

Remember the steps to good mental health.

It's ok not to feel ok!

- **Connect** with others – talk, Facetime, meet virtually
- **Be active**
- **Learn new skills** – still not learnt the guitar? Now's your chance!
- **Give to others** – surprise someone with a note, food, action, gift or baking
- **Be mindful** – pay attention to the present moment – notice the small things inside and outside
- **Being creative** is a great way to lift a mood e.g. drawing, painting, modelling. It's also a good way to express yourself if you find talking difficult.
- **Getting a good night's sleep** – even whilst you on holiday make sure you get enough sleep, in preparation for your exciting return to school in September!

There are many more links on our well-being padlet:
<https://padlet.com/HLTWELLbeing/jukwcst2scmfbd7t>



Let's Celebrate Change! Pupil activities for home or school

This year has been difficult. Some of you haven't been able to say goodbye to your classes and teachers as you normally would, or visit your new class or school. But don't worry – your teachers are working hard to make sure that you feel settled in your new class in September. Let's see change as something to celebrate. Here are some ideas for you to support you in going through these changes. Choose a few to work on this week.

Managing our feelings:

Happiness Box

Sometimes when we are worried or nervous, we need to think of times or things that make us happy.

Fill a box with all the things that make you happy. You can draw or print out pictures.

Take a photo or bring this into class in September to share.

These can include anything such as:

- pictures of your friends or family
- a special toy,
- a favourite book etc.

[Happyboxinformation.](#)

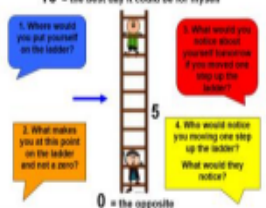


How are you feeling?

Life has not been easy recently and some days may feel harder than others.

Try to reflect on how you're feeling regularly – scale yourself 1-10.

On a ladder of 0 – 10 where:
10 = the best day it could be for myself



Calming yourself down

There are lots of ways to keep calm from controlling your breathing to having a saying (a mantra). One way is through music. Find a piece of music or a song that makes you feel calm and happy. Learn part of the song and the tune and then whenever you are feeling worried, upset or anxious you can hum or sing your song. There are 2 famous songs from musicals that do this well! *Whenever I feel afraid, I whistle a happy tune* and *These are a few of my favourite things!*

All about me:

Unlocking me /moodboard /collage

Who I am Information about me, my family, my hobbies, skills, likes, dislikes. **Who I am** (on the inside)

What makes me happy, sad, grateful...

What qualities do I bring to my family/friends? What makes me feel better/able to cope?

People I spend time with Friends and family – who I like spending time with and why? **At school**

My favourite subjects, best lesson/trip. What I'm good at/find hard. What I read. Moving on

How I'm feeling about changing class/school, questions I have, reflections from this year/lockdown/goals for next year personally/in school.

5 things you should know about me...

Share 5 things that you think someone in your school should know about you! It could be a staff member or a friend.

Spread out your hand and draw around it. Write your name on your palm and then on each finger write something that your new teacher or class should know about you.

It could be things you like, are good at or how you feel.



Certificate to me!

When we celebrate success, we often get certificates that show what we have succeeded at and achieved.

Think of your achievements. What are you proud of? What would you get a certificate for and why?

Design, decorate and write your certificate. You could ask your friends and family what they would give you a certificate for too!

Feeling grateful:

I'm grateful for.....

Fold an A4 piece of paper into 4 and cut out each strip. On each strip write down something you have felt grateful for this year and why e.g.

'I have felt grateful for my friends who always listen to me when I am worried.' or *'Even though we have had lots of change because of Coronavirus, I am grateful that these things have stayed the same: _____.'*

Keep these in a jar called 'your special grateful jar'. You can read these out whenever you feel like you need cheering up!

You could bring them to school in September and add them to a whole class grateful jar.

The class can read them together whenever we all feel in need of being cheered up.

Say a thank you!

It is always good to let people know when they have made you feel better or happy as that will make them feel happy too!

Think of an adult or friend who has helped you this year. It may be a teacher, parent/carer, neighbour or a friend.

How have they helped you?

How did it make you feel?

Make a card or write them a postcard, a letter or an email to let them know!

If you can send it in the post, it is always a lovely surprise to receive!

Make a calendar!

Count how many days until you return to school and make a calendar. On each day draw or write something that you are grateful for or something you are looking forward to learning or doing!

As each day passes, cross it off your calendar.



Looking back and looking forward

Write an advert for your new class

Write it like an estate agent listing a property – what do people need to know about your class? What are the positive features?

- Draw a classroom with labels
- Facilities – sink, displays
- Floorplan
- View from window
- Location (near the assembly hall but we're always late!)
- Area of classroom (square m2)



Advice letters

Write a letter to the year below telling them what it has been like to be in your year group. What do they need to know? What advice would you give them?

If you are in Year 6, write a letter to Year 5

Tell them what you've learnt this year. What have you enjoyed the most? What advice would you give to Year 5 to ensure they have a successful last year in primary school? Include advice for learning and friendships.

Write a letter to your future self: A letter to yourself ready to read at the end of the next school year/when you're older. What are your hopes? What are you most excited about for the year and for yourself growing older? What do you hope to achieve? What do you want to be when you grow up?

Have your say!

What would you like to see happening in school in the Autumn? Do you have any ideas on how to make school a happier place for you? Write a persuasive argument for why. Be realistic – try to think about small changes rather than huge ones – and no there can't be swimming pools in each class! **Alternatively**, what have you noticed during lockdown and would like to change in the world around us? Are there small things we could do that could make a big difference to the planet and all our lives?