

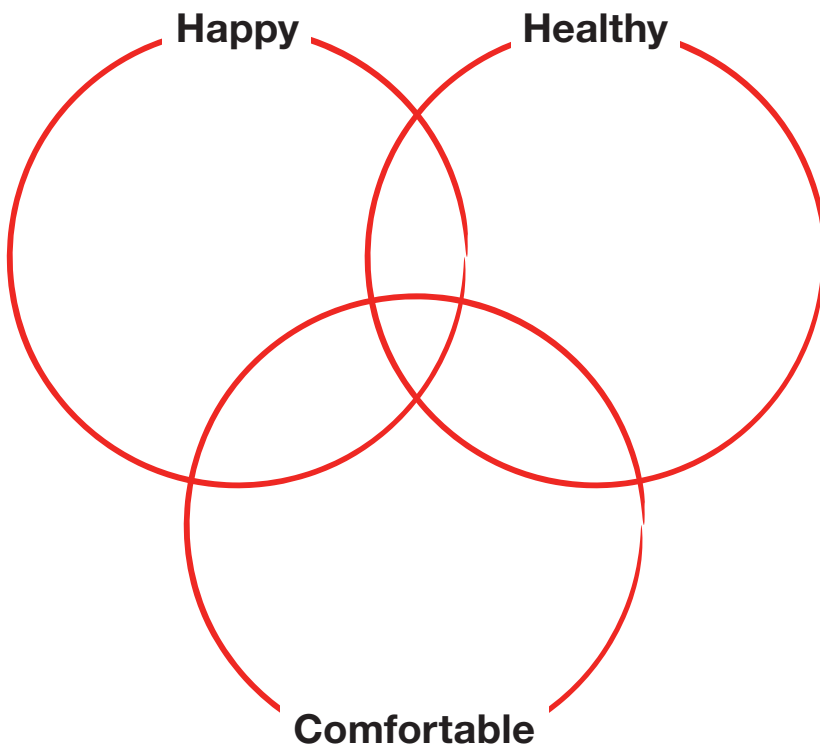
Being kind to yourself

It is important to be kind to yourself too, this means looking after your wellbeing. Use these activities to think about your own wellbeing and explore ways to cope and feel better when dealing with challenges.

What is wellbeing?

People use this word to mean 'being happy, healthy and comfortable.'

Think about the things in your life that make you happy, healthy and comfortable. Write them in the circles below. Some things will make you feel happy and comfortable, or healthy and happy, you can write these things in the spaces where the circles overlap. to make a mind-map. Connect them to the circle with a line.



Breathing with colour

Learning when to take time to breathe can you feel happier and more comfortable. Practice this easy technique.

1. Think about a colour that makes you feel happy – this is the colour of good feelings.

2. Think about a colour that doesn't make you happy – this is the colour of your not so good feelings.

3. Now close your eyes and take a deep breath in, imagine the breath is the good colour.

4. Now breathe out and imagine it is the not so good colour and blow it away, out of your body. Do this a few times until you feel relaxed.

Helping you cope

These activities can help you cope with change and support wellbeing by learning how to plan your daily life better in changing situations and how you can break big challenges into small goals.

Where does my time go?

Think about how you use your time. Write a list of things you do each day.

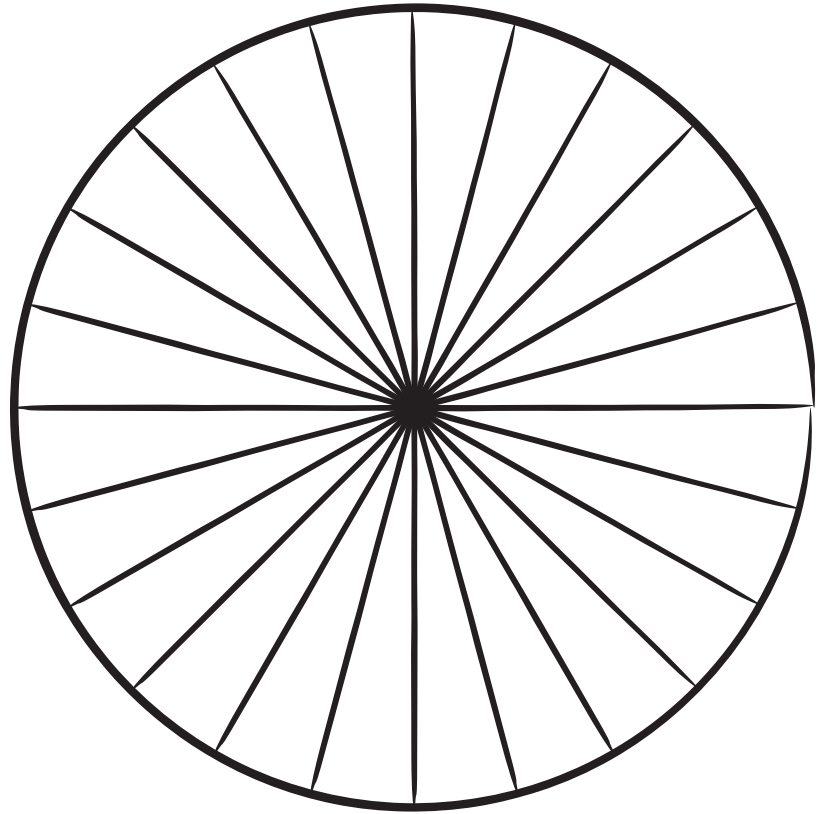
For example:

- sleeping
- eating
- exercising
- talking to friends and family

Colour in the segments of the circle in different colours to show how you spend your time on an average day. Each segment is 1 hour, and there are 24 in one whole day. Things like sleeping should take up at least 6-10 segments.

Do you do something too much or not enough?

Do you have enough happy, healthy and comfortable things in your day? What changes do you think you should make in your day?



Set yourself mini-goals

What do you want to complete or do this week? Setting goals can give you a clear purpose. It should be something you can do, don't set yourself something too difficult.

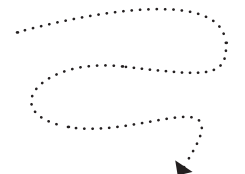
Examples: **Clean my bedroom, get to the next level of my game, be kind to someone in my house.**

Write down three goals. Colour in the medal each time you complete a goal.

Goal 1

Goal 2

Goal 3



Extension activity: Breaking challenges into small goals can help you cope.

What big challenge do you have that you can break into smaller goals?



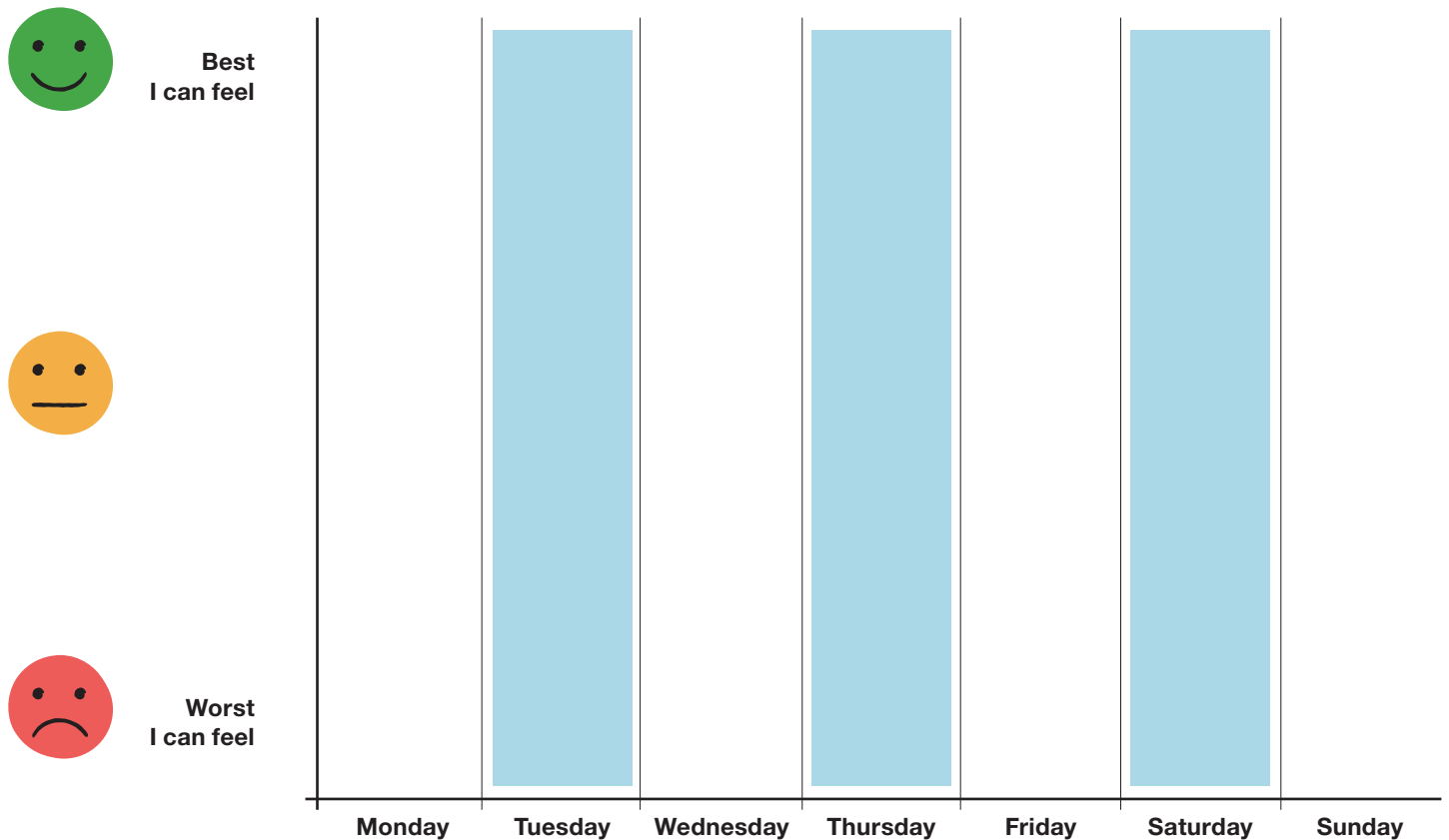
Understanding feelings

We feel lots of different things for different reasons. Keeping track and understanding our feelings, and how they affect how we act, can help us deal with them and identify feelings in others.

Emotion tracker

Keeping track of your emotions can help you to think about what affects them. Over one week keep an emotion tracker graph. Once or twice a day, draw an X or a face on the graph to show how you feel – are you down in the dumps or on top of the world, or just in the middle?

You can tear this out and put it on your fridge to show everyone how you are doing, or you can make a bigger version for your whole family and everyone can plot how they feel in their own colour.



Extension activity: At the end of the week look back on your tracker. Think about:

- When did you feel best and worst? Why did you feel this way?
- How did it affect your behaviour – did you act differently?
- How does your mood affect others in your house?

Coping with challenges

We often have to cope with change and challenges in our lives. Learning how to cope can make us more 'resilient' and better able to manage.

Coping well

Think about a person who copes well with change and challenges. Draw a picture in the space below of a person you know – someone who is good at coping with change and challenges.

Around the outside write all the ways that person copes well. Why did you pick this person? Can you learn from them?

I cope well by...

Think about the ways you cope with change and challenges in your life. Think about your beliefs, thoughts and actions.

Examples: I take a deep breath, I think about the problem, I do something fun to distract myself, I ask for help

Write in the bubble below. You can write a sentence, make up a poem or draw a picture.



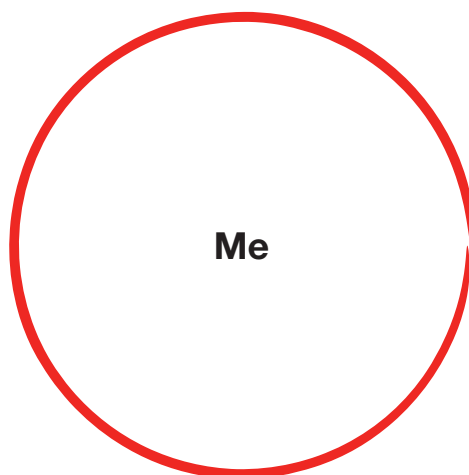
Staying connected

It is important to remember that we are not alone. There are lots of people in our lives who can and do support us. Use these activities to reflect on the people in your life and how they support you.

Web of connections

Think about all the people you have in your life that you can turn to for support. Draw a picture of yourself in the box labelled 'me'. Around the outside, write the names or draw all the people you know and can talk to. Start with the people closest to you.

Draw a line between you and each person. Think about the ways you can talk to them and what you can both do to support each other.



Being kind to my friends

Think about the people on your web of connections. What type of person are they? What do they like to do? How can you help them?

Pick 3 people from the web and write down one kind act you can do for them.

Learning new skills

Learning new skills can help make us cope with change and challenges. A skill is any activity that you can do, for example, cooking, skateboarding or working well in a team. Reflect on your skills, hold a skill learning exchange and make a pledge to learn another skill with the activities below.

Why are skills useful?

Match the skill to the challenges below. What skills can the characters or someone else use to help in these situations? You will be able to use more than one skill for each situation. Draw a line to the skills each person can use.

Technical skills

Listening skills

Coping skills

Asking for help skills

Wadeisor has fallen and hit their head

Sasha is worried about a problem at school

Abdul is feeling lonely

Peter has just arrived in a new country

Harry's friends are arguing about something

Becca's computer isn't working properly

It's Liu's grandma's birthday

First aid skills

Foreign language skills

Quick thinking skills

Arts and craft skills

Kindness skills

What skills do I have?

Think about the special and useful skills that you have.

Fill out the skill card below. Write your name and write down your skills. Colour in the correct number of stars to show how useful you think each skill is.

Colour the correct number of hearts to show how kind you think each skills is.

Extension activity: Could you learn a new skill? Find someone in your home who knows a skill you want to learn. Offer to teach them one of your skills. This way you can teach each other a special skill.

.....'s skill card

Skill 1	☆ ☆ ☆
_____	♥ ♥ ♥
Skill 2	☆ ☆ ☆
_____	♥ ♥ ♥
Skill 3	☆ ☆ ☆
_____	♥ ♥ ♥

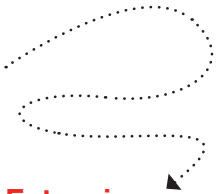
Being Kind



Small acts of kindness can go a long way. Kindness can help support people. Reflect on the power of kindness in these activities and be inspired to do something kind every day.

Why is kindness important?

Think about the word 'Kindness' - what does it mean to you? How does it make you feel? Draw or write ideas around the circle to make a mind-map. Connect them to the circle with a line.

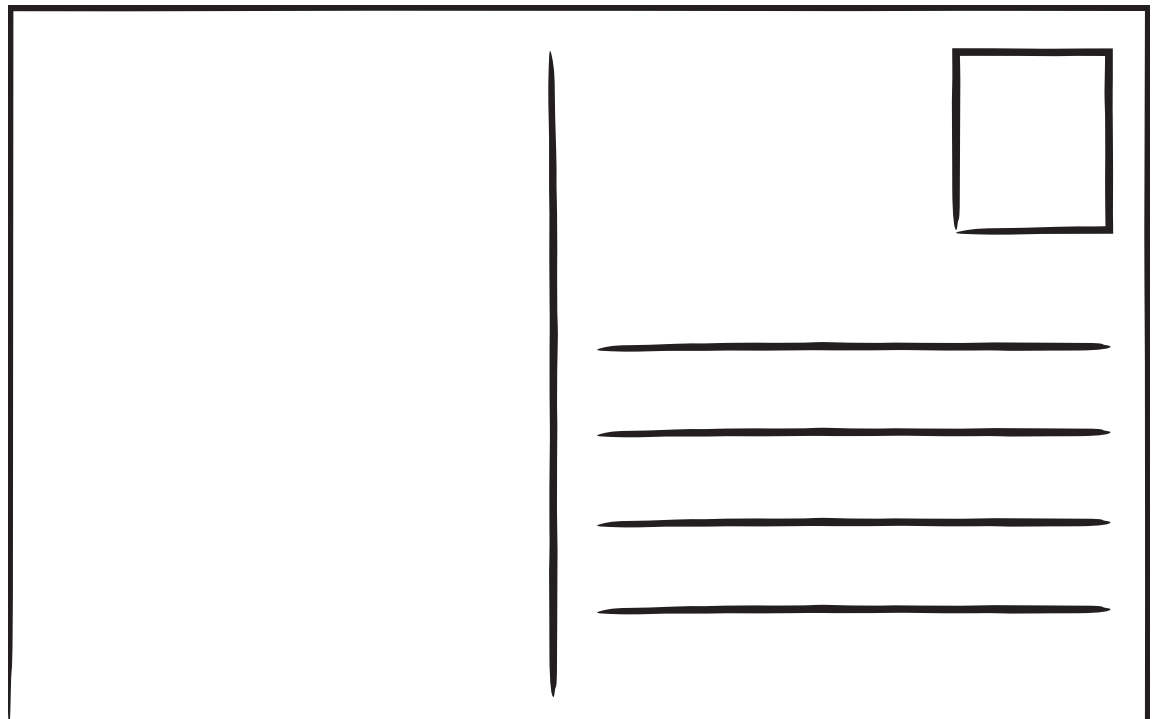


Extension activity: What simple kind acts can you do every day for yourself and those around you? Record them on your kindness calendar.



Messages of kindness

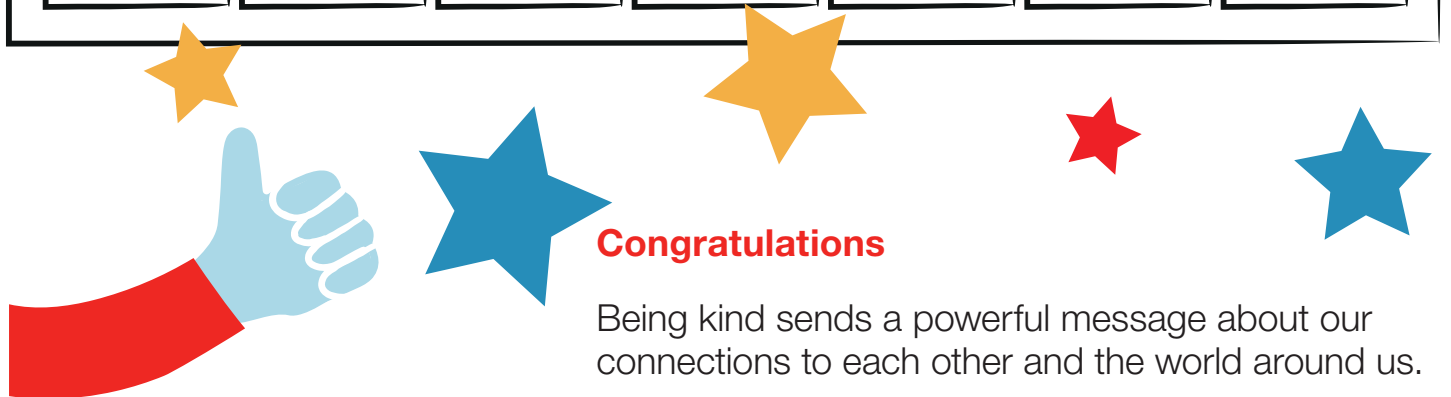
Use the blank postcard below to create a message of kindness for someone you know. Maybe it can be a thank you for something kind they did for you, or for something they often do that helps you or others.



The power of kindness calendar

Use your calendar to record your daily kindness acts.

month		year				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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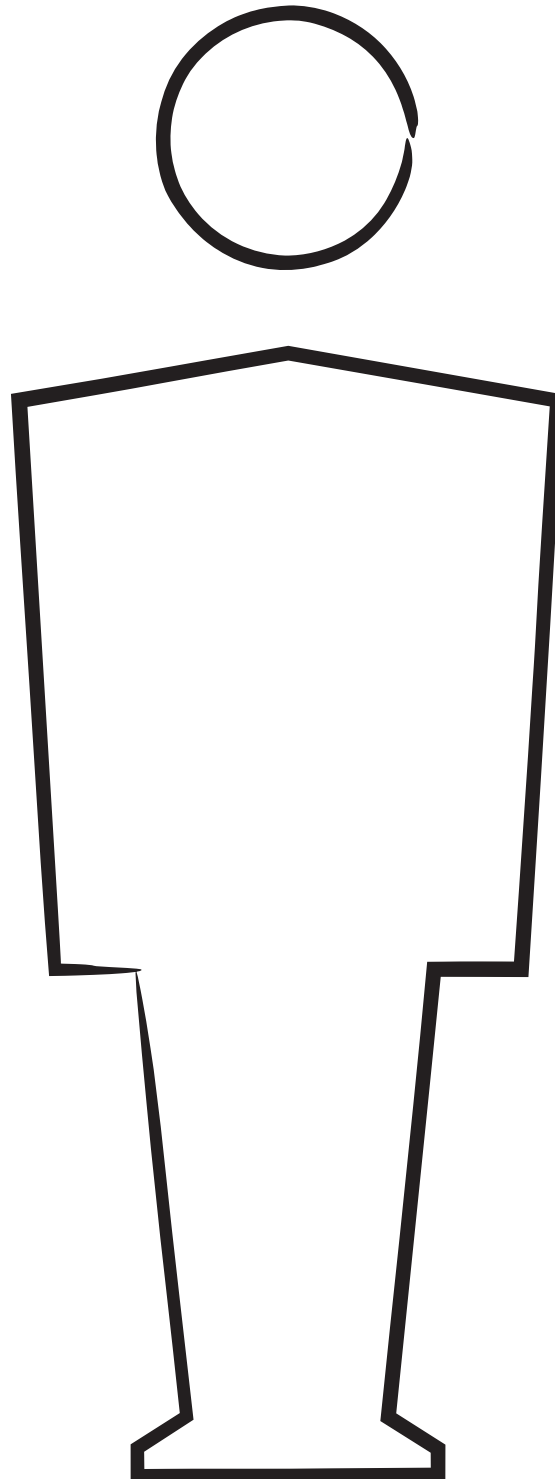


Stress patterns

Create a 'pattern' of your stress and think about how stress changes your feelings and actions and how we can cope with stress. Use different colours for each step.

Write that around the outside too.

1. Around the outside of the person, write all the things that might **cause** you to feel stressed.
2. On the inside, colour in the **parts of the body** where you feel the stress.
3. Around the outside write how the stress **changes your emotions**.
4. Around the outside again write how stress makes you **act**.
5. What makes you **feel better** when you are stressed?



Extension activity: Look at your stress, 'pattern'. What have you learnt from this activity? What can you do to help you feel less stressed?



**The power
of kindness**