




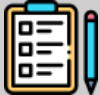
Subject: Wellbeing

Phase: Middle, Upper and Sixth Form

Welcome to the Wellbeing Super Curriculum. Below you will find a whole host of exciting things to help you to take care of your physical and mental health. We hope you enjoy completing these activities and learning new ways to support your wellbeing.

You might want to create a workbook, diary or presentation of the things you do. You will earn reward points if you can share what you have learnt with your tutor. You could also share your ideas with your friends to help support their wellbeing.

| READ  | WATCH  |
|---|---|
| <p>Poetry can be very powerful and help us to understand our feelings. It is also a great way to share how we are feeling with others.</p> <p>Worry Poem Read this poem and next time you feel worried, pull those worries out of your head and write them down.</p> <p>Try Your Best Poem Read this poem and think about what it means to try your best. Does it mean always winning and being the best at something?</p> <p>You could create your own poem about how you are feeling. It can help to write our emotions or worries down so that our mind is then clear.</p> <p>What foods are good for me?</p> <p>Healthy eating and exercise are so important and also have a big impact on our wellbeing. Click the link to learn all about the foods that are good for you and how to look after your physical health.</p> | <p>How to calm your mind when you feel anxious Watch this video and follow along to learn the 5-4-3-2-1 technique. Once you have learnt the technique, you can use it whenever you need to.</p> <p>Sensory Bubbles Sometimes when you feel overwhelmed you need to focus your mind and calm your thoughts. Click on the link and try watching the bubbles. You could even blow bubbles while watching it to help with your breathing.</p> <p>Art Video - Feelings Drawing is a wonderful way to relax. Click on the link to watch a drawing activity that you could use to show how you are feeling or simply write words that come into your mind. Try listening to your favourite music as you draw to calm your mind and help you relax.</p> <p>Flipping your lid Watch this video and then make a list of the things that help you to calm down when you 'flip your lid'.</p> |

| LISTEN  | DO  |
|---|--|
| <p>Sleep Music Do you find it difficult to get to sleep? Try closing your eyes and listening to this sleep music.</p> <p>BBC Sounds Learning Learning new skills and expanding your knowledge is so important for your mental health and general wellbeing. Click on the link and choose what you would like to learn today – a new language, listen to poetry or learn about history through stories.</p> <p>Wellbeing Podcasts Listen to podcasts about lots of different topics including:</p> <ul style="list-style-type: none"> • Friendships • Self-care • Staying Active • Self-esteem • Worrying | <p>Circle of Control Do this activity to help you worry less. It is important to remember that we can't solve everything.</p> <p>Learn how to shuffle! Have you ever wanted to be able to do the shuffle dance? Click on the link to follow the steps. Music and dance are a wonderful ways to stay fit and can also help to calm your mind and help you relax.</p> <p>BBC Bitesize Creative Lab This is a fantastic website that allows you to paint, draw, create, build and design all in one place.</p> <p>5 Minutes of Exercise Being active is so important for our physical and mental health. Join Joe Wickes for his 5 minutes of exercise. See if you can get someone else in your house to join you.</p> <p>Quick and Easy Recipes Cooking can be a very relaxing activity and is also fun! Here are 45 quick and easy recipes to choose from and if you are not very confident in the kitchen you could choose the recipes that don't need to be cooked.</p> |