



WELLBEING ACTIVITIES

Practical wellbeing activities for
children and primary schools.



WORTH-IT®

What is Wellbeing?

Wellbeing is about how you feel in your body and your mind. Having good wellbeing means that you feel calm, happy and comfortable. There are lots of ways you can build wellbeing. You will find some helpful ideas for boosting your wellbeing in this leaflet.

Positive Emotions Tips:

Positive emotions are feelings that make us feel good. Positive emotions can help us to cope with challenges and build resilience. They can also boost our wellbeing and help us to form strong relationships with others. Practising positive emotions can help us to lead a happier life. Examples of positive emotions include **joy**, **pride**, **inspiration** and **gratitude**. To develop positive emotions we have to do activities that help us to feel these

positive feelings. What are the feelings that make you feel:

- ★ **Proud** - Feeling pleased with something you have achieved
- ★ **Joyful** - Feeling full of happiness and joy
- ★ **Inspired** - When we feel we can achieve something

Can you do these activities more?



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Gratitude Pig

Another positive emotion is gratitude. Gratitude means we are thankful for something we have been given or that has happened. This activity helps you build a bank of things you are grateful for.

On the pig, write all the things you are grateful for in your life. They can be big or small. For example, you might be grateful for having a phone, having nice hair, or having good family and friends.

Practising being thankful and “paying into your piggy bank” builds up a store of all the good things you have in your life. You can remind yourself of these things during tough times when it feels like nothing is going right.

Kindness Activities

When you are kind to others, it makes them feel happy and it boosts your wellbeing levels at the same time. Use these three kindness activity ideas to help children with their wellbeing.

Make a Kindness Chain:

Each person in the school writes or draws something they are thankful for on a paper chain link. You can add links to the chain throughout the day as more people participate. By the end of the day, we'll have a visual representation of all the things that make our school community great.

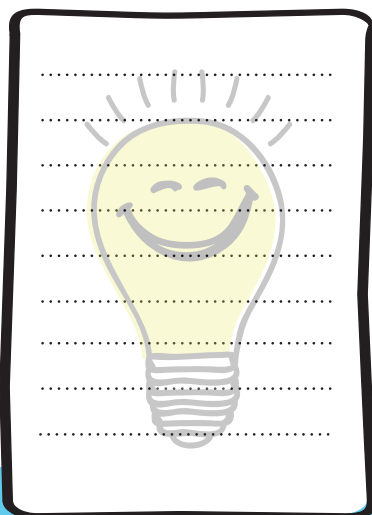
Kindness Awards:

Give out awards to pupils who have been kind throughout the week, term or year. This is a good way to show them they have strengths like being kind and caring.

Spread Kindness in the Community:

Your school is an important part of the local community, think of ways your school pupils can do acts of kindness in the local community.

What Kindness activities ideas do you have?



Confidence Cape

When we are confident and feel good about ourselves it helps our wellbeing levels.

To feel confident it is helpful to think about what you are good at and what your friends like about you. Write these down to help you remember them. Now imagine you have an invisible confidence cloak with all these things on it.

Next time you need to feel confident, put your invisible confidence cloak on to give yourself a boost.



More Helpful Resources

These links share more helpful wellbeing resources for children and primary schools.

BBC Moodbooster Videos

<https://www.bbc.co.uk/teach/moodboosters>

Health4Kids

<https://www.healthforkids.co.uk/feelings/>

The Red Cross -Self Kindness

<https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>

About Us

Worth-it support schools and settings help children learn ways to develop wellbeing and resilience.

Find out more information:

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