



# Explorers

# A Week of Wellbeing

## Teacher Guidance Notes



[canalrivertrust.org.uk/explorers](https://canalrivertrust.org.uk/explorers)

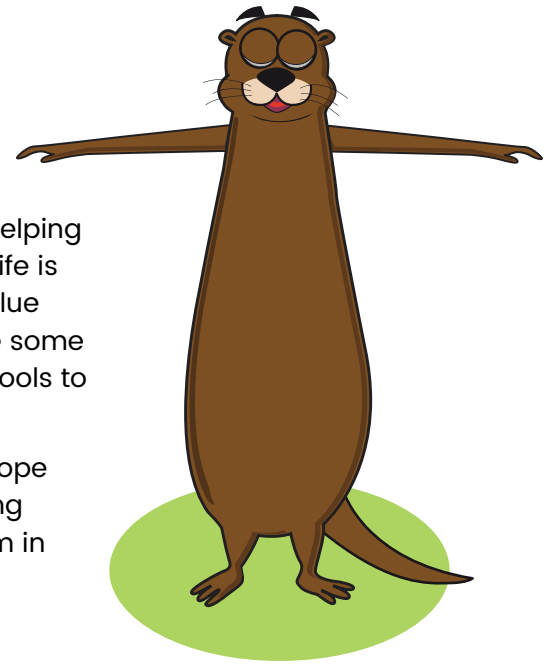


## Overview of the pack

### Children and wellbeing

Here at the Canal and River Trust we want to play our part in helping children look after their health and wellbeing. We believe that life is better by the water and that spending time in the green and blue spaces that surround us can help boost our mood and reduce some anxieties. This resource is designed to provide you with some tools to help tackle the subject of wellbeing with your pupils.

Through our range of immersive and engaging activities, we hope that this resource will help equip children with an understanding of the importance of wellbeing and provide tools to assist them in managing their own emotional health.



### Lesson planning

When planning any lesson that focuses on mental health and wellbeing it is important to bear in mind the personal sensitivities and challenges facing your pupils. A key part of breaking down the stigma that surrounds mental health issues is to encourage an ethos of openness, but within specific boundaries. These should be governed by your school's safeguarding policy.

It is essential to put in place a set of classroom ground rules that allow for an open and non-judgmental lesson environment. It is also important to consider the possibility of personal disclosures from pupils who may wish to make an admission about their own emotional wellbeing.



Mental health should not be a taboo subject and children should be encouraged to talk about their concerns. However, it needs to be agreed with pupils that lesson time is not the appropriate setting to directly discuss their own personal experiences or the private lives of others. Making an anonymous question or comment box available to pupils can be an effective way of enabling pupils to ask questions they feel uncomfortable posing during a lesson. This can be made available before, during or after the lesson.

**If you have concerns about a learner's mental health or wellbeing, it is vital that you raise this with the appropriate pastoral staff at the earliest opportunity so that the right support can be put in place.**



#### Wellbeing and water facts

Access to green and blue spaces is associated with better mental health.

The more time spent by waterways, the happier we are with life.



### About the resource

This Week of Wellbeing pack is designed to support teachers of both Key Stage 1 and Key Stage 2 and separate content has been provided for each group. The resource for both comprises five lessons which have been built around the Five Ways To Wellbeing.

Each lesson has been designed for flexible use, with activities intended to highlight the benefits of spending time outside but equally offer alternative variations for indoor use.

You can choose how you deliver this unit. You can teach the whole topic during a designated 'Week of Wellbeing' or run one lesson per week. Alternatively, you may wish to cherry pick activities from the resource to support your existing work on the topic.



### The Five Ways To Wellbeing

C

**Connect:**  
connecting with other people

A

**Assist:**  
helping others

N

**Notice:**  
taking notice of the world around you

A

**Active:**  
being active in whatever way you can

L

**Learn:**  
learning new things

### Resources

Within your respective Key Stage resource, you will find the following downloadable elements:

- A detailed **Unit of Work** which provides step-by-step delivery instructions for each activity. This includes cross-curricular opportunities, learning objectives, curriculum links and expected outcomes
- Downloadable pupil **Worksheets and Templates**
- Presentation Slides** to support the topic delivery



Worksheets and Templates

Unit of Work

Presentation Slides



### Meet Well-B

Throughout the materials your pupils will encounter Well-B – our extraordinary little friend who has recently discovered that our canals and rivers are a great place to unwind and recharge.

Well-B gets energy from people and places and by looking carefully at the wellbeing monitor on Well-B's chest you'll know just how Well-B feels.

Pupils can look out for Well-B and identify how Well-B is feeling as they progress through the lessons. They will notice that Well-B particularly enjoys spending time by our canals and rivers and finds these places perfect for unwinding and re-charging.



### School mural

Also included with this resource is a downloadable template for you and your pupils to create a mural, collage or classroom display. This would provide a wonderful reminder that spending time outside in green and blue spaces really does play its part in improving personal health and wellbeing.

Your classroom mural or display can also be used as a central piece to support all the activities completed as part of this unit. As pupils produce new pieces of work, these can be displayed on your mural to provide a focal point for discussion on the themes covered in the unit.

### Ideas to support the whole unit

This resource also contains materials that support the whole unit which include a Bingo Card (KS2) which encourages pupils to participate in activities and gestures that promote wellbeing and also a Feelings Tracker (KS1, KS2) which allows pupils to track how they are feeling throughout the duration of the unit.



#### Wellbeing and water fact

Just five minutes of 'green exercise' or activity in nature can boost our self-esteem, and after 20 minutes the stress hormone cortisol is significantly lowered.