

# Looking After Your Wellbeing



# What is Wellbeing?

**Wellbeing means feeling...  
comfortable, healthy or happy.**





## Top tips for looking after your wellbeing:

Time and time again, scientific studies have shown us that if we do the following five things listed below, happiness will increase.

1. **Connect** - spend time with family, talk and listen ✓
2. **Be Active** - whether you go on a long walk or bike ride, take regular exercise you enjoy ✓
3. **Keep learning** - listen, pay attention and you really can learn something new everyday
4. **Give** - be it a smile, a helping hand or a thank you, sometimes the smallest things are the most appreciated.
5. **Take notice** - of your surroundings, your family, remember the simple things that give you joy. Paying more attention to the present moment can improve your wellbeing, we call this awareness 'mindfulness'



# Keep learning

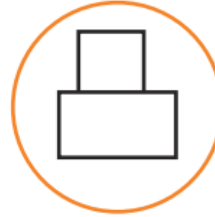
This week's focus is to keep learning. What could you do?

Name **5** things



... that **feel** soft!

Name **5** things



... that are **rectangular!**

Name **5** things



... that are **circular!**

Name **5** things



... that **smell** nice!



Play a new game, here are some ideas.

#### Attention and Listening Games

### Wrong Words

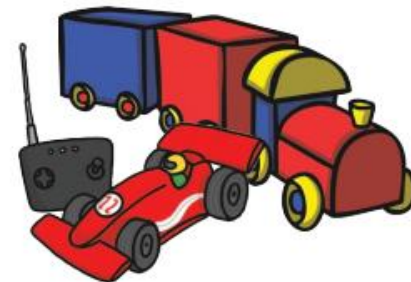
Explain to the children that you will be singing nursery rhymes but one of the words has been changed. Ask them to listen carefully to the rhyme and put their hand up when they spot a word that is in the rhyme by mistake. For example, 'Humpty Dumpty sat on a wall, Humpty Dumpty had a great bike' or 'Incy Wincy Spider climbed up the water hat'.



#### Attention and Listening Games

### Kim's Game

Place objects on a tray. Objects can be linked to the topic you are covering, e.g. transportation toy car, lorry, train, boat. Go through with the children what objects are on the tray. Cover the objects and take one object away. Children to guess which object has been removed. It's best to start off with a few objects, and as the children grow in confidence, increase the number of objects.



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#### Attention and Listening Games

### Pass a Rhythm

The adult claps out a rhythm and passes it onto the next child and then it is passed around the circle.

Start off with a simple rhythm, making it more difficult as the children become confident with the activity.



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Have fun and tell me what you have learnt, could you teach me something?

Miss Turner