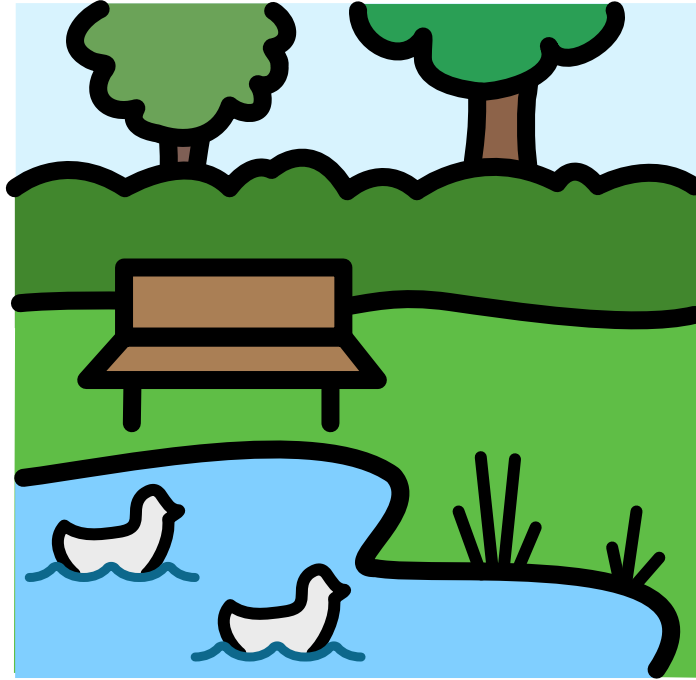
 Exercising feels good and keeps you fit and healthy.







 Being fit and healthy helps you feel better about yourself.

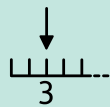


  
You can keep fit for free.

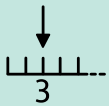
     
Running, cycling and skipping are all good exercise.

   
So is playing football with your friends in the park.

    
Gentle yoga and swimming are good for you too.



Meditation is part of the third way.



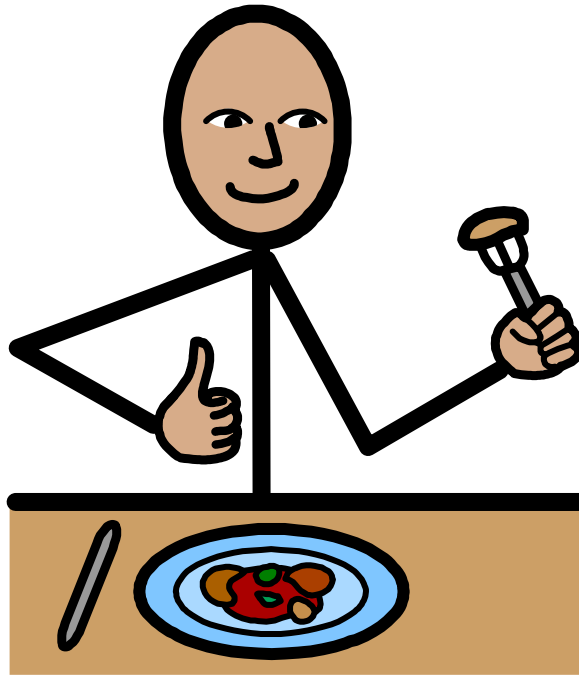
The third way is to take notice.



Noticing what you are feeling is called mindfulness.



Mindfulness helps you understand thoughts and feelings.



Mindfulness is knowing what is happening inside yourself.



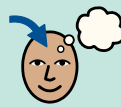
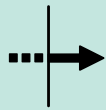
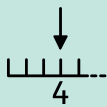
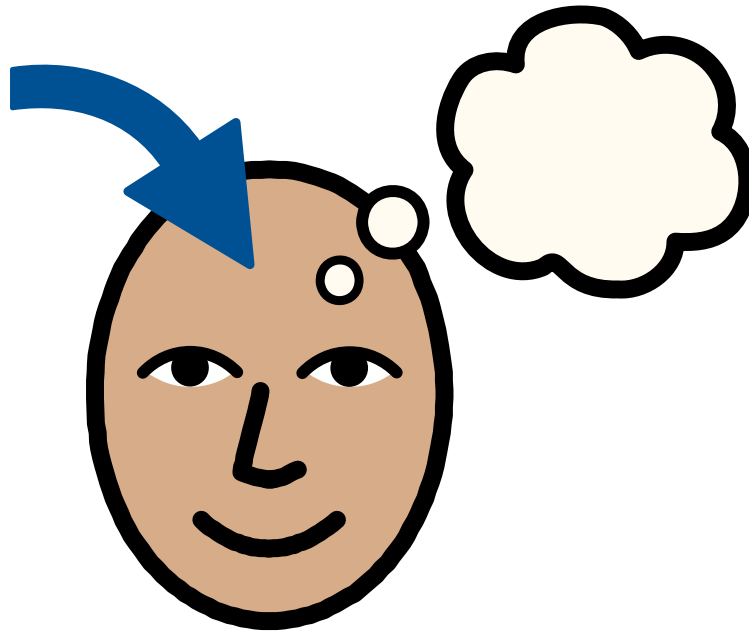
Mindfulness is noticing what is happening around you.



Noticing your breathing can be mindfulness.



Enjoying the food you eat can be mindfulness!



The fourth way is to continue learning.



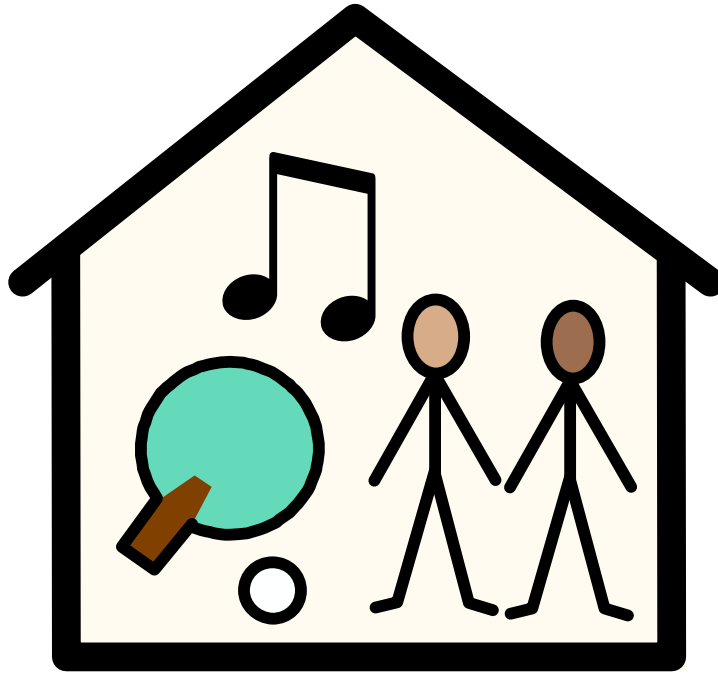
Learning can help you feel confident.

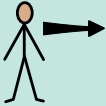


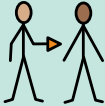

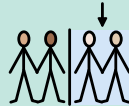


More confidence helps you feel better about yourself.



Learning can help with all aspects of wellbeing.






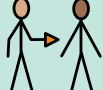







 Joining a club helps you connect with other people.








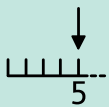
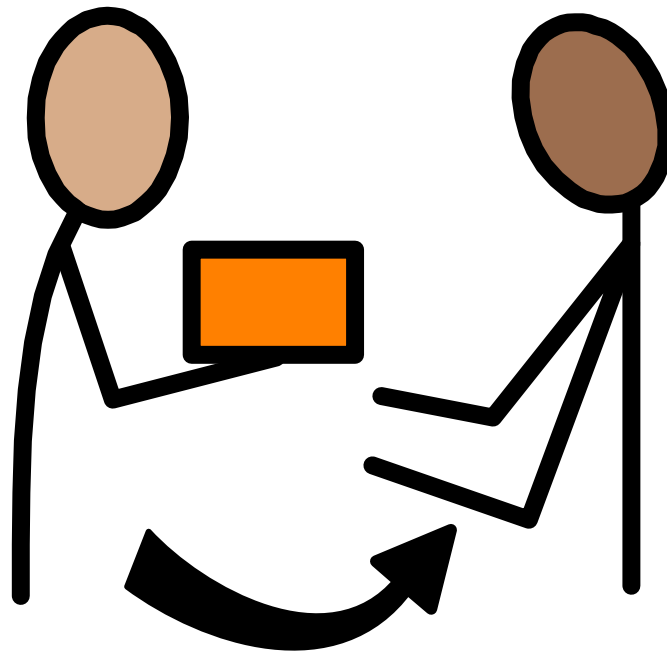




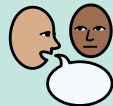

 So can learning to cook a new recipe with family.






 A new sport will help you to be active.

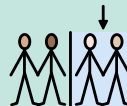





 Gardening will help you move and take notice.



The fifth way is to give.



Giving can be smiling and saying thank you.



You can give your time to help other people.



You can help a friend.



Being kind

and



helpful

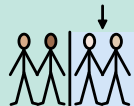
make you feel



good.



Supporting



others

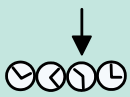
is rewarding



and helps you to



connect.



Sometimes



simply

listening to people



can



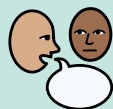
help.



You can



also

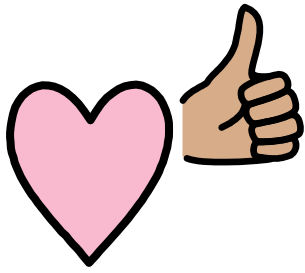


talk about

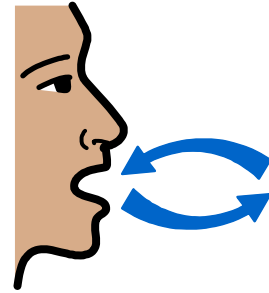


'Five ways to Wellbeing'.

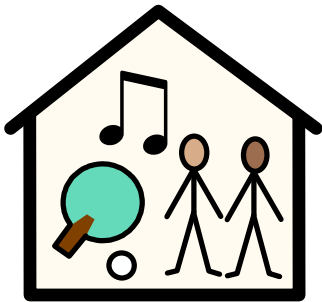




be kind



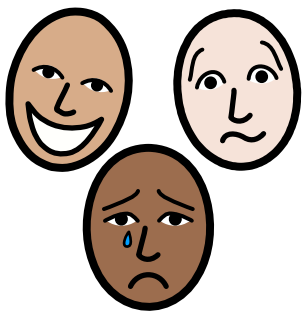
breathing



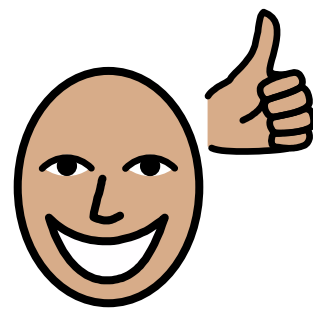
club



confident



emotions



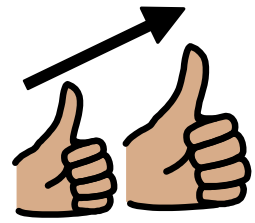
enjoy



exercise



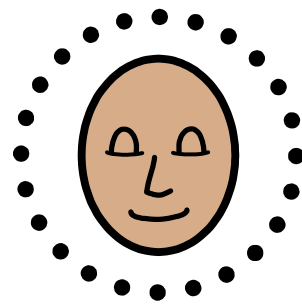
feel



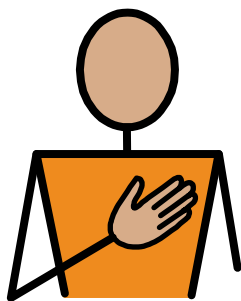
better



feel good



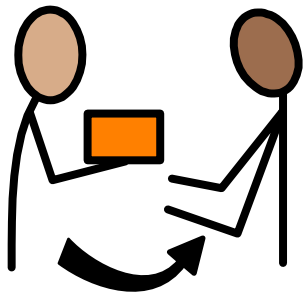
feel safe



feelings



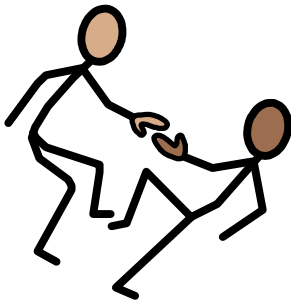
gardening



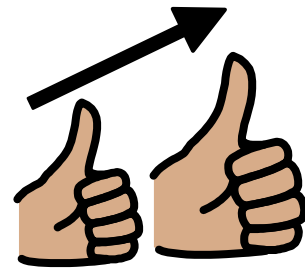
give



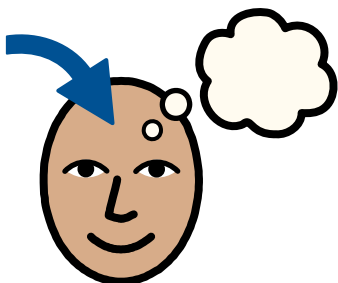
healthy



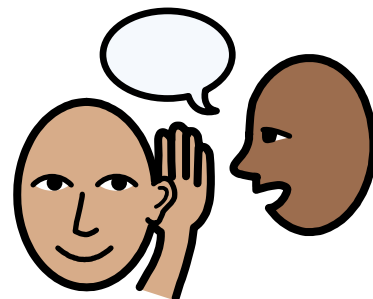
helpful



improve



learning



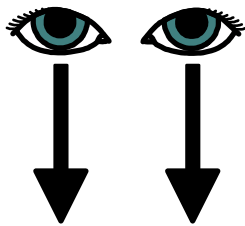
listen



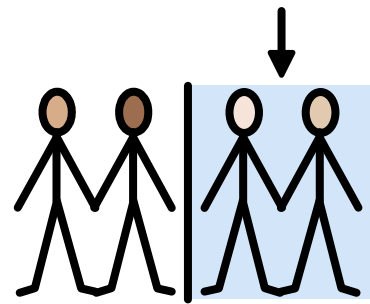
meditation



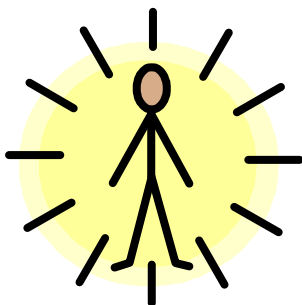
mindfulness



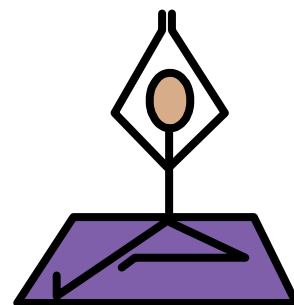
notice



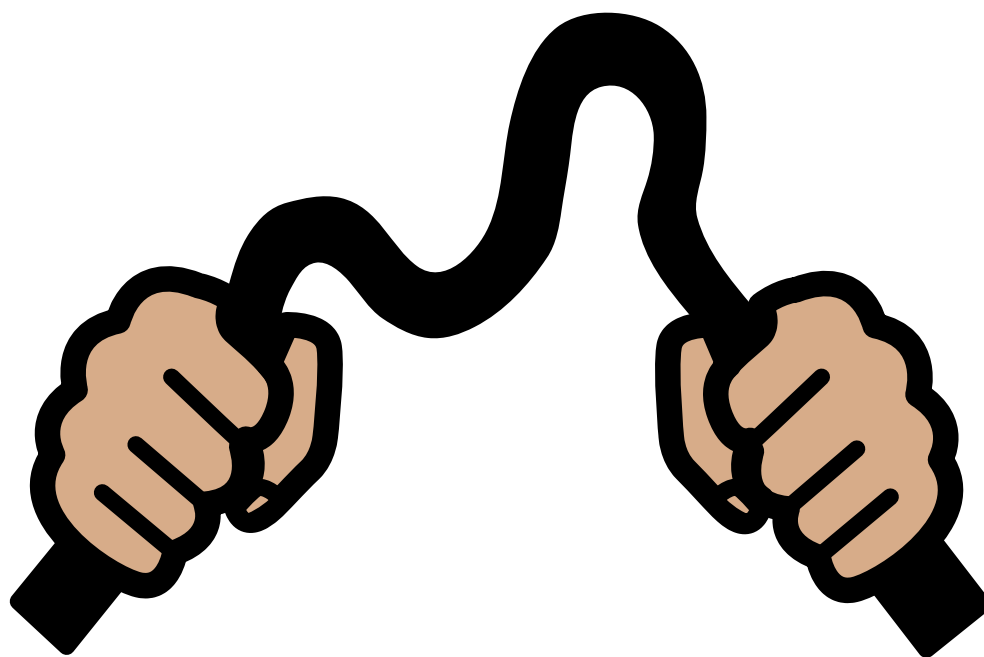
other people



wellbeing



yoga



Resilience

Created in partnership between



Dr Jerricah Holder
Educational Psychologist

Wellbeing

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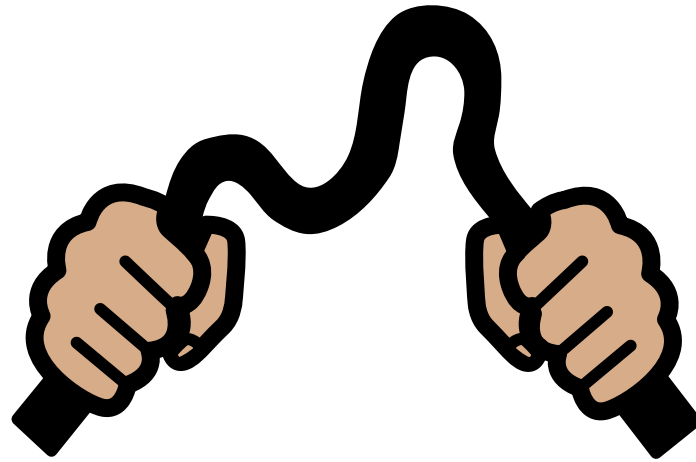
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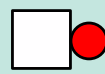
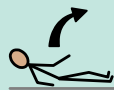
Dr Jerricah Holder

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Being resilient means getting up after a fall.



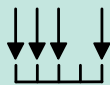
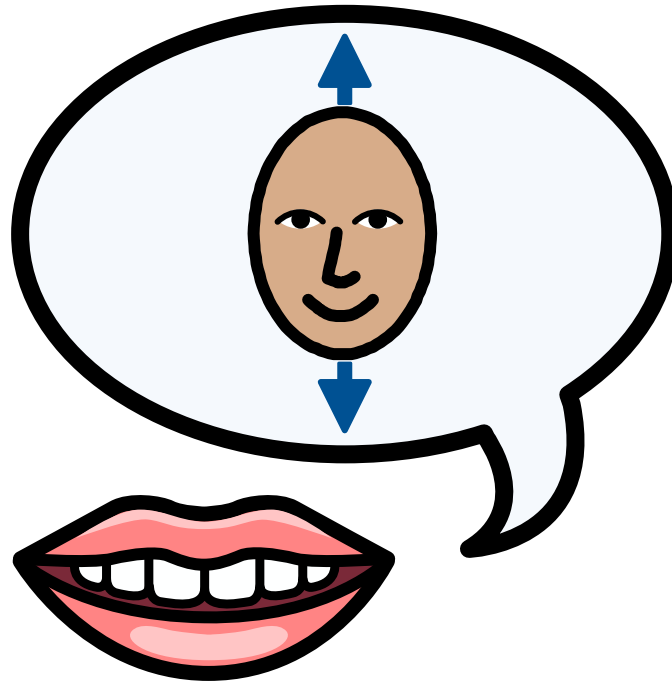
Being resilient improves mental health and wellbeing.



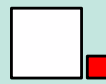
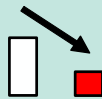
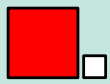
Being resilient helps you to face challenges.



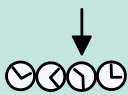
Being resilient helps you cope with difficulties.



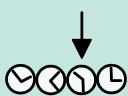
There are many ways you can improve resilience.



Big problems can be broken down into smaller problems.



Sometimes you can make changes.



Sometimes you can't make changes.



You can



find



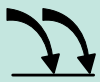
support



to face



your fears.



Practise



difficult tasks



to increase



your



confidence.



Learn from



mistakes

and



help



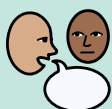
your



brain



to grow.



Talk to someone



who can



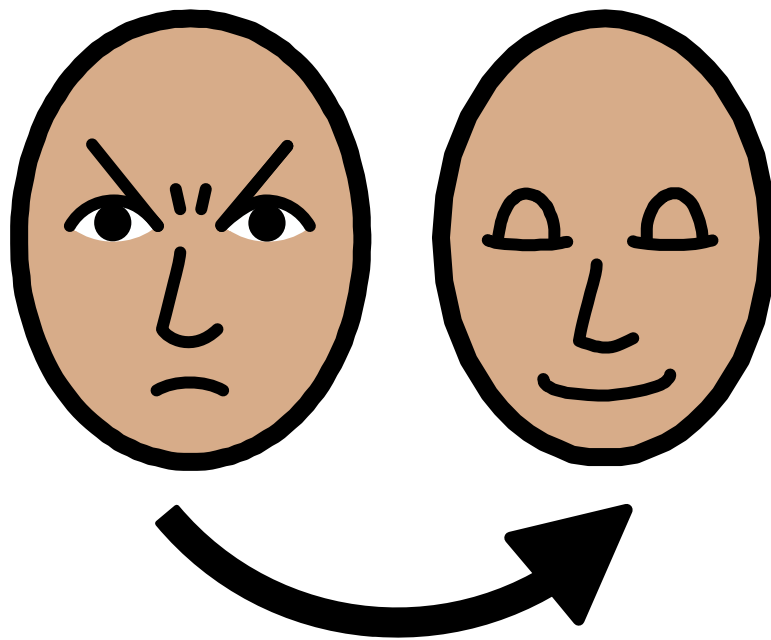
help with



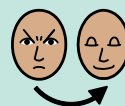
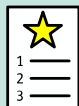
your



problems.



Think positively.



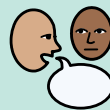
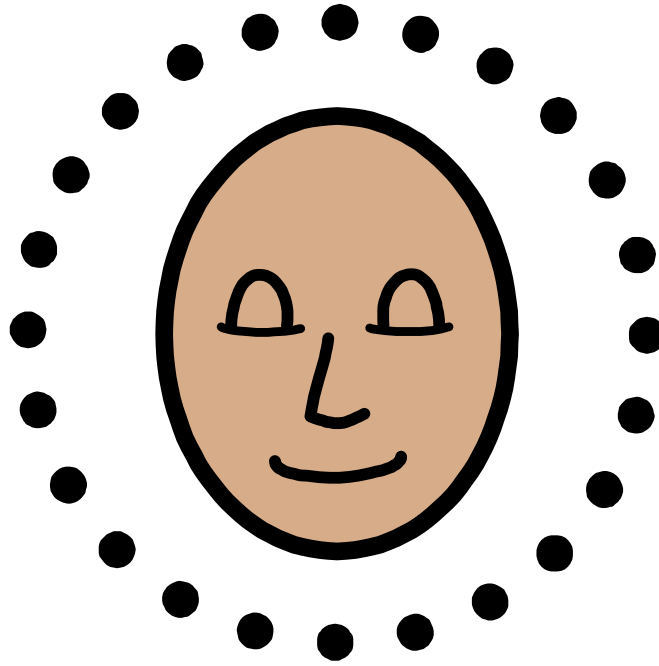
Learn some strategies that help you to relax.



Be kind to yourself.



Know when to ask for help.



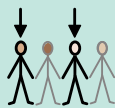
There are people you can safely talk to for support.



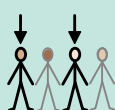
5



Think of five people for your web of support.



You might choose some family members.



You might choose some friends you trust.



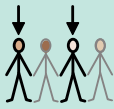
You



might



choose



some



teachers



you trust.



You



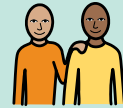
might



choose



a school



friend



you trust.



you



can

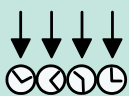


call



Childline:

0800 1111



There is always



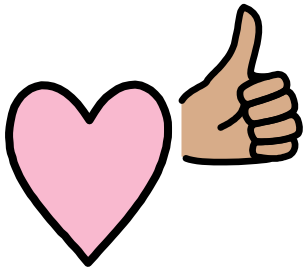
someone



that will



listen.



be kind



brain



challenges



change



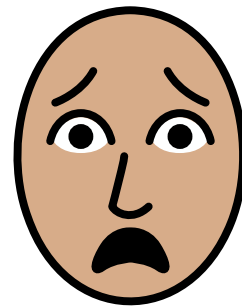
Childline



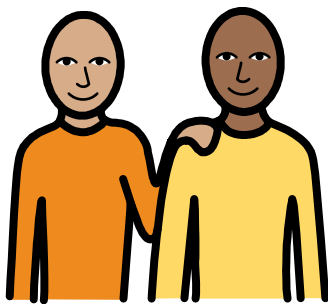
confidence



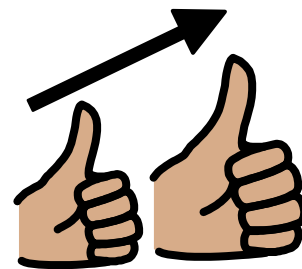
family



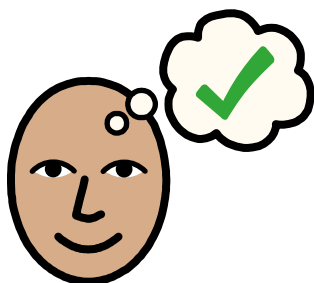
fears



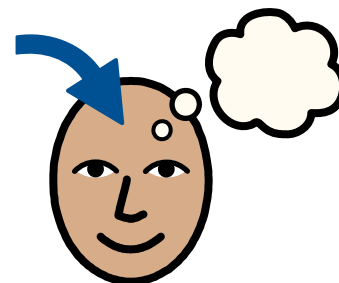
friends



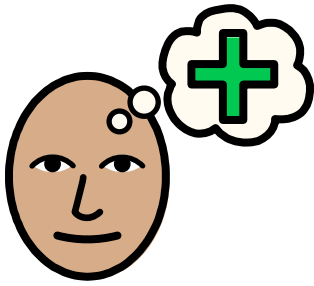
improve



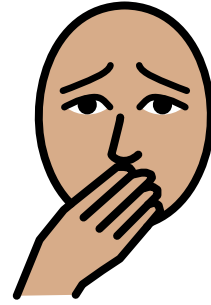
know



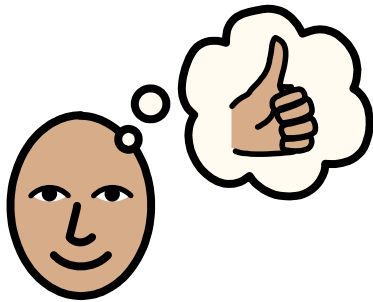
learn



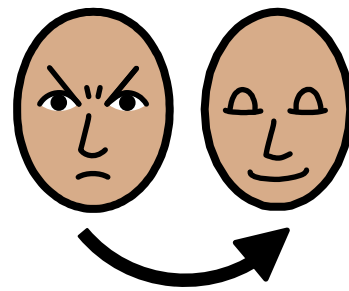
mental health



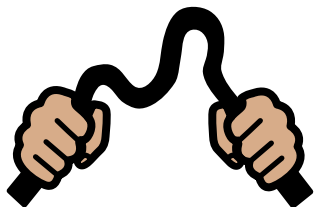
mistakes



positive



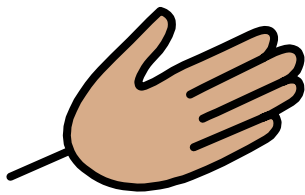
relax



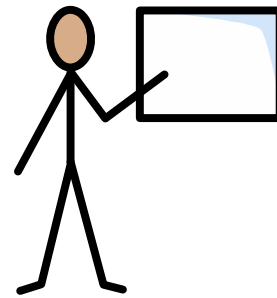
resilient



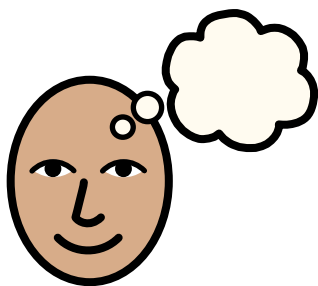
safely



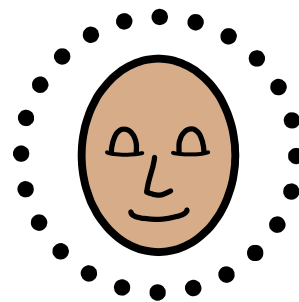
support



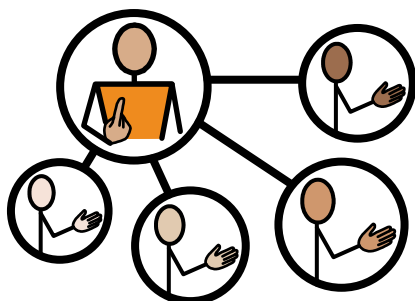
teacher



think



trust



web of support



wellbeing

Activities

This pack contains a range of activities to support children's understanding of wellbeing and self-care:

- Positive Qualities
- Sorting Helpful and Unhelpful Emotions
- Circles of Control
- Comfortable and Uncomfortable Bodily Sensations
- Comfortable and Uncomfortable Scenarios
- Web of Support
- Special Breathing
- What Helps Checklist
- Resilience Cards
- Wordmats
- Additional Activities



loving



respectful



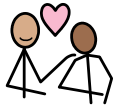
funny



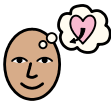
exciting



generous



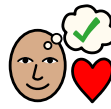
caring



hopeful



proud



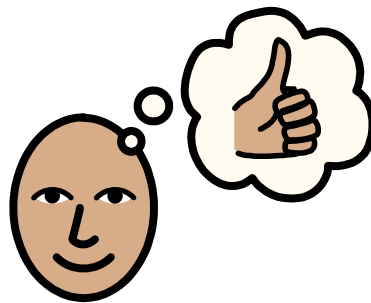
interesting



confident



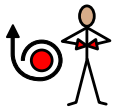
happy



Positive Qualities



helpful



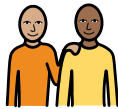
apologetic



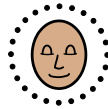
sensible



wise



friendly



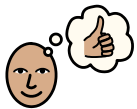
trustworthy



thoughtful



truthful



optimistic



brave



kind



fearless



shy



special



grateful



popular



calm



silly



Positive Qualities



Cut out

+

and



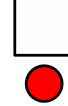
stick



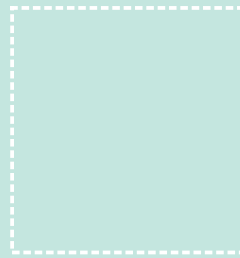
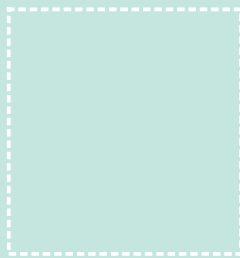
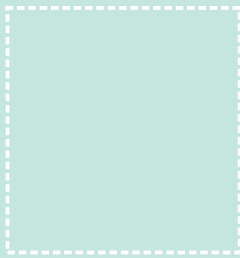
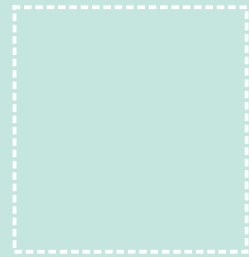
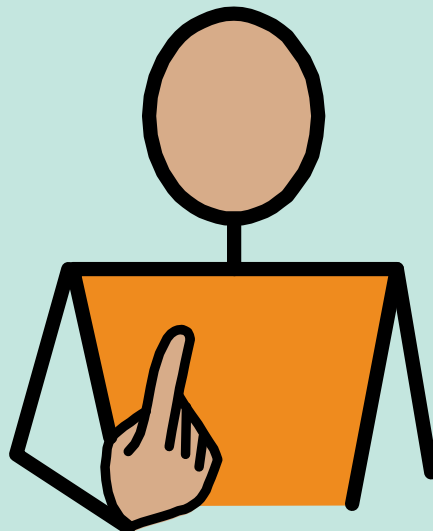
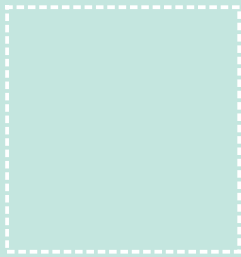
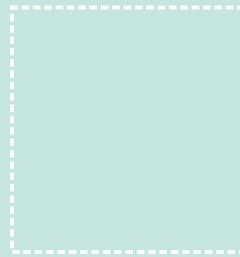
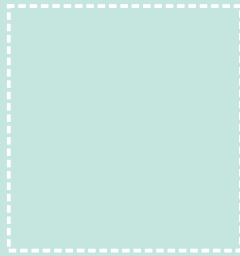
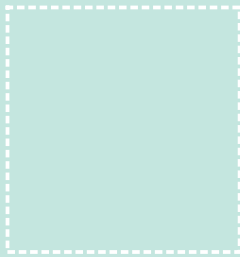
your



positive qualities



below.





Positive Qualities



Which positive qualities do people from your **web of support** have?

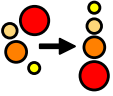









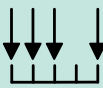














 +
 


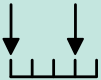



Sorting Helpful and Unhelpful Emotions

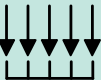



 People experience many different emotions.

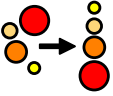



 Some emotions can feel good.


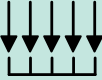



 Some emotions don't feel good.


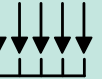



 All emotions can be managed.



 +
 


Sorting Helpful and Unhelpful Emotions

 We all experience helpful emotions.

 We all experience unhelpful emotions.





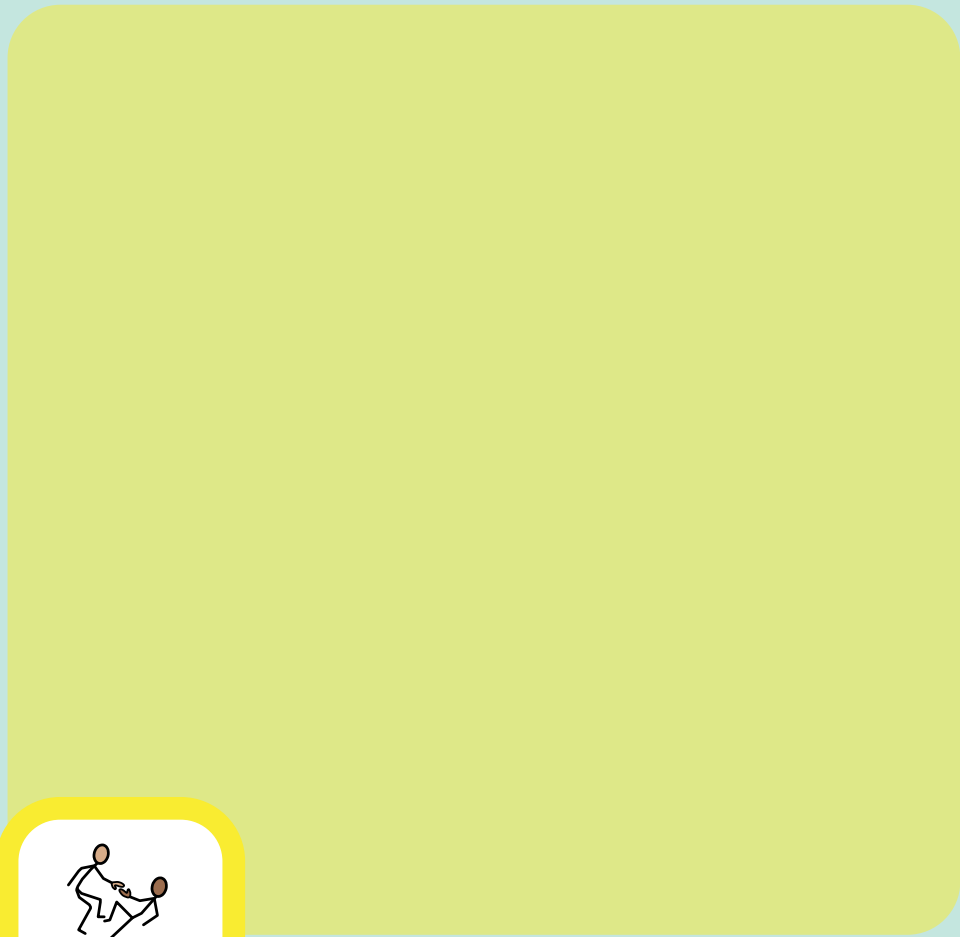


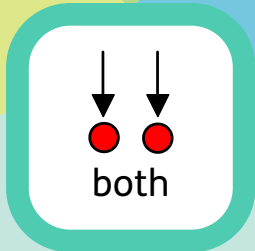
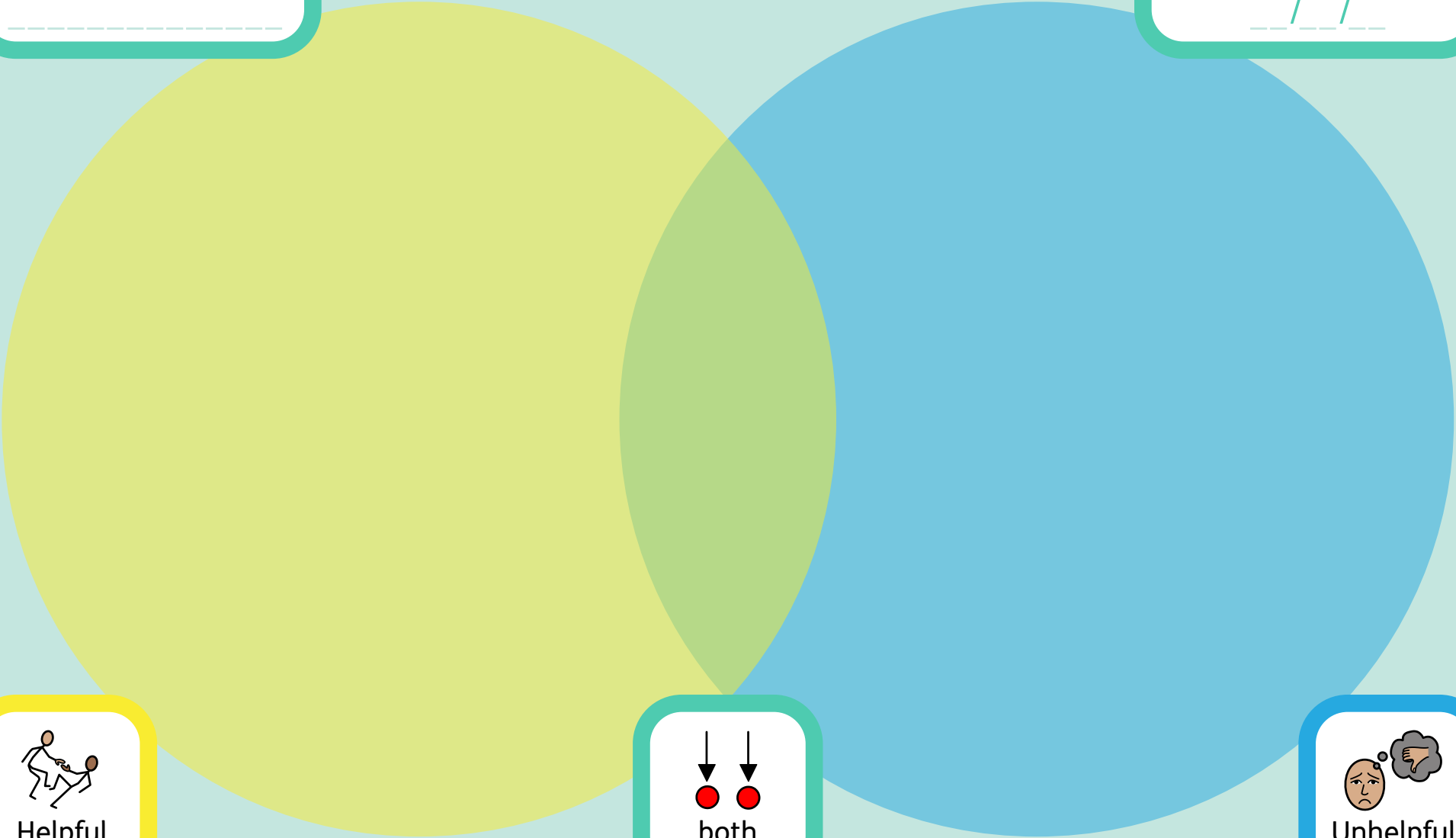
 Which emotions are helpful or unhelpful?






 Are there emotions that can be both?







angry



anxious



bored



calm



confused



embarrassed



enraged



excited



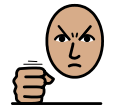
fed up



feel safe



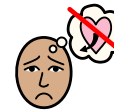
feel unsafe



frustrated



furious



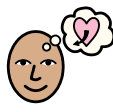
grieving



happy



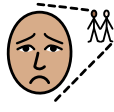
homesick



hopeful



jealous



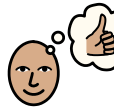
lonely



mean



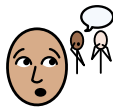
ok



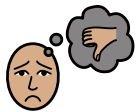
optimistic



panicky



paranoid



pessimistic



sad



scared



shocked



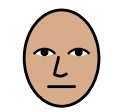
shy



smug



sorrowful



so so



superb



surprised



tired



unsure



upset



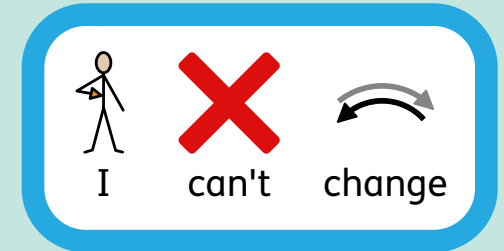
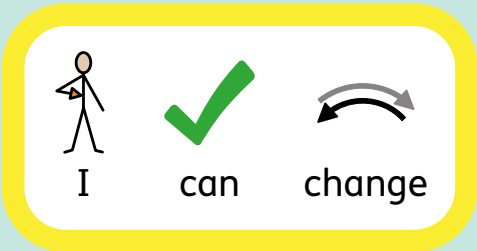
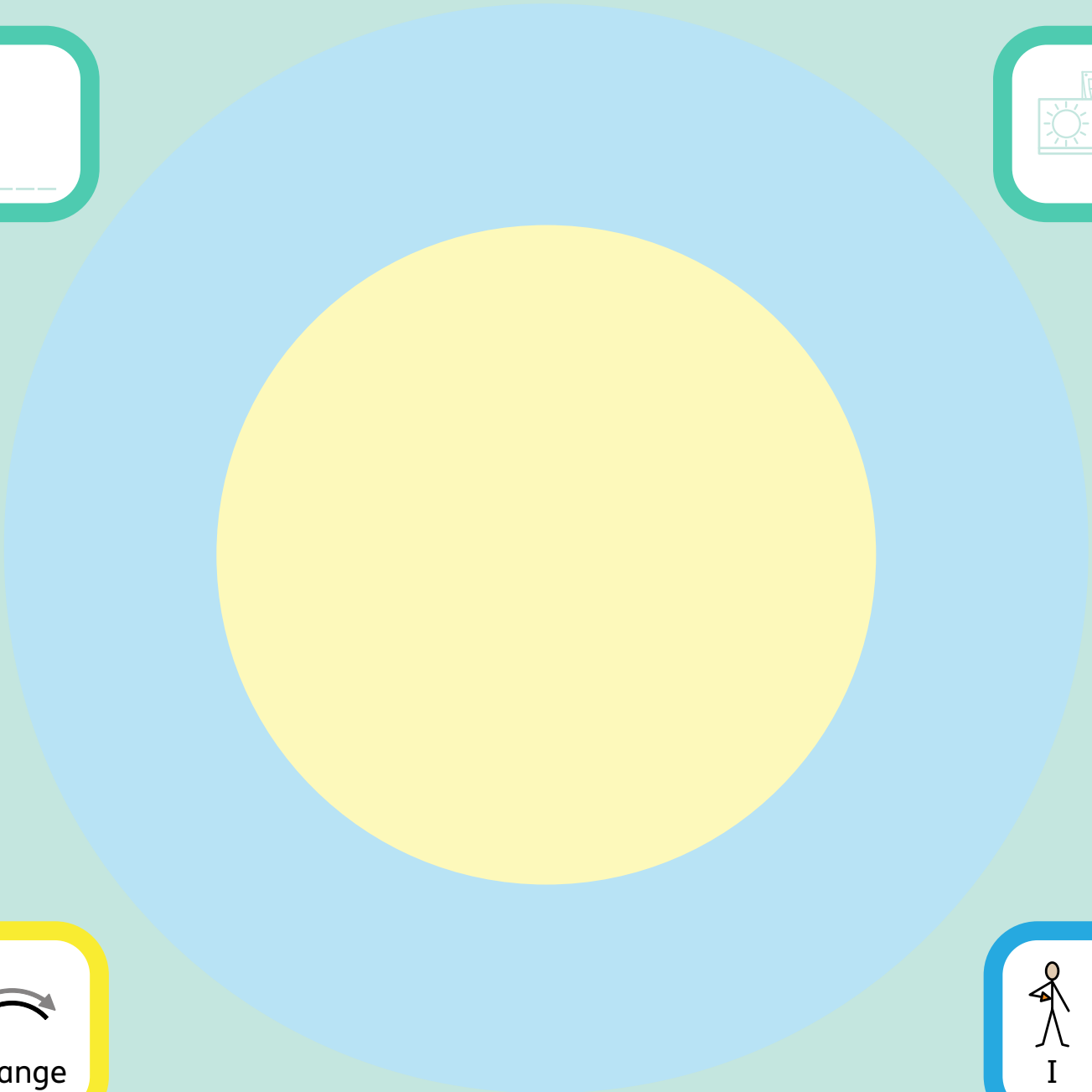
very happy



very sad



worried







____/____/____



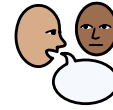
weather



traffic



being ill



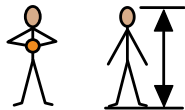
what people say



what people do



skin colour



my height



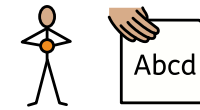
match scores



family



my behaviour



my words



being kind



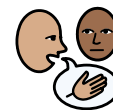
saying sorry



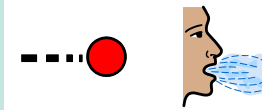
working hard



eating healthily



asking for help



slow breaths



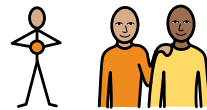
listening



exercise



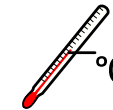
what I read



my friends



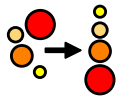
my clothes



temperature



tv programme



+



Sorting Comfortable and Uncomfortable Bodily Sensations



+



Our mind and body are closely connected.



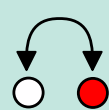
Our bodies can help us understand how we feel.



+









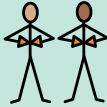

To understand our emotions and how we feel, we must notice what is happening within our bodies.









You may feel comfortable or uncomfortable bodily sensations.




Feeling Comfortable

Feeling comfortable within our body could mean that we are feeling good.

Feeling good and comfortable within our body might look like:



smiling



laughing



energetic



calm



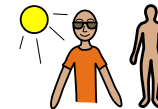
clapping



chatting







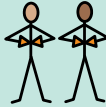




relaxed



warm inside

Feeling Uncomfortable












 Feeling uncomfortable within our body could mean that we are not feeling good.







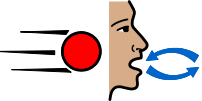

 Not feeling good and uncomfortable within our body might look like:



 tummy butterflies


 sweaty palms


 dizzy


 sick


 quick breathing


 jelly legs


 stomach ache


 headache








Making a Change

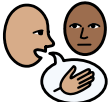



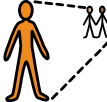





 If we feel uncomfortable within our body this could be a clue to change something.









 Some ideas that could help us feel comfortable might be:

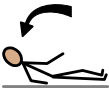

 ask for help



 time alone


 read a book

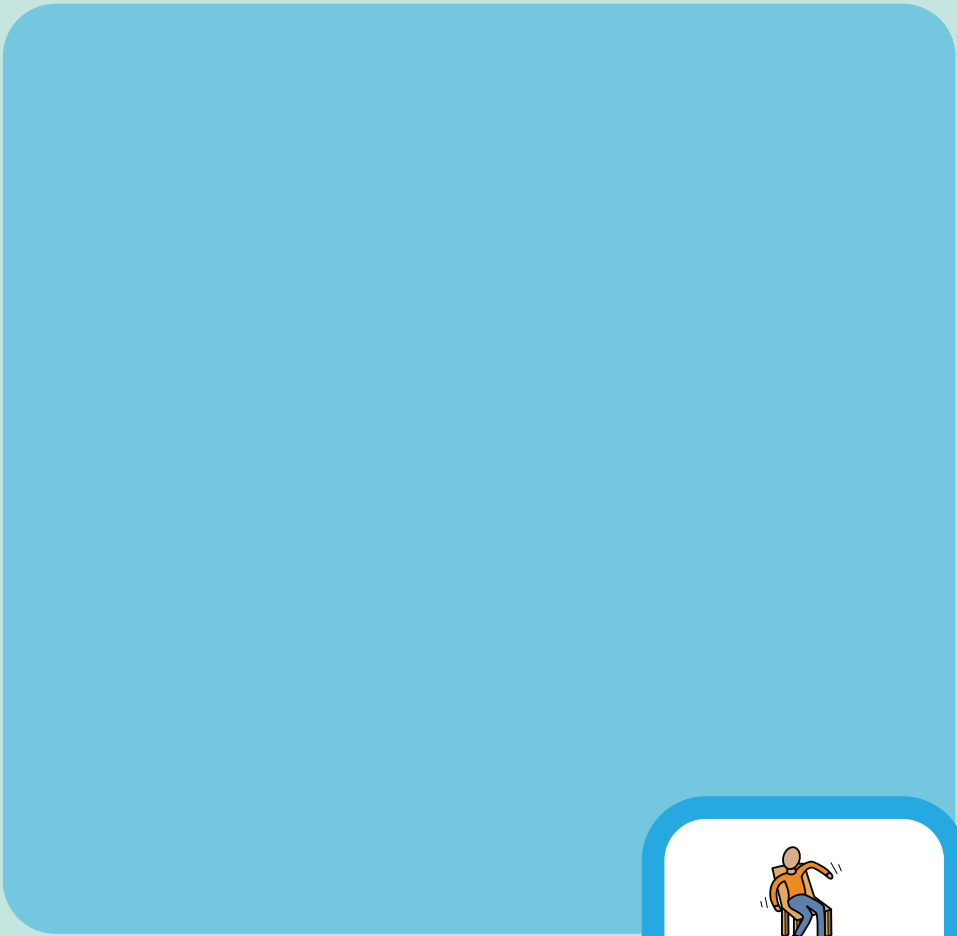
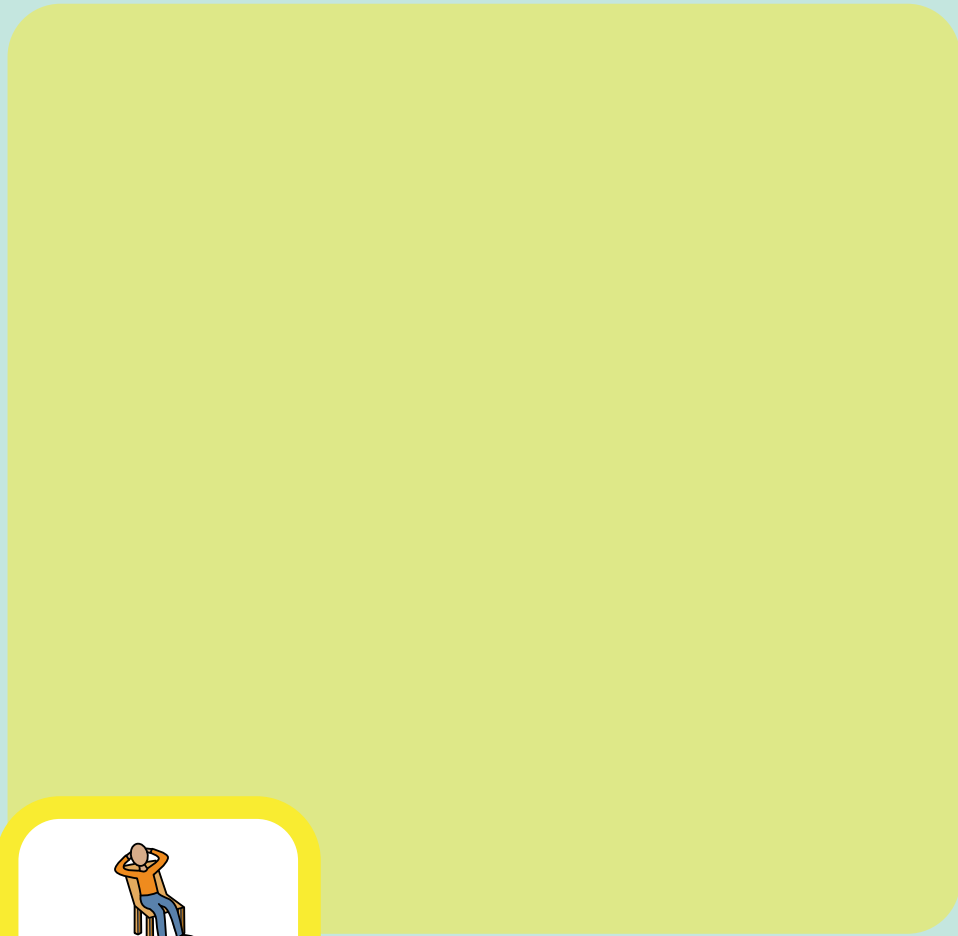

 blanket

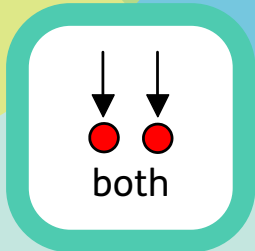
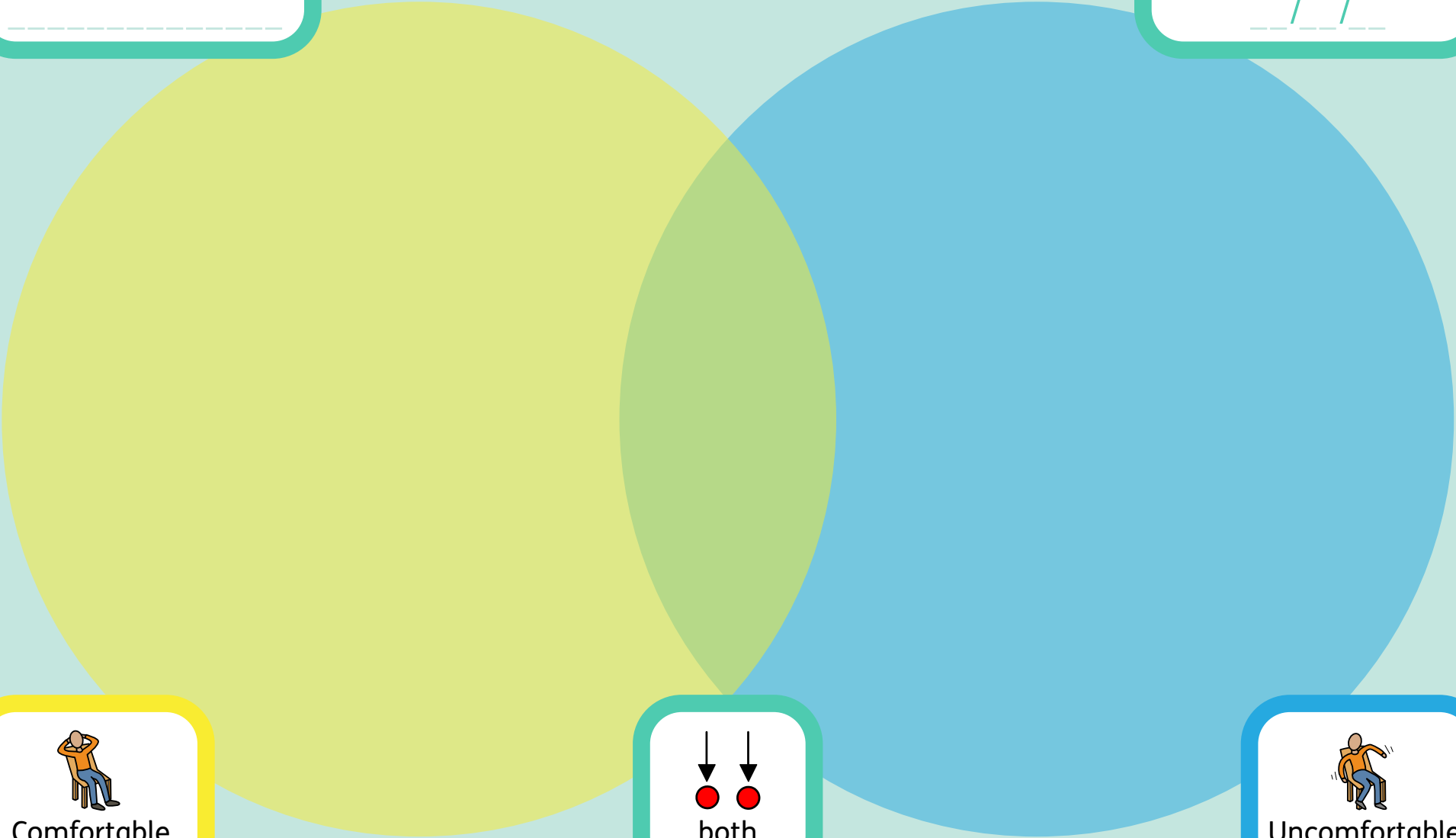

 movement break


 lie down


 ear defenders


 cuddle







calm



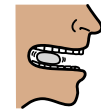
alert



dizzy



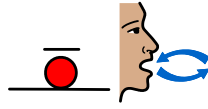
headache



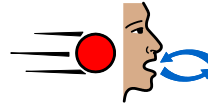
grinding teeth



dry throat



steady breathing



quick breathing



jelly legs



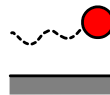
stomach ache



racing heart



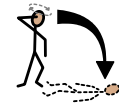
smiling



floaty



sick



fainting



relaxed



good sleep



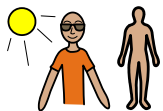
achey muscles



feel loved



tummy in knots



warm inside



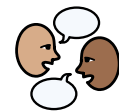
short of breath



energetic



sweaty palms



chatting



laughing



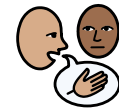
tummy butterflies



clapping



time alone



ask for help



read a book



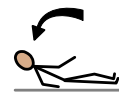
blanket



ear defenders



cuddle



lie down



movement break



theme park



party



costumes



shopping



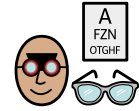
hospital



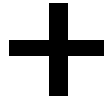
doctor



dentist



optician



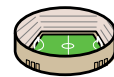
Comfortable and uncomfortable scenarios



public transport



airport



stadium



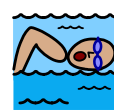
train station



different teacher



theatre



swimming



seaside



haircut



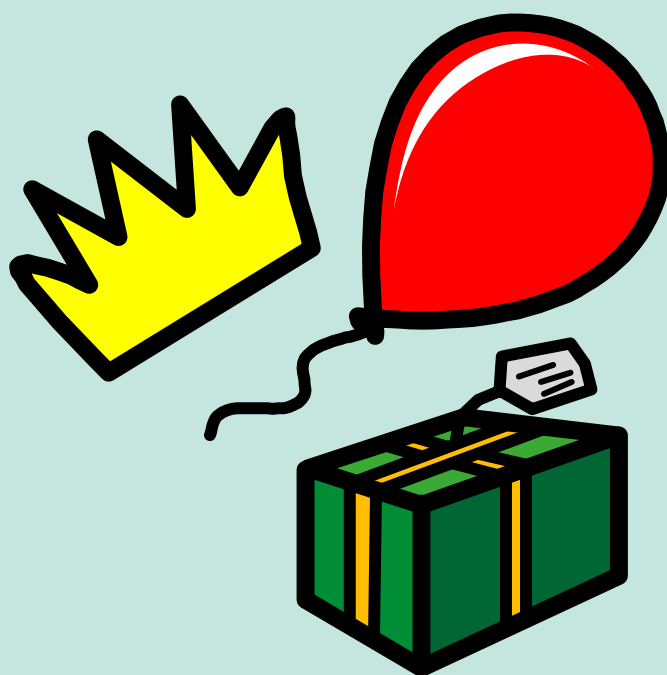
crowd



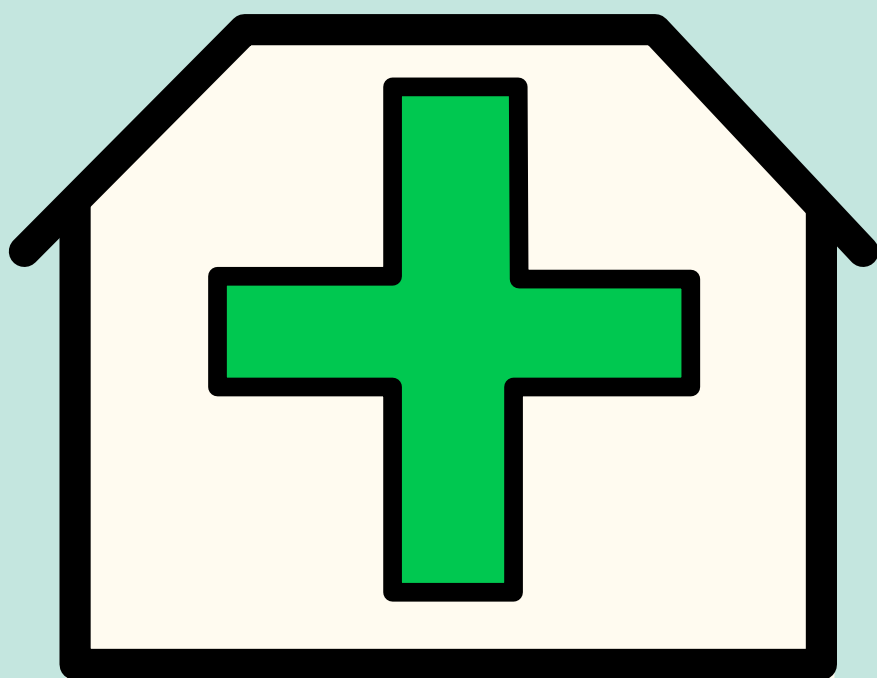
dark

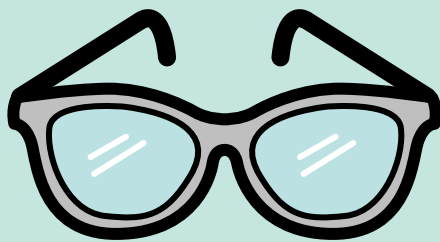
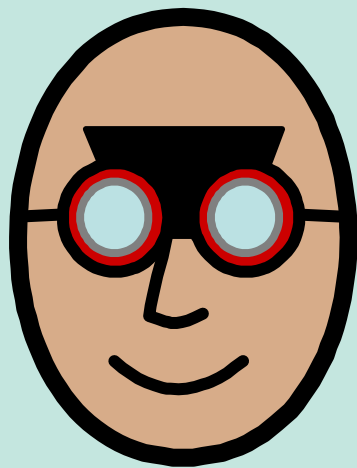
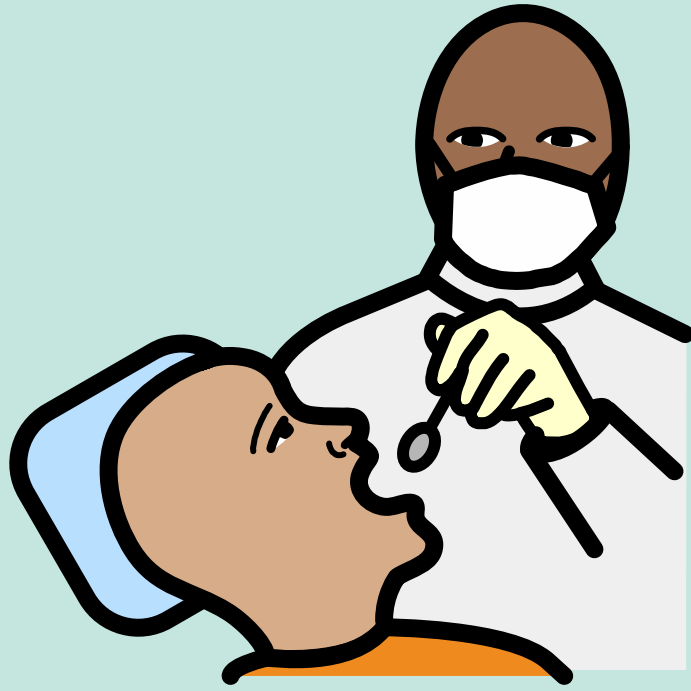


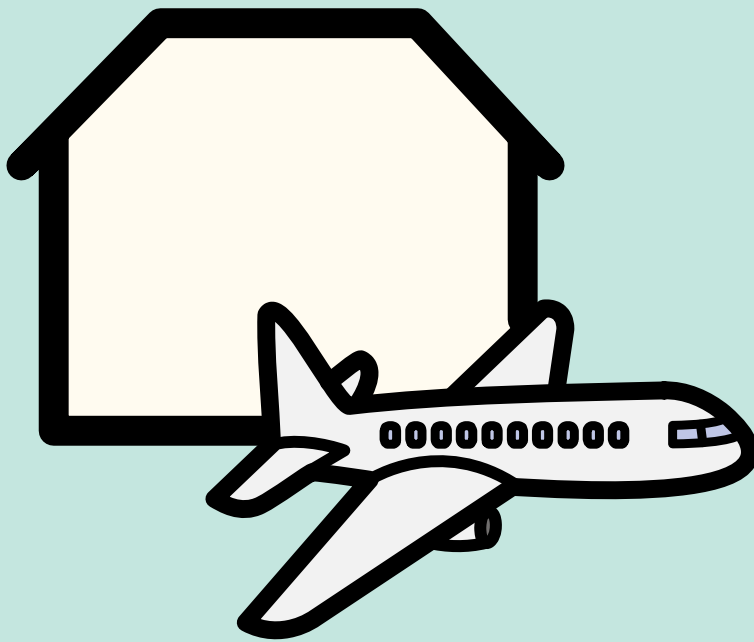
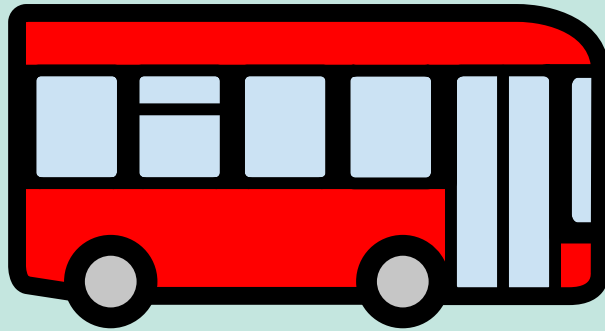
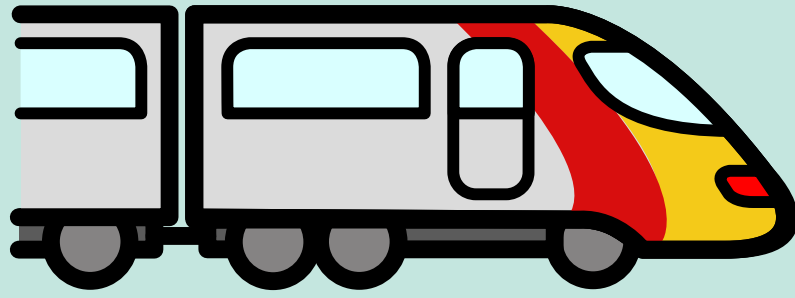
surprises

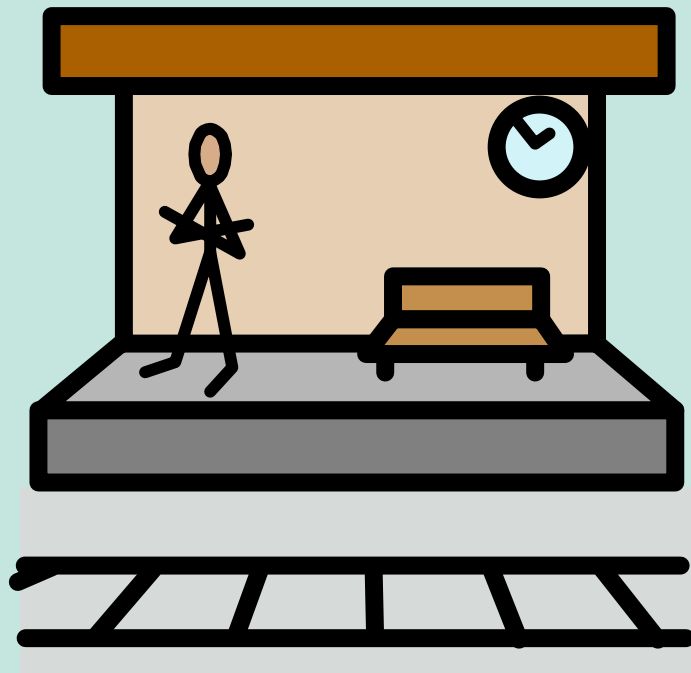
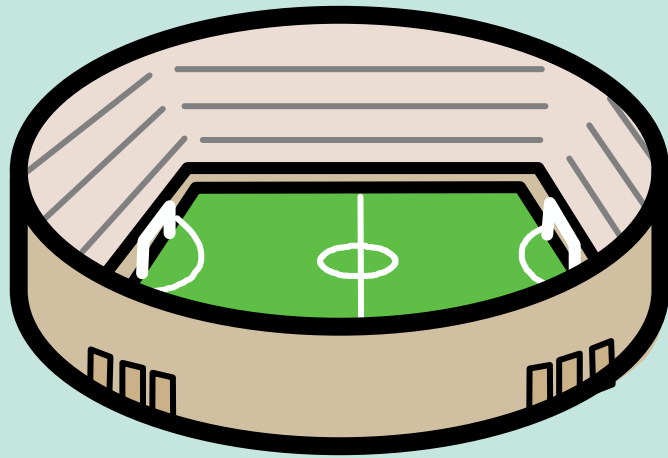


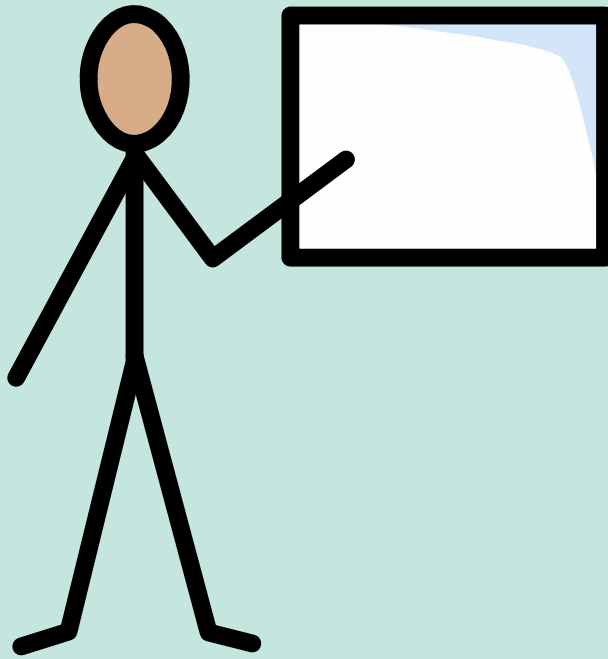


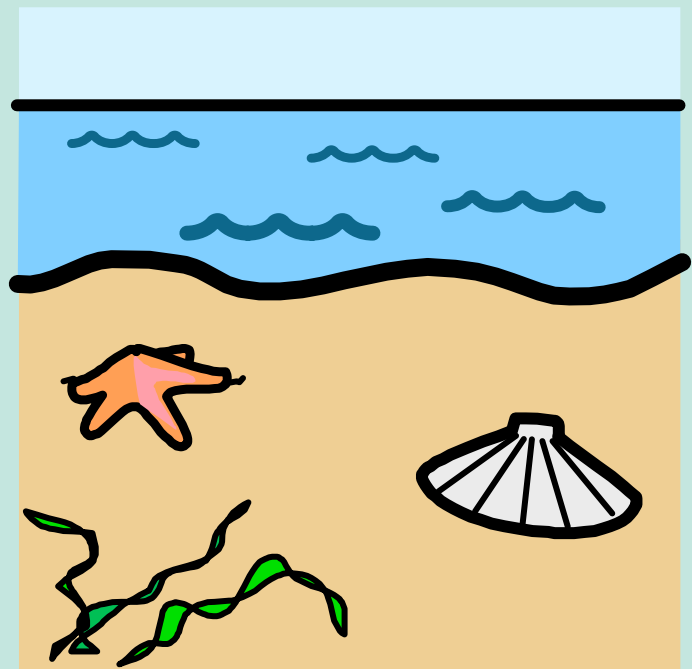
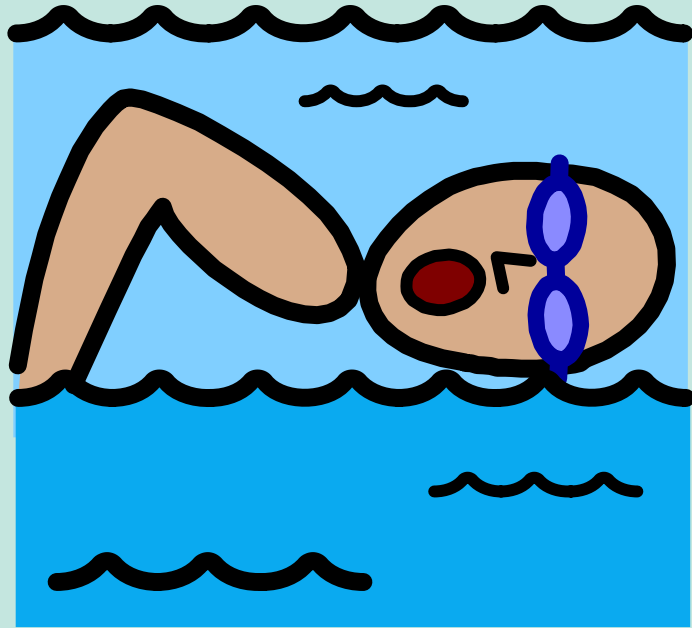


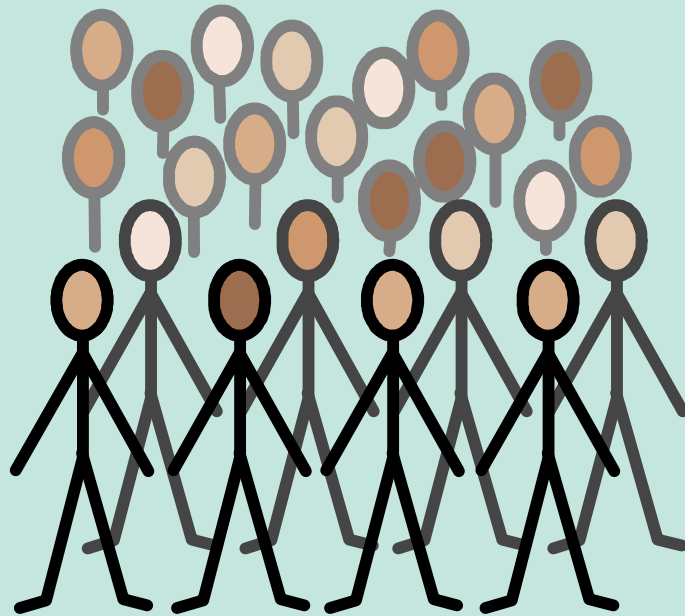


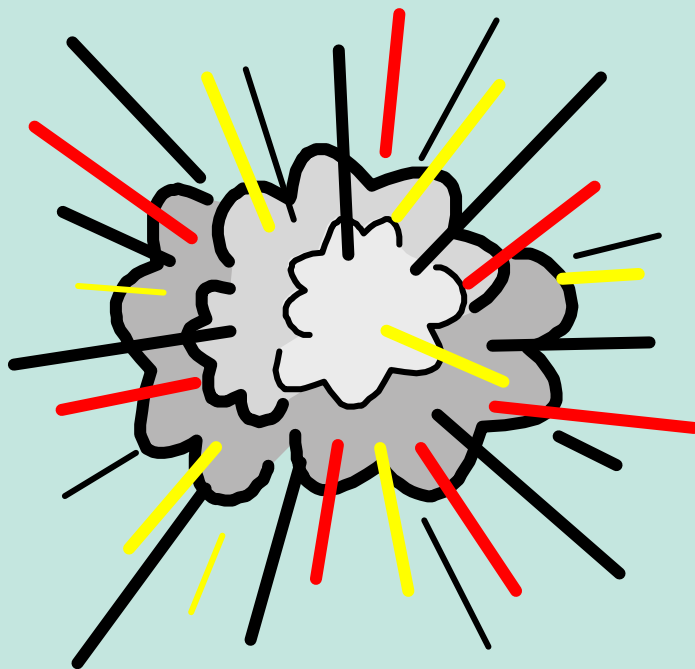


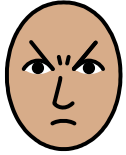












angry



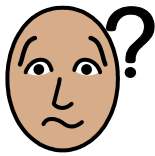
anxious



bored



calm



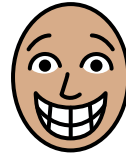
confused



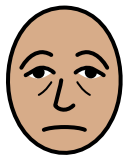
embarrassed



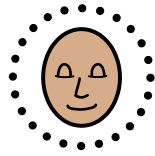
enraged



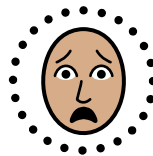
excited



fed up



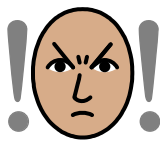
feel safe



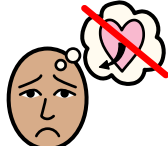
feel unsafe



frustrated



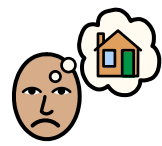
furious



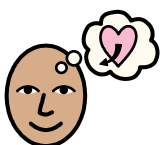
grieving



happy



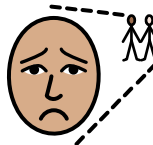
homesick



hopeful



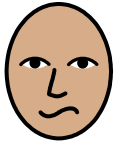
jealous



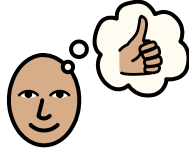
lonely



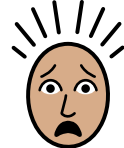
mean



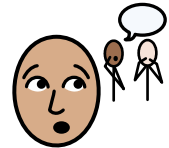
ok



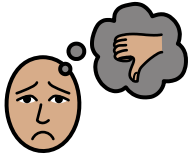
optimistic



panicky



paranoid



pessimistic



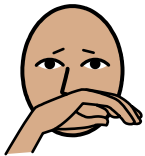
sad



scared



shocked



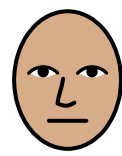
shy



smug



sorrowful



so so



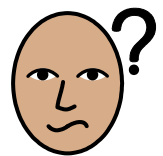
superb



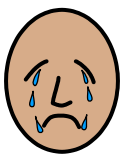
surprised



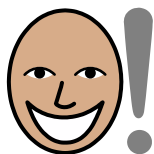
tired



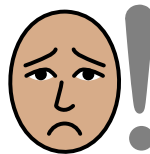
unsure



upset



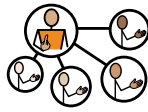
very happy



very sad



worried

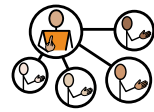


My Web of Support



___ / ___ / ___



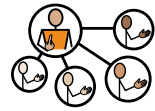


My Web of Support at school



___ / ___ / ___

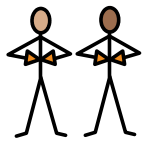




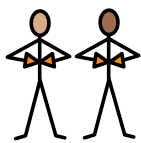
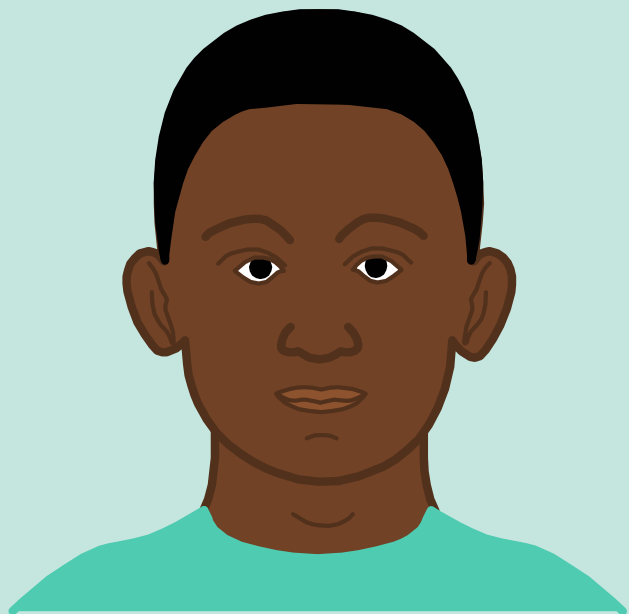
My Web of Support outside school

___ / ___ / ___





When we feel anxious...



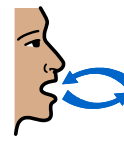
...we



like to



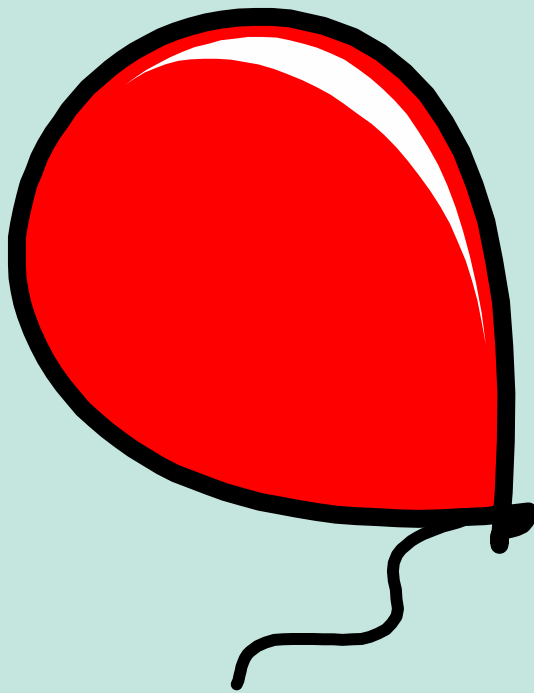
do special



breathing.



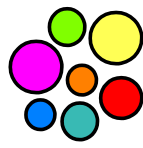
Imagine a balloon.



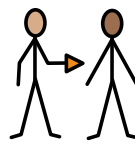
It



can be



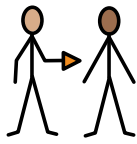
any colour



you



like.



You



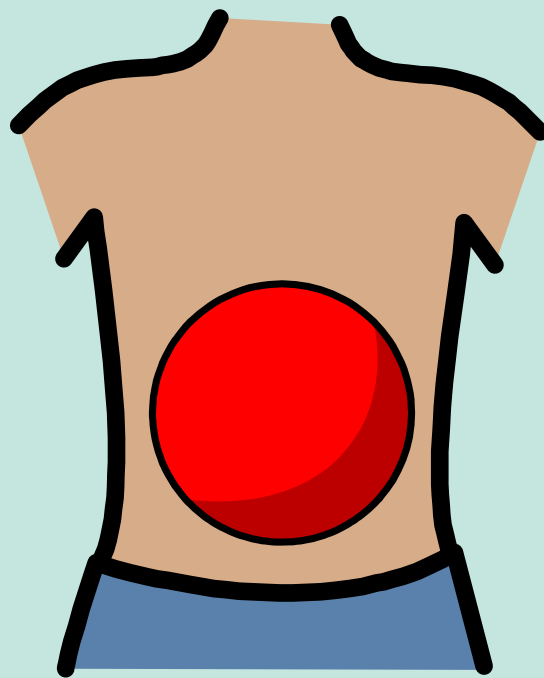
might



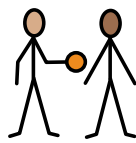
like to



close your eyes.



Imagine



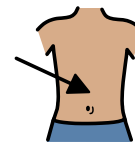
your



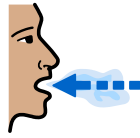
balloon



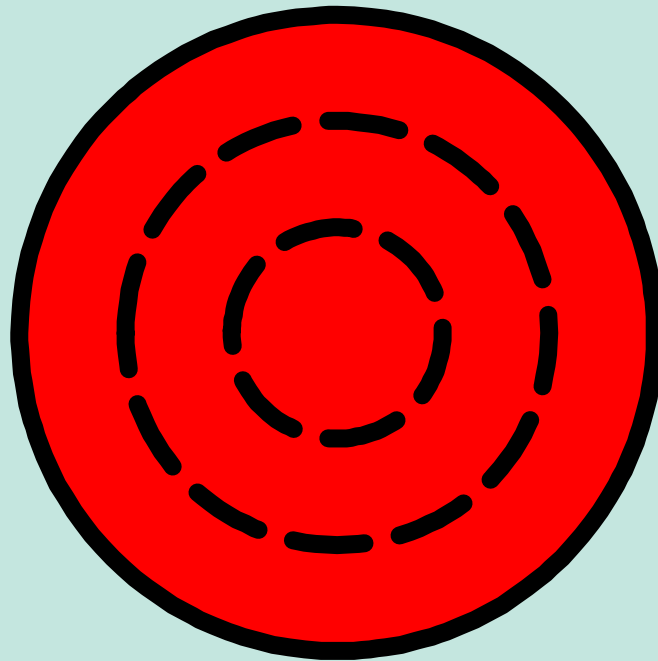
is in



your tummy.



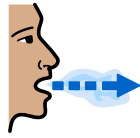
As you breathe in...



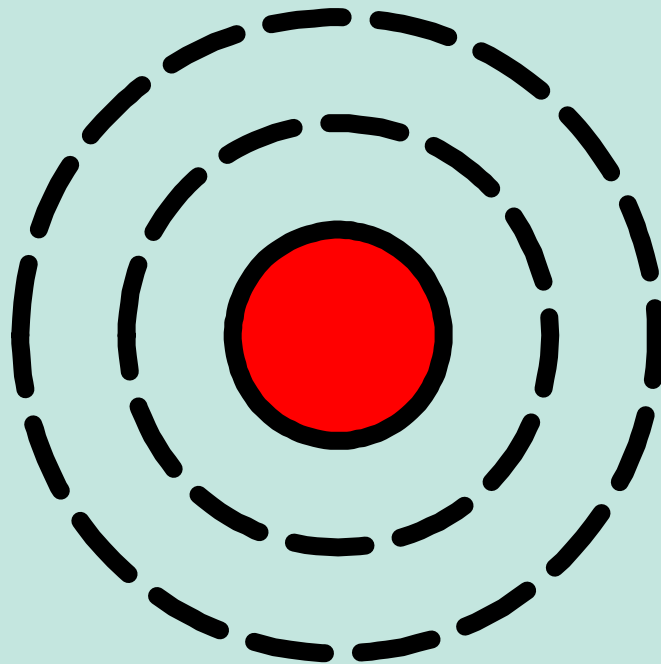
...your balloon



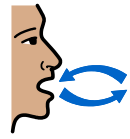
gets bigger.



As you breathe out...



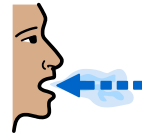
...your balloon gets smaller.



Breathe



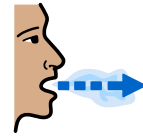
softly



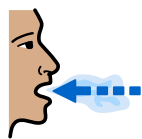
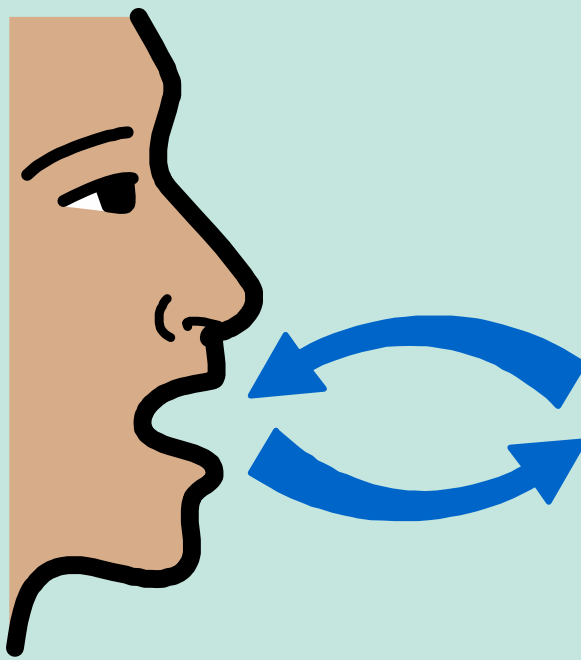
in

+

and



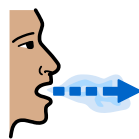
out.



In

+

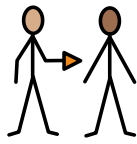
and



out.



When



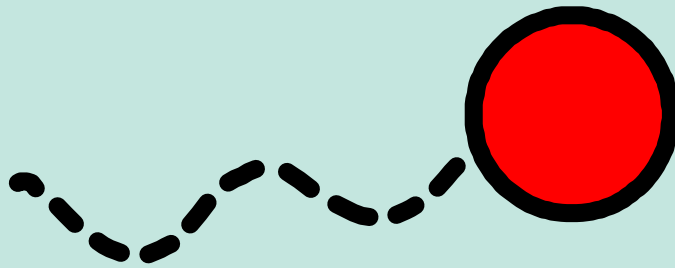
you



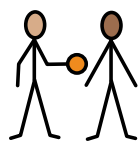
feel



calm...



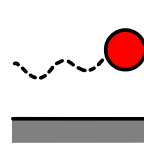
...imagine



your



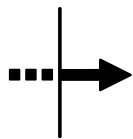
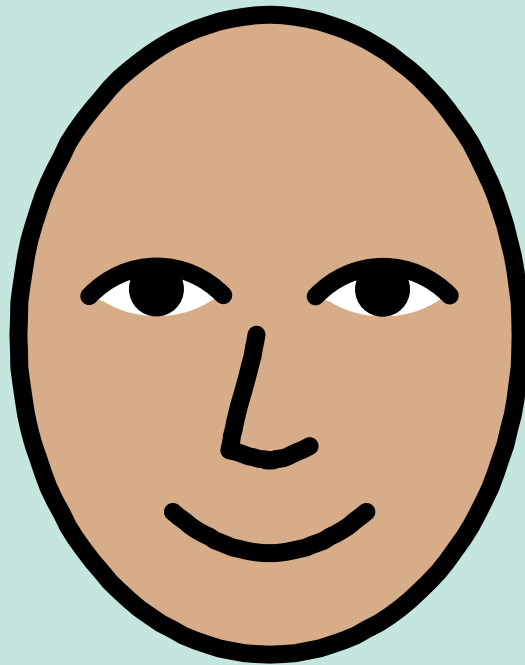
balloon



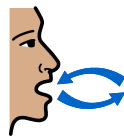
floating away.



Open your eyes.



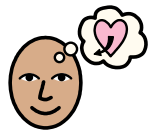
Keep



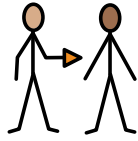
breathing



softly.



We hope



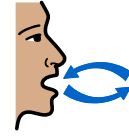
you



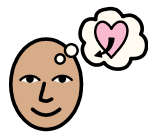
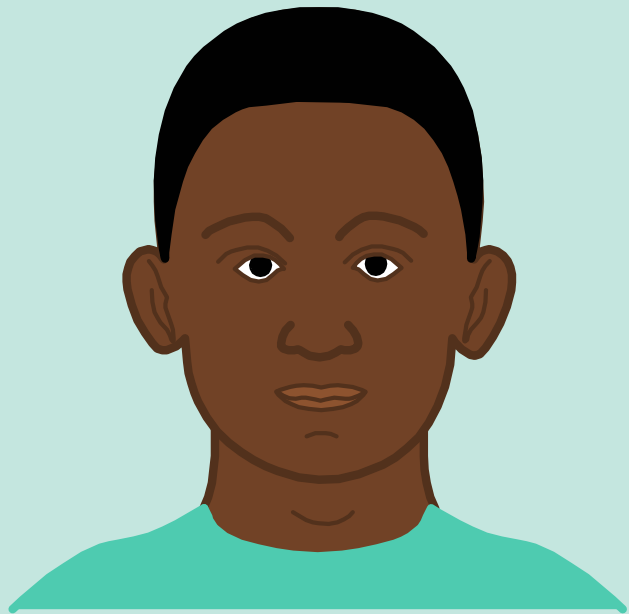
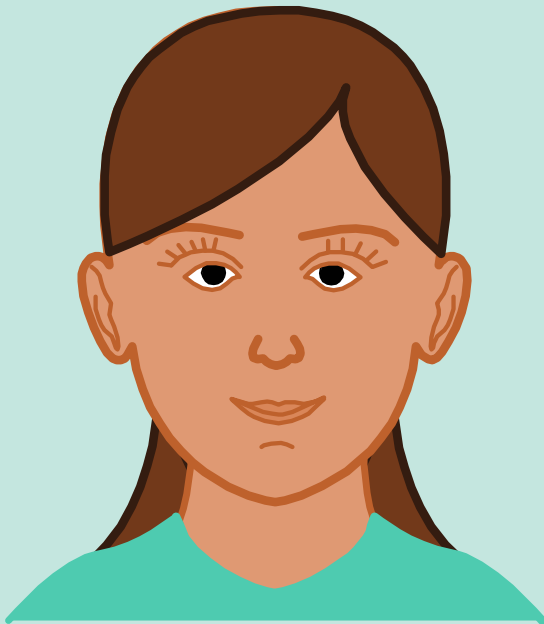
like



our special



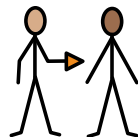
breathing.



We hope



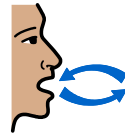
it helps



you

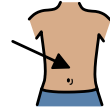


keep calm.



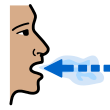
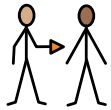
Special Breathing

1



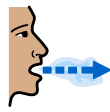
Close your eyes and imagine a balloon is in your tummy.

2



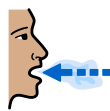
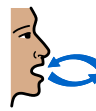
As you breathe in the balloon gets bigger.

3



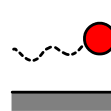
As you breathe out the balloon gets smaller.

4



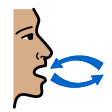
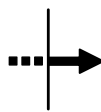
Breathe softly in and out.

5

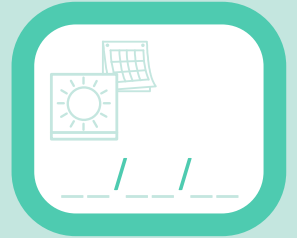


Feel calm and imagine your balloon floating away.

6



Open your eyes and keep breathing softly.



What Helps Checklist



Tick



what helps



me feel



happy,



healthy



and



comfortable?



Being with my pets



Reading



Listening to music



Going for a walk



Exercising



Calm



colouring



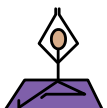
Talking to a friend



Being outside



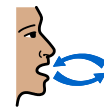
Taking a break



Yoga



Sleeping



Special breathing

Resilience Cards

Sort the cards into the two piles of 'Like Me' and 'Not Like Me', looking at each of the resilience cards in turn with the child and categorising them as you work your way through the pile.

Pause for discussion as appropriate, utilising wondering aloud, exploratory and reflective phrases such as: "That's an interesting card, could you tell me a bit more about x", "I wonder what 'I feel safe' means to you?" "Can you tell me a bit more about what you do to keep fit and healthy?" etc.

Next, ask the child if there are any cards from their 'Not Like Me' pile that they would like to change, categorising these cards under the statement heading: 'I would like to have'.

Try to resist offering solutions and, instead, utilise collaborative problem-solving techniques to support the child to visualise and articulate what they would like these changes to look like.

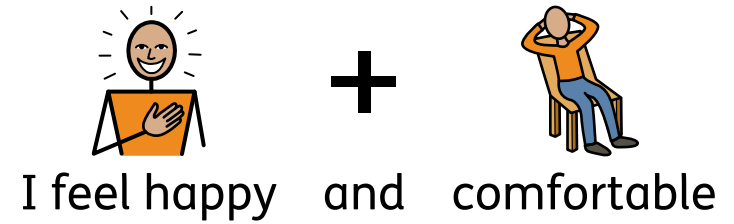
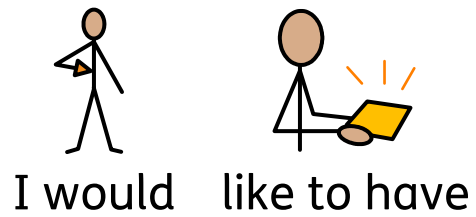
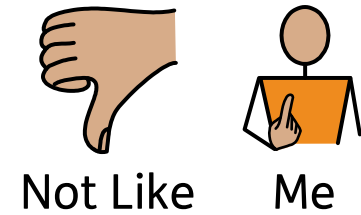
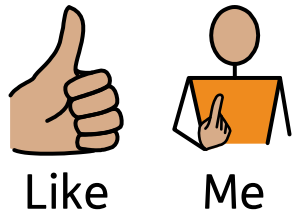
For example, "What would you need to feel included at school", "What would having lots of friends look like?", "What would help to make the learning more enjoyable?" etc.

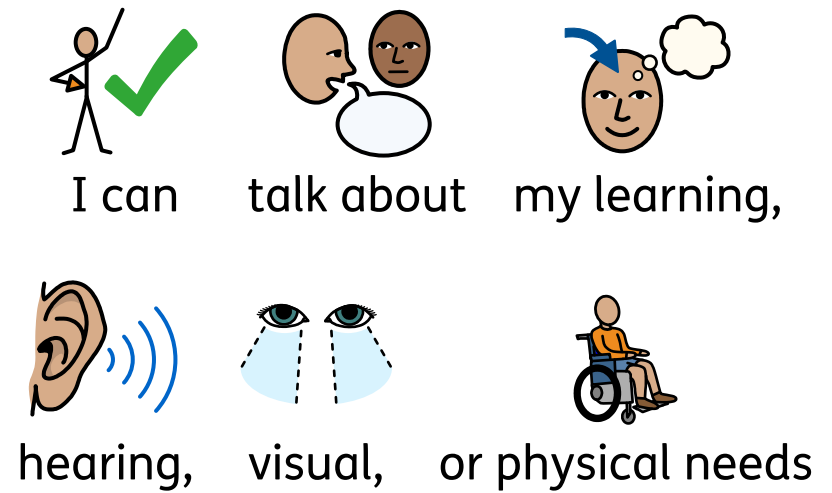
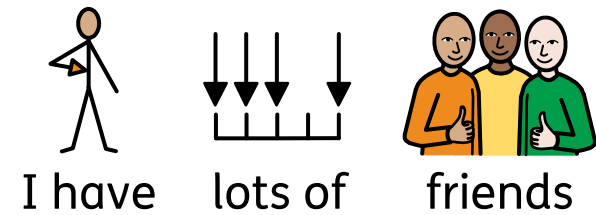
Taking together the key areas of resilience discussed, including areas of existing strength and protection as well as areas of resilience in which the child would like to see change occur, devise a 'My Wellbeing Plan' with the child and their network to enhance and safeguard resilience into the future.

Created in partnership between



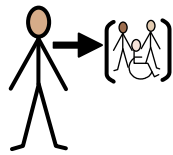
Dr Jerricah Holder
Educational Psychologist







I feel



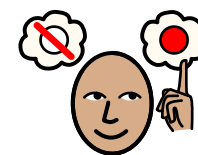
included



at school



I can



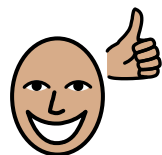
make decisions about



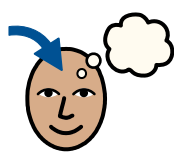
my life



I



enjoy



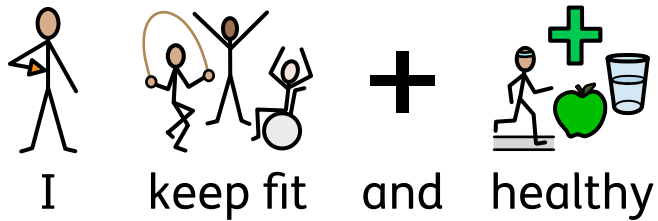
learning



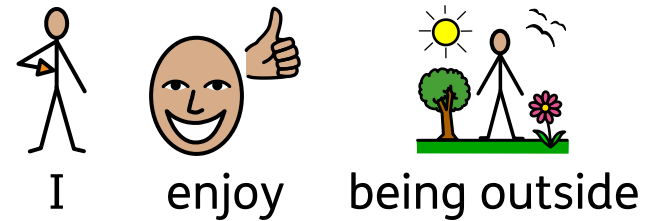
I do



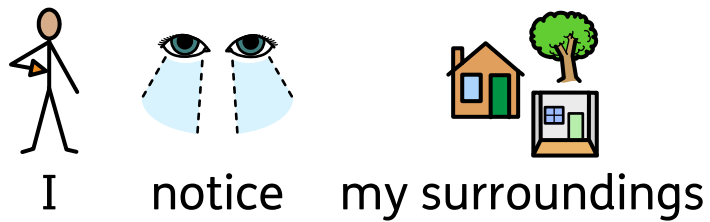
fun things



I keep fit and healthy



I enjoy being outside



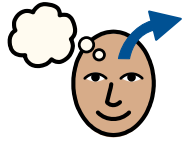
I notice my surroundings



I give to others



I



remember to



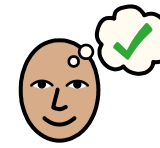
be kind



to myself



I



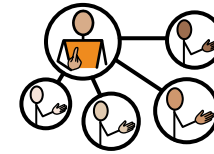
know



who is



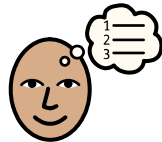
in



my web of support



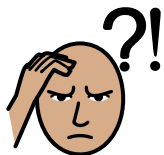
I have



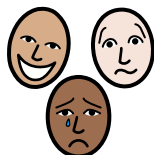
strategies



to cope



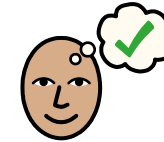
with difficult



emotions



I



know



what helps



me



to feel calm

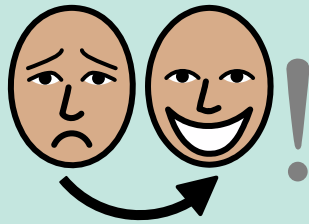


and



relaxed

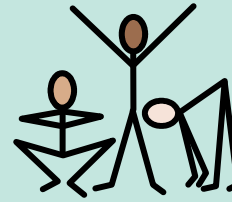




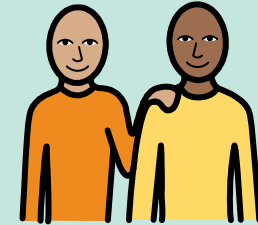
feel better



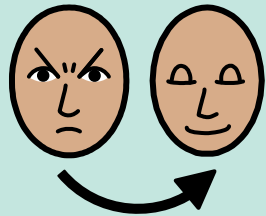
family



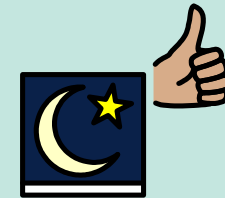
exercise



friends



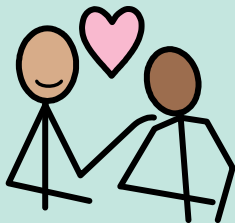
relaxed



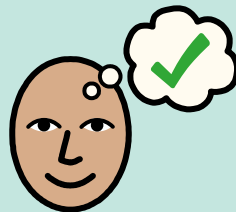
good nights



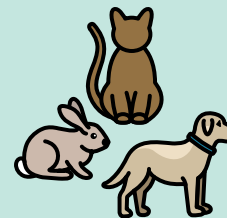
sleep



kindness



understanding

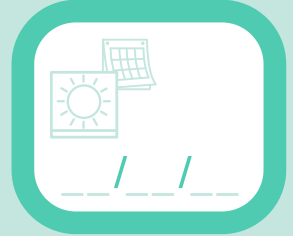


pets



healthy food

Copy the Letters



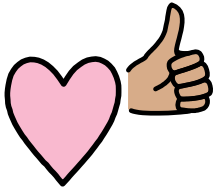
1



w e l l b e i n g

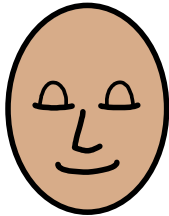
w

2



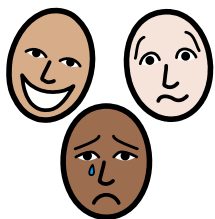
k i n d

3



c a l m

4



e m o t i o n s

5



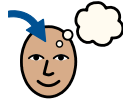
f a m i l y



Wordsearch



resilience



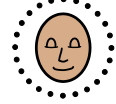
learn



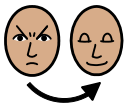
talk



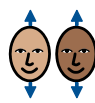
Childline



trust



relax



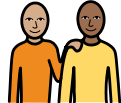
accept



ask



family

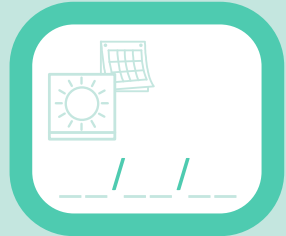


friend

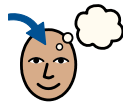
h	u	s	f	r	i	e	n	d	v	l	i
m	x	b	y	b	q	m	w	z	u	m	w
r	e	l	a	x	f	m	q	b	a	s	j
e	m	e	d	u	c	l	y	i	l	m	l
s	t	a	c	c	e	p	t	c	j	p	z
i	y	r	r	j	l	k	a	s	k	u	f
l	s	n	c	z	f	y	l	b	k	i	t
i	x	u	o	i	a	c	k	d	l	d	r
e	o	q	h	x	m	d	b	d	v	q	u
n	m	a	l	j	i	j	t	m	f	v	s
c	h	i	l	d	l	i	n	e	j	t	t
e	x	f	y	x	y	t	r	f	v	x	z



Wordsearch



resilience



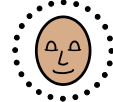
learn



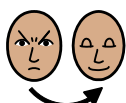
talk



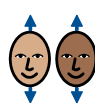
Childline



trust



relax



accept



ask



family



friend

h	u	s	f	r	i	e	n	d	v	l	i
m	x	b	y	b	q	m	w	z	u	m	w
r	e	l	a	x	f	m	q	b	a	s	j
e	m	e	d	u	c	l	y	i	l	m	l
s	t	a	c	c	e	p	t	c	j	p	z
i	y	r	r	j	l	k	a	s	k	u	f
l	s	n	c	z	f	y	l	b	k	i	t
i	x	u	o	i	a	c	k	d	l	d	r
e	o	q	h	x	m	d	b	d	v	q	u
n	m	a	l	j	i	j	t	m	f	v	s
c	h	i	l	d	l	i	n	e	j	t	t
e	x	f	y	x	y	t	r	f	v	x	z



Find



Hidden



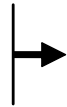
Words



Use

abc

letters



from



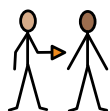
the words



Wellbeing



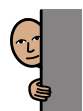
Can



you



find

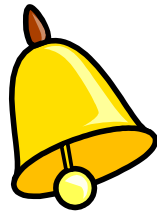


the hidden

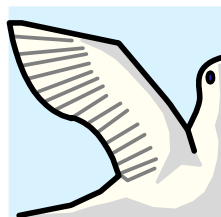


words?

1



2



3





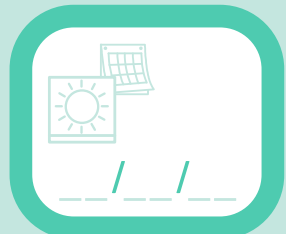
Find



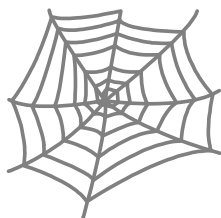
Hidden



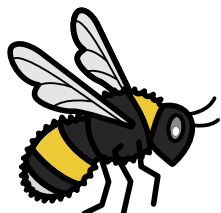
Words



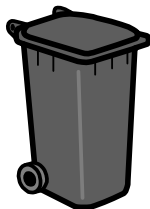
4



5



6

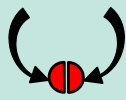


7



8

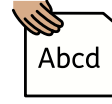
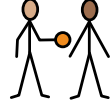




Make Hidden Words



abc



Cut out the letters and make your own words.

w

e

l

l

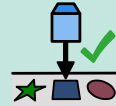
b

e

i

n

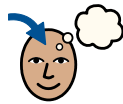
g



Wordsearch Answers



resilience



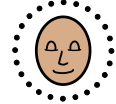
learn



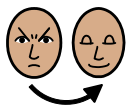
talk



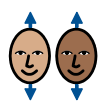
Childline



trust



relax



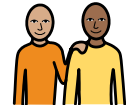
accept



ask

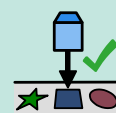


family



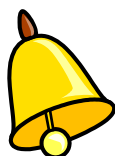
friend

h	u	s	f	r	i	e	n	d	v	l	i
m	x	b	y	b	q	m	w	z	u	m	w
r	e	l	a	x	f	m	q	b	a	s	j
e	m	e	d	u	c	l	y	i	l	m	l
s	t	a	c	c	e	p	t	c	j	p	z
i	y	r	r	j	l	k	a	s	k	u	f
l	s	n	c	z	f	y	l	b	k	i	t
i	x	u	o	i	a	c	k	d	l	d	r
e	o	q	h	x	m	d	b	d	v	q	u
n	m	a	l	j	i	j	t	m	f	v	s
c	h	i	l	d	l	i	n	e	j	t	t
e	x	f	y	x	y	t	r	f	v	x	z



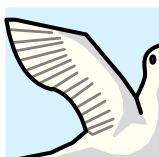
Find the Hidden Words Answers

1



bell

2



wing

3



gel

4



web

5



bee

6



bin

7



leg

8



win