



PSHE and Citizenship

Health and Wellbeing | Looking After Your Wellbeing

Looking After Your Wellbeing



Aim

- I understand that there are strategies and behaviours that support my mental health and wellbeing.

Success Criteria

- I can think of ways I can be kind to myself.
- I can list the things I can control and the things I can't control.
- I can think of ways to connect with other people for support.

The Big Questions

What is
wellbeing?

How can I look
after my own
wellbeing?



What Is Wellbeing?

When you try to look after your own wellbeing, you think about:

- how comfortable
- how healthy
- how happy

Wellbeing is explained as feeling...

comfortable,

healthy,

or happy.

If life changes then make you feel unsettled. Things can take you out of your comfort zone and make you see life a bit differently; all of which can be unsettling.

What Is Wellbeing?



Today you will learn some other ways to look after your wellbeing, especially in a time of change.

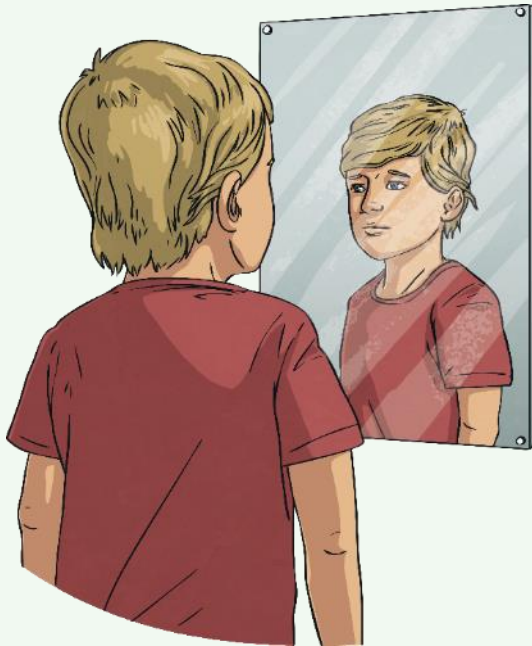
When people feel anxious or worried about changes, they will look after themselves in many areas of their life in the ways they can.

It is often the 'right' thing to do, but it is often done by people trying to look after their wellbeing in the only way they know how.

Reconnecting

Be Kind

When change is happening in the world around you, or when things feel a bit more difficult, it is important to remember to be kind in what you think, say and do.



This includes being kind to others but also being **kind to yourself**.

Be Kind

When choosing how to react and respond to other people, it is important to understand why they are behaving in a certain way, as well as their emotions or situation. This knowledge is important for helping you to understand their behaviour and words but also how to forgive and be kind, if necessary.



It is also important to have the same patience and understanding with yourself.

Be Kind

We often take the time to show gratitude to others but it is important, as part of self-care, that we show ourselves thanks and gratitude.

Remember to speak to yourself and about yourself in a way that you would with someone else you care about.

Often, people speak unkindly about themselves, in a way they would never speak about someone else.

It is important to know the effect we have on ourselves and our wellbeing when we do this.



Be Kind

The following checklist contains different ideas and suggestions of ways you can show yourself some self-gratitude.

Ask others to write a positive note about you and pop these in a jar to

Buy yourself a treat with

Surround yourself with people who motivate and inspire you. This is both in person, in the news and online.

Which of these could you do today?

Ensure there is something or someone in your life that you care about and that needs your love and care; this could be family, pets or plants

Have thoughts about yourself, these out loud

Read a book or listening

Massage your hands
Do something which relaxes you to relax

When someone pays you a compliment, make sure you say 'Thank you' rather than responding with a self-criticism or by ignoring it. It is important to accept a compliment.

Connect with Others

An important part of wellbeing is being connected with other people. If you're having difficulties with your wellbeing, it's important to reach out and connect with someone in your community, keeping these people in your support network. This might include family, friends, teachers at school and members of the community.

This might be through face-to-face interactions or, if this is possible or you'd prefer it, a different way, it could be through letters, messages, telephone calls, video, playing games together on the Internet (always with your parents or carer's permission). If you want to go online,



Exploring

Positive Mindset

Part of coping with times of change or stress is ensuring that the way you see the situation is through a positive mindset.

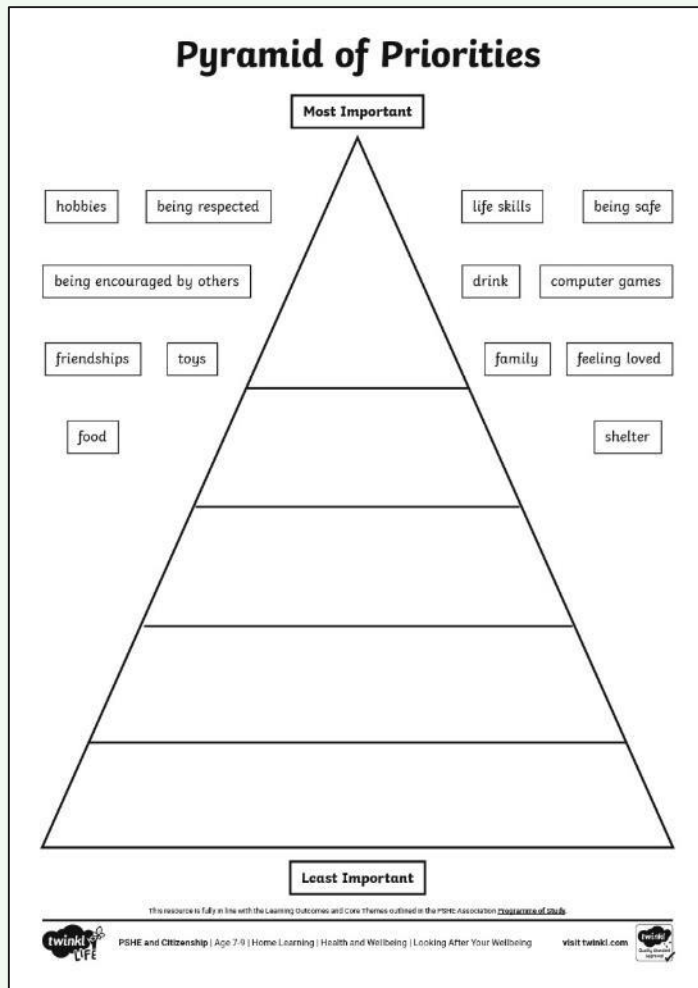
This means looking for opportunities in every situation, no matter how challenging or difficult they are.



This approach can help you to:

- see life in a different way;
- think about the priorities in your life;
- value people over 'things';
- remember what is important in your life;
- know how important your health and wellbeing are; and
- know how important it is to love others and be loved.

Positive Mindset



Look at the pyramid. Think about where you would put each of the different things in your own pyramid.

Discuss this with someone else in your house and see if there are areas where you feel the same and areas where you differ.

Areas of Control



It's important to break down your worries into things you can control and things where you can't.

Lots of people spend time worrying about things that they actually have no control over.

They go on to realise what you should do is stop thinking about a problem.

Because they have no control, they can't do anything to make it better so it can become a big area of worry. This can affect how they feel or how happy they are.

It's important to identify the things that you can't stop thinking about, or that you can't do something about, as you can't control over them.



Areas of Control

Things I Can Control

Things I Can't Control



Consolidating

Reflecting

Consolidating

My Control

My Control

Look at the areas listed in the table below. Write each one them into the box you feel they fit; either 'Things I Can Control' or 'Things I Can't Control'.

You can then put this up in your room or home to remind you of the things you can actually control and to focus on these.

Things I Can Control

Things I Can't Control

How other people feel.	What other people do.	How I look after myself.	Other people's opinions.
Getting older.	What I say.	Traffic.	The weather.
What I do.	What I wear.	What I eat.	Who I play with.
My opinions.	My thoughts.	My words.	How I behave.
What other people say.	What other people think.	How other people feel.	What other people believe.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association *Programme of Study*



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Using your **My Control Activity Sheet**, create a reminder of what you can and can't control to display in your home.

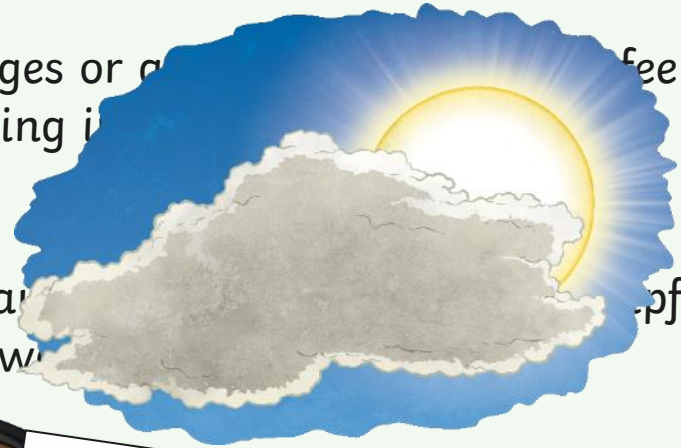


The Future

What are you going through changes or a hard time with? How will life be different? What will you do more of?

- What will you do less of?

What will help you to think about less? What will help you to think about the future in a positive way?



Use the **My Plans for the Future Activity Sheet** to help you with these thoughts and ideas.

These thoughts can help you to see the positive that can come from even the most difficult situations.



My Plans for the Future	
Use the key thoughts below to help to plan out changes for your own positive future!	
Key Thoughts	Your Plans
How will life be different?	
What will you do more of?	
What will you do less of?	
What will you worry about less?	
How will you spend your time?	

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Reflecting

Support Networks

When you are looking after your own feelings and happiness, it is important to realise how much other people can help and support you.

As well as this, you can be there to support and help others. Often, thinking about other people helps your own wellbeing, as it helps you to feel good and positive.

Helping other people can make you feel needed and your help to them creates a support network for you when, or if, you need it.

It is important to reach out to others and say when you need help and support.

Remember, other people will feel good from helping you.



Support Networks

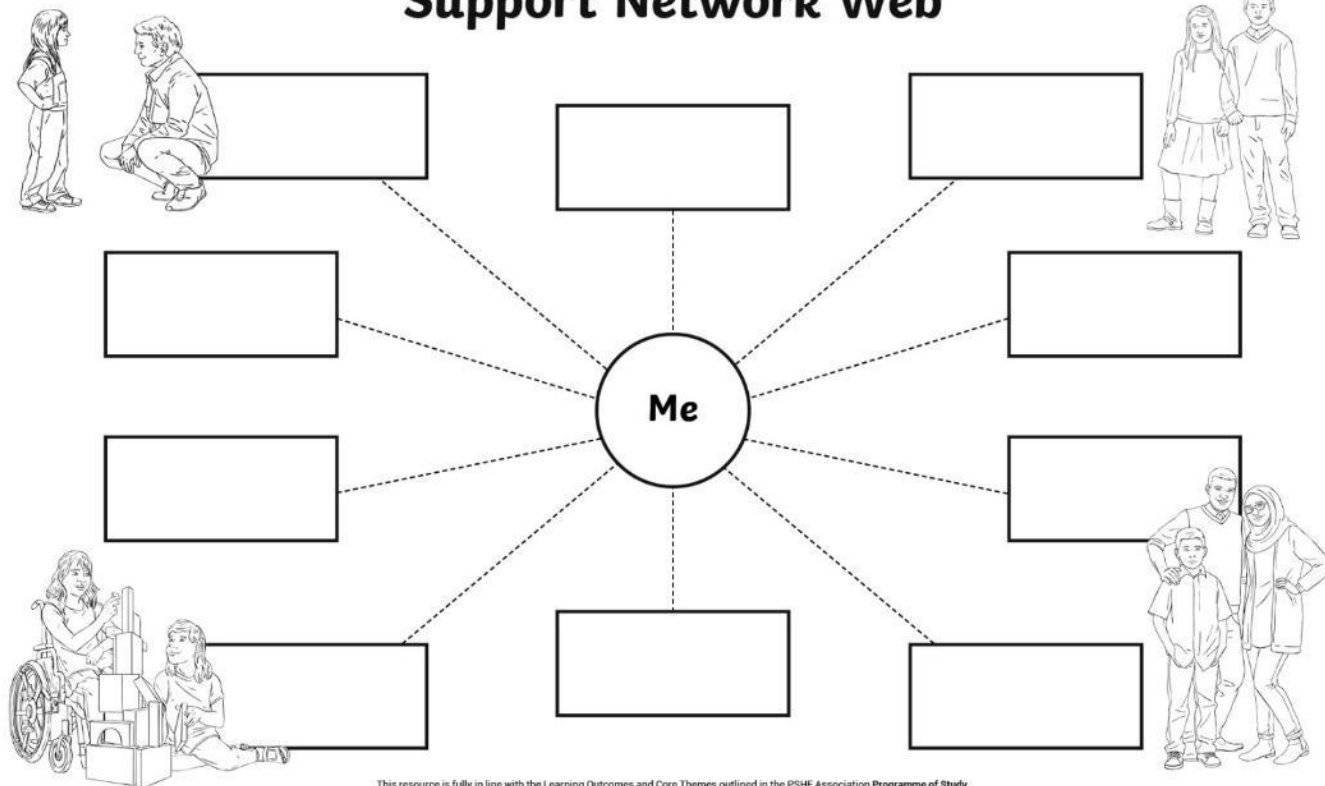
Think about the people who are there to support you.

- family
- friends
- teachers
- other adults
- support groups
- one-to-one support (e.g. with a grown-up).

Using the Support Network Web on the next slide, write the names of every single person within your support network so you know all the people who are there to support you.



Support Network Web



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Remember, you can go to anyone you feel comfortable talking to within your support network.

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