

Teacher/Parent/Carer notes and Resource pack: The Universal Year 6 Wellbeing Video. July 2020

Beforehand/What you will need:	Optional resources to print and handout afterwards:
<p>Provide a water tray(s) for the lily activity An A5 blank piece of paper for each child Felt pens Scissors Shield, Lily and Gingerbread man Templates below – print one for each child Print and cut out Emotions words for charades game – one set per group you plan to run the activity with</p>	<p>10 keys to Happiness activity sheet STOP Perspective cards ChatHealth card</p>

The video is accessible here (<https://youtu.be/XCwFsSulvvg>)

Time	Session element	Activity	Resources	Key Message
Before!	<p>Arrange a comments box for children to drop a note in and do a follow up in next week</p> <p>Provide a water tray(s) for the lily activity</p> <p>An A5 blank piece of paper for each child</p> <p>Felt pens</p> <p>Scissors</p> <p>Shield, Lily and Gingerbread man Templates below – print one for each child</p> <p>Print and cut out Emotions words for charades game – one set per group you plan to run the activity with</p>	Comments box and pick up any issues emerging from the session	Comment box and follow up	You can talk about your worries

00:20	Introduction to Wellbeing	In this video we are going to learn about our emotions, how we can become more resilient and experience new strategies which can enhance our wellbeing	Video	Wellbeing is not about feeling happy all of the time: it's a combination of feeling good and being able to do the things we need to do. This includes being able to manage negative emotions in a healthy way.
01:15	Introduction to Mindfulness - opportunity to engage with a mindfulness activity	<i>PAUSE the video when indicated:</i> Think of an animal – take a piece of paper and rip it in to the shape – don't look	Paper	Being in the moment Being engaged and focussing our minds Mindfulness is known to relax us and help us to feel calm
05:07	10 Keys to Happiness	An evidence based approach to help us feel good! GREAT DREAM acronym from Action For Happiness explained	Video	Our actions and choices can affect our emotional wellbeing. Small changes can make a big difference and help us to build resilience and feel happier
08:23	Emotions and “riding the emotional wave”	Thinking more about the broad range of emotions that we often experience	Printed emotion cards	We have lots of different emotions; recognising and naming our emotions helps us

		<p>Knowing the emotion will pass – it won't stay forever – we are learning to ride it</p> <p><i>PAUSE the video when indicated:</i></p> <p>Emotion charades – in groups – describe or act out the emotion so the group can guess.</p>		to gain some control over them.
11:54	Thoughts, feelings, physical sensations and behaviours	<p>Our thoughts, feelings, physical sensations and behaviours are closely linked and impact each other</p> <p>Example using the hot cross bun method</p> <p>Introduction to physical sensations and the benefits of breathing</p>	Video	<p>Practising something like breathing can help us to feel calm and relax; this can affect our thinking and behaviour</p> <p>Additional resources to support children can be found at:</p> <p>Breathing Video found at https://youtu.be/be-4FohiBck</p> <p>Problem Solving Video found at https://youtu.be/8mFzFOelb6w</p>

14:14	Early warning system and the “Fight, Flight, Freeze” response	<p>Sometimes we can feel overwhelmed with difficult emotions</p> <p>Our early warning system is designed to keep us safe but it can sometimes work when we THINK we are in danger so we respond as if the danger is real</p> <p><i>PAUSE the video when indicated:</i></p> <p>Children to describe their feelings of worry by taking part in the activity—draw what happens in your body when you feel angry, sad or worried on your gingerbread man</p>	<p>Gingerbread Man template</p> <p>Felt pens</p>	<p>Recognising what our body is telling us can help us understand why we feel the way we do, regain control and take action to help us feel better</p>
20:56	TIME TO TAKE A BREAK	<p><i>PAUSE the video when indicated:</i></p> <p>Allow the children time for a comfort and play break</p>		<p>Moving our body is good for our concentration and physical wellbeing</p>
21:17	Self Esteem	<p>What is self esteem</p> <p><i>PAUSE the video when indicated:</i></p> <p>Children to complete the statements on their shield template:</p> <p>I am, I have, I can, I like</p>	<p>Shield template for all children</p> <p>Felt pens</p>	<p>It is natural to compare ourselves with others. Remembering our unique and special qualities is one way to keep our self-esteem high.</p>

24:00	The STOP skill	<p>How we might respond in a calm and positive way to our early warning signs</p> <p>STOP – stop take a step back and pause;</p> <p>Take a breath – breathe in-hold-out</p> <p>Observe - how does your body feel? What thoughts do you have in your mind?</p> <p>Pull back – is there another way of looking at this?</p>	Video	<p>It is natural to feel lots of different emotions. The Stop skill is another way to cope when we feel angry, sad or upset.</p> <p>Keep practising!</p>
26:20	Self-Care	<p>Health education message on the importance of:</p> <p>Healthy eating Physical exercise</p> <p>Sleep Talk time</p> <p>Relaxation</p> <p>Gratitude, acceptance and being connected to others</p>	Video	<p>Building healthy habits into your day to day life can help you to feel in control and positively impact your emotional and mental wellbeing</p>

33:10	Let it Go – water lilies	<p><i>PAUSE the video when indicated:</i></p> <p>Write on to the water lily the things that make you worried or fill up your mind – if this is something you wouldn't want anyone else to see then draw a symbol or whatever you prefer – fold the petals over – we tend to keep our worries inside...</p> <p>Place the folded paper on the water – the petals will open and the felt tip pen will soak out in to the water: Leave lilies overnight and let the children see them on the next school day</p>	<p>School to provide a water tray</p> <p>Printed lily template – one each</p> <p>Felt pens</p> <p>Scissors</p>	<p>Let the emotions go - holding them in can make us feel bad. Over thinking about worries can make us feel out of control. Mindfulness helps us to feel grounded in the moment and gives us relief from overthinking.</p>
36:30	5-4-3-2-1 Grounding exercise	<p>Direct the children to participate in this exercise so they can experience the feeling of calm and relaxation</p> <p>Grounding ourselves in the moment – senses and 5-4-3-2-1</p> <p>Breathing and centring ourselves</p>	Video	<p>When we feel high emotions we can bring ourselves back down and feel in control by being in the moment, using our senses and breathing.</p>

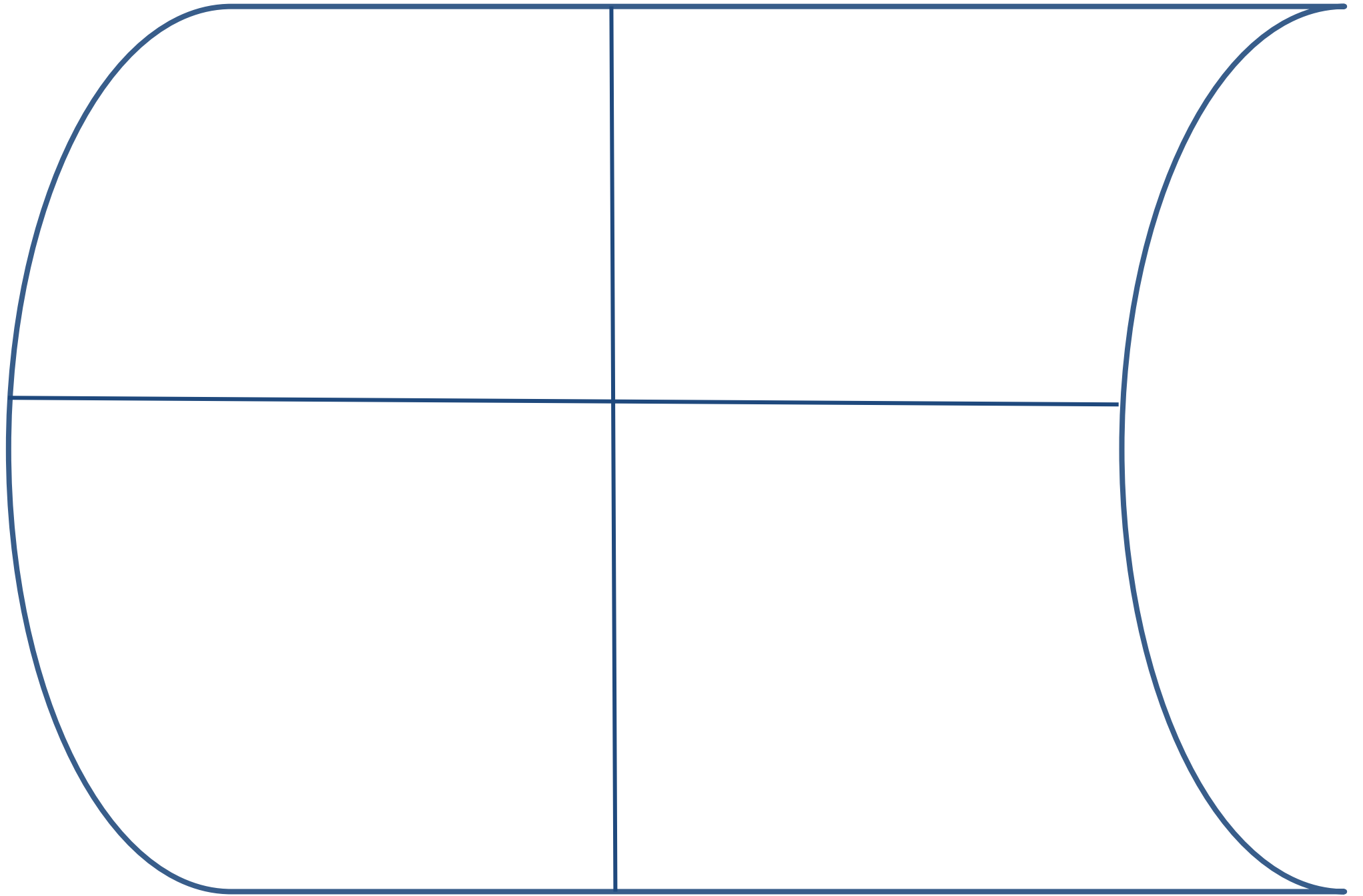
38:40	Your School Nurse service and how to access it at secondary school	What can you expect from your school nurse at secondary school and how to contact them Signposting to mental health services	Video	Your school nurse is accessible, confidential and non-judgemental. You can text your school nurse or go to see them at your school drop-in clinic
Afterwards!	Optional resources to print and handout	10 Keys to Happiness message and the STOP strategy is reinforced The children have the ChatHealth text number	10 Keys to Happiness activity sheet STOP Perspective cards ChatHealth card	Small changes can make a big difference and help us to build resilience and feel happier

Note to teacher/parent/carer:

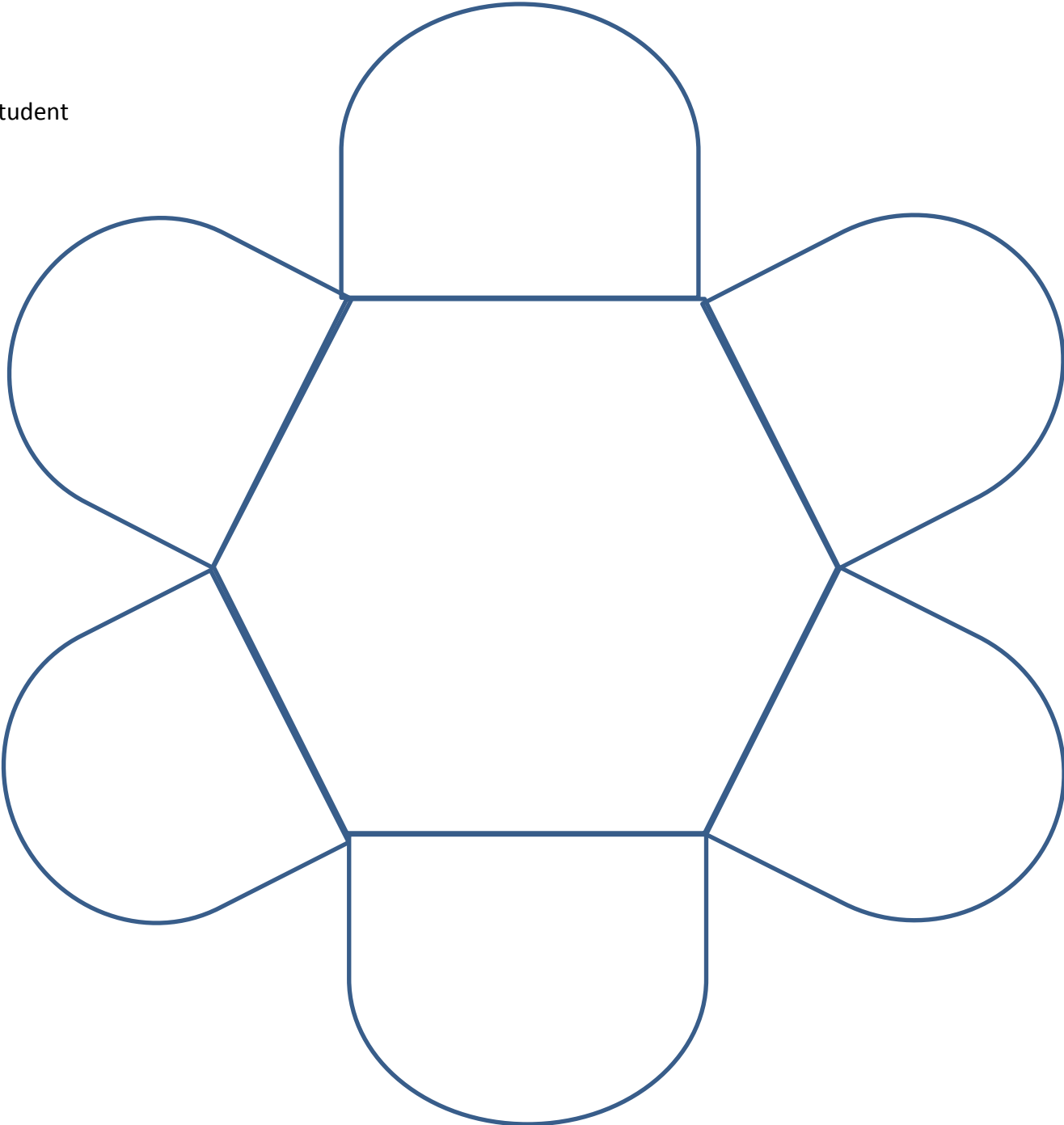
Sometimes thinking about feelings can trigger emotions for children. It can be helpful for the adult to recap at the end of the session that all of us experience a range of emotions every day; doing things that soothe us can help us to feel emotionally comfortable. We suggest some physical activity; a game or some breathing/relaxation exercises can help children to regulate their emotions and would be a really positive way to complete the session. It is also a good opportunity to remind children about their network of support and who they can feel safe to talk to.

Thank you and we hope you enjoy the session.

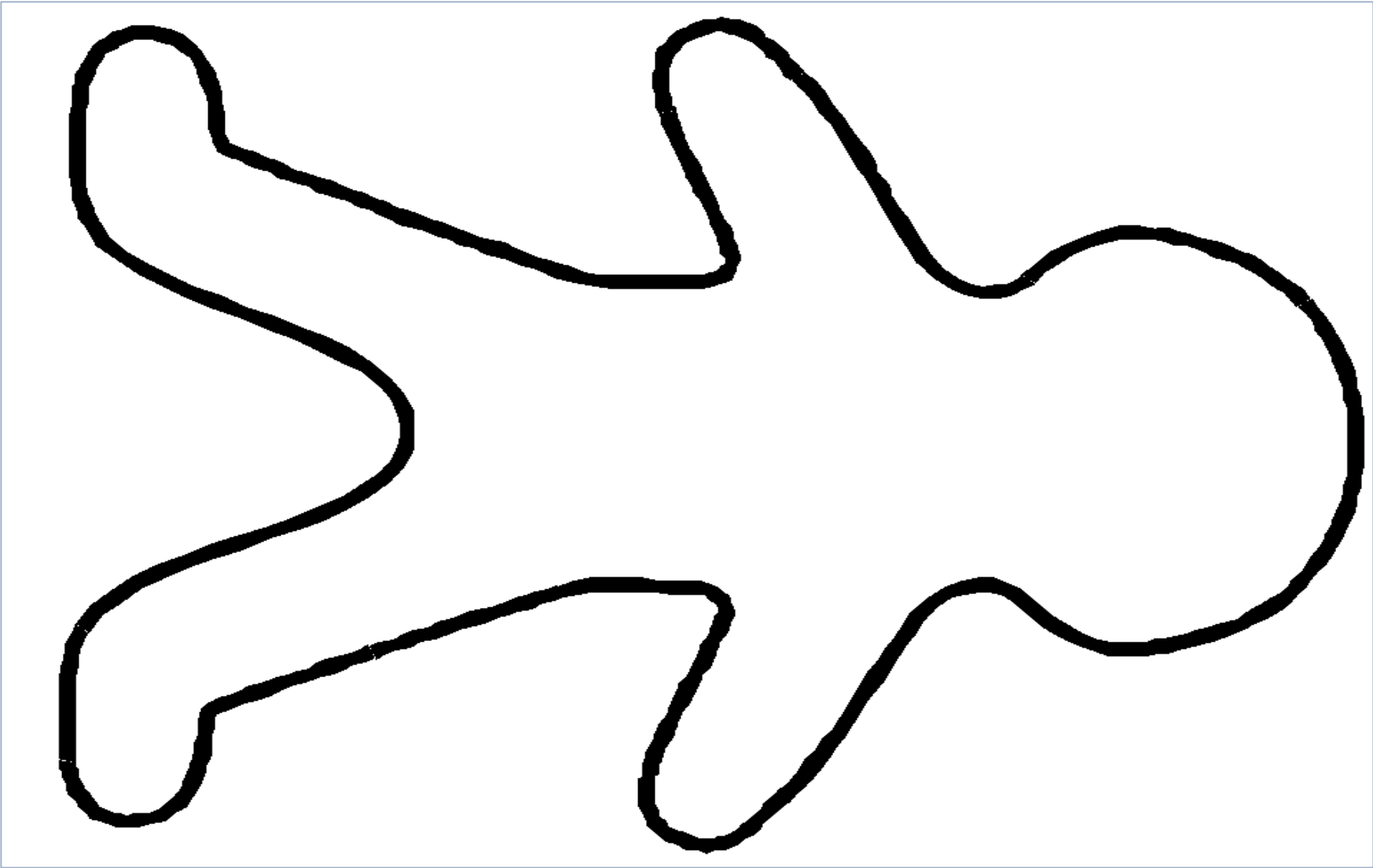
Eva Trkulja and Pippa Gilbert, School Nurses



Water-lily x1 per student



Gingerbread person template



Emotions words

CONFIDENT

IRRITATED

CONFUSED

HOPEFUL

SCARED

WORRIED

BORED

STRESSED

NERVOUS

ANGRY

EMBARRASSED

SHY

INTERESTED

CALM

HAPPY

SAD

FRIGHTENED

GUILTY

PROUD

CHEERFUL

RELAXED