

# Learning from Home: Wellbeing

KS2 children aged 7-11 years (can be adapted for KS1 children aged 5-7 years)

Learning Objectives	Resources
<ul style="list-style-type: none"> <li>Children will understand that their wellbeing is important</li> <li>Children will understand that they can feel happier and healthier by using the five ways to wellbeing</li> <li>Children will be able to identify positive activities to support wellbeing</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Nature's School</a></li> <li><a href="#">Canal and River Yoga</a></li> <li><a href="#">Take Notice</a></li> <li><a href="#">Origami</a></li> <li><a href="#">Crafts</a></li> </ul>
Success Criteria	
<ul style="list-style-type: none"> <li>Children will understand the five ways to wellbeing</li> <li>Children can identify positive activities to support their wellbeing</li> </ul>	
Teaching/Parent Input	
<p>In recent months children have experienced huge life changes that can make them feel unsettled which in turn affects their wellbeing. Wellbeing can be explained as feeling comfortable, healthy or happy both physically and mentally.</p> <p>There are five ways to wellbeing: <b>Connect, Be active, Take notice, Keep learning and Give.</b> This <a href="#">short video</a> demonstrates the five ways to wellbeing and is a great place to start your discussions. When doing the activities in this pack ask children to note how they feel at the start, during and at the end of each activity. Did the activities have a positive impact on you? Would you do them again?</p>	
Activities	
<p><b>Connect:</b> spending time outdoors makes us happy and is great for wellbeing. Nature's School has simple mini activities you can do at home to connect with the natural environment.</p> <p><b>Be Active:</b> try canal and river yoga. Exercise is not only good for your body; it can be good for your mind too. Yoga improves balance and strength in children and helps with relaxation.</p> <p><b>Take Notice:</b> with a mindfulness activity. Mindfulness is simply taking notice of what is around you and enjoying the moment.</p> <p><b>Keep Learning:</b> learning a new skill helps to build a sense of purpose and achievement. Origami has calming effects, promotes hand eye coordination and enhances the ability to focus. Try making an origami swan, frog or boat.</p> <p><b>Give:</b> do something for a family member or friend. As well as making them feel good, it will make you feel good too! Get crafty and make something for them, try a model narrowboat, peg butterfly or roses and castles pattern.</p>	
Suggestions	
<p>Teach the canal and river yoga poses to the rest of your family at home or to other family members and friends via video call. Sharing with others is a great way to connect.</p> <p>Make a 'Things to Look Forward To' jar. Each time you think of something you would like to do in the future write it on a piece of paper and put it in the jar. Having things to look forward to can make us feel happier.</p>	
Plenary	Key Words
<p>Reinforce the five ways to wellbeing and write a list of other activities you could do to achieve them.</p> <p>Keep a journal or diary of how you how feeling each day and which activities are helping with your wellbeing.</p> <p>Each day reflect on what you are grateful for and share with your family and friends.</p>	<p>KS1: health, body, mind, yoga, notice</p> <p>KS2: wellbeing, mindfulness</p>

Useful websites/external resources	Get Outside Ideas
<p>Wellbeing activity calendar and games  <a href="https://youngminds.org.uk/media/3750/wellbeing-activity-calendar.pdf">https://youngminds.org.uk/media/3750/wellbeing-activity-calendar.pdf</a></p> <p>Wellbeing activities for families  <a href="https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/">https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/</a></p> <p>Mindfulness for Kids  <a href="https://northstarpaths.com/wp-content/uploads/2020/03/AmySaltzmansMindfulnessforkidsMarch2020.jpg">https://northstarpaths.com/wp-content/uploads/2020/03/AmySaltzmansMindfulnessforkidsMarch2020.jpg</a></p>	<p>Do the mindfulness activity outside and compare the sights, smells and sounds.</p> <p>Try canal and river yoga outdoors.</p> <p>Connect with nature by planning how to improve your garden for wildlife.</p>