



Wellbeing and learning support

For those both in school
and at home

Today I pray for you
a heart free of sadness,
a mind free of worries,
a life full of gladness,
a body free of illness
a day full of God's blessings

Wellbeing and learning support

- In our own moment of reflection let us close our eyes, pause, think and pray.
- For those we love, for those we miss, for those who need us, for those who have passed, for those who sacrifice for us, for those who are in trouble, for those in pain and for those who are isolated and lonely.
- Read to yourself or follow with your teacher the short prayer on the left that asks us to think of others, give them inner strength as we face a new day, and be thankful for the things we have in our lives.

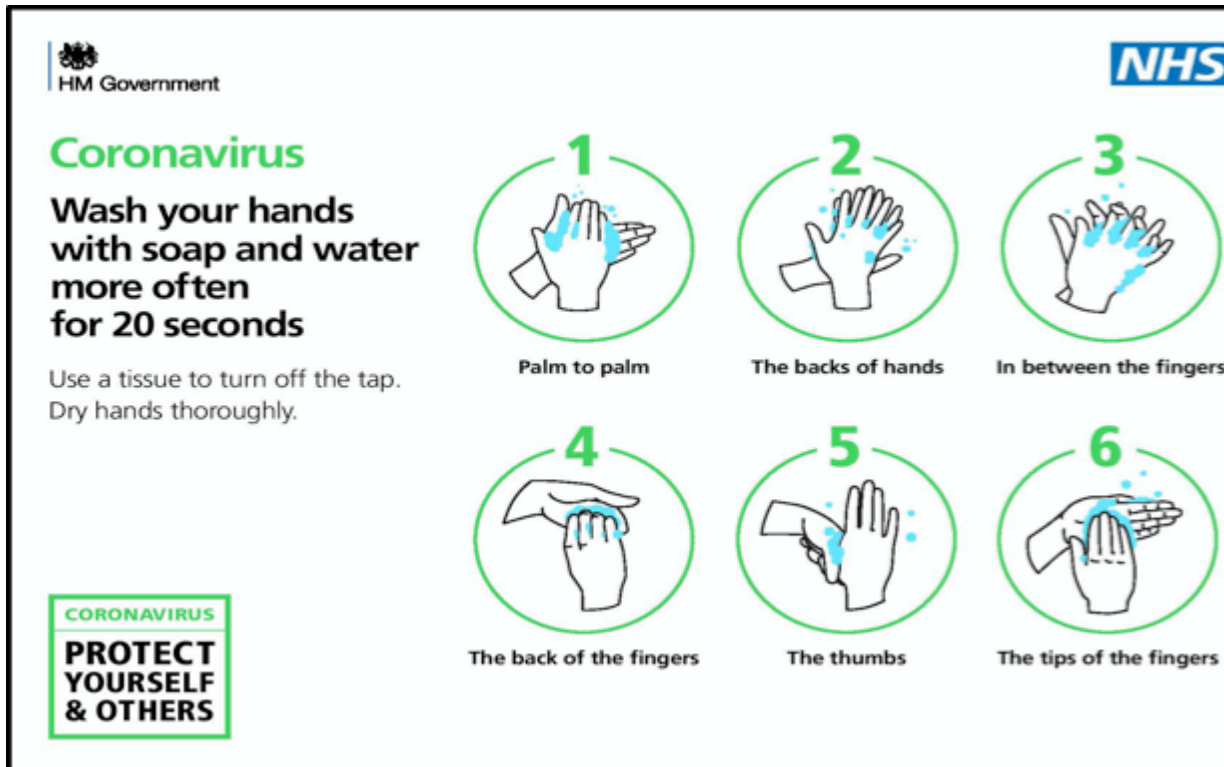
Wellbeing and learning support

Safety in and around our school buildings

- Please ensure you follow ALL instructions regarding social distancing, one-way flow, entrances and exits.
- Please be respectful of everyone's space and behave in a polite and considerate manner.
- Do not touch items that do not belong to you.
- Cough or sneeze into the fold of your elbow or catch it in a tissue and bit it.
- Be mindful of others when arriving and leaving the building.
- You must NOT touch others or share ANY items.
- Use the sanitising stations provided



Wellbeing and learning support



Effective washing of hands

- This remains the best way of protecting ourselves and others.
- Please read the instructions with your teacher.
- Ask questions if you feel you need to.
- It is essential that **WE ALL** follow and practice these rules when on school site and at home.
- There will be an opportunity for your class to visit the toilets allocated to your zone and familiarise yourselves with equipment, facilities and location.

Coronavirus

Wash your hands more often



Coronavirus is a serious illness that can make you very ill.



The best way to not catch it is to wash your hands more often for 20 seconds.



Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or touch food



Find out more at
[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



Wellbeing and learning support

Why hand washing is so important

- Think about how often you wash your hands each day.
- Please remember why we are asking you do do this.
- Are you being conscientious?
- Clean hands are safe hands.
- It is not just about you but your family, friends, and others you meet.
- Spread kindness and consideration not coronavirus.

Wellbeing and learning support



Fire Safety

- If the fire alarm happens to sound, please follow the instructions of your classroom teacher.
- Exiting the school buildings, behaviours and Muster Stations have not changed.
- It is important that we remain vigilant and are aware of the actions we need to take to keep safe.
- Your class teacher will run through what to do and where to go.
- Please listen carefully and remember our expectations and routes.

Wellbeing and learning support

- Today we are thinking about the 5 areas of great Wellbeing.
- Talk to your class friends or family at home. What do each of the five areas mean to you?
- Share your thoughts with your teacher and the rest of the class. Why are these five areas important?
- What are the negative affects that we could experience or develop if we do not think about our day to day wellbeing?



Wellbeing and learning support

Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Connect

- So what does this look like?
- Discuss in your class.
- How do you make connections with others?
- What can you do to connect?
- How does making positive connections with others make you feel?
- What benefits do you, and others, gain from staying connected?

Five ways
to wellbeing



Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Wellbeing and learning
support

Be active

- Why does being active benefit us?
- What other examples can you think of that are not mentioned on the slide?
- Do you have a favourite?
- You do not need to be super sporty, just motivated to get active.
- Have you found something new to keep active that you were not doing before social distancing?

Wellbeing and learning support

Five ways
to wellbeing

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Take notice

- What does this look like?
- Have you noticed changes in nature?
- What have been your experiences from social distancing or distanced learning?
- Have you learnt lots about yourself?
- What are you more grateful for?
- Share with your classmates or family.

Wellbeing and learning support

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Keep learning

- What new things have you discovered?
- Cooking, baking, fitness, documentaries, developing new skills, sign language, music, books, nature, facts?
- Share and be proud of how you have developed your learning.

Five ways
to wellbeing

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Wellbeing and learning
support

Give

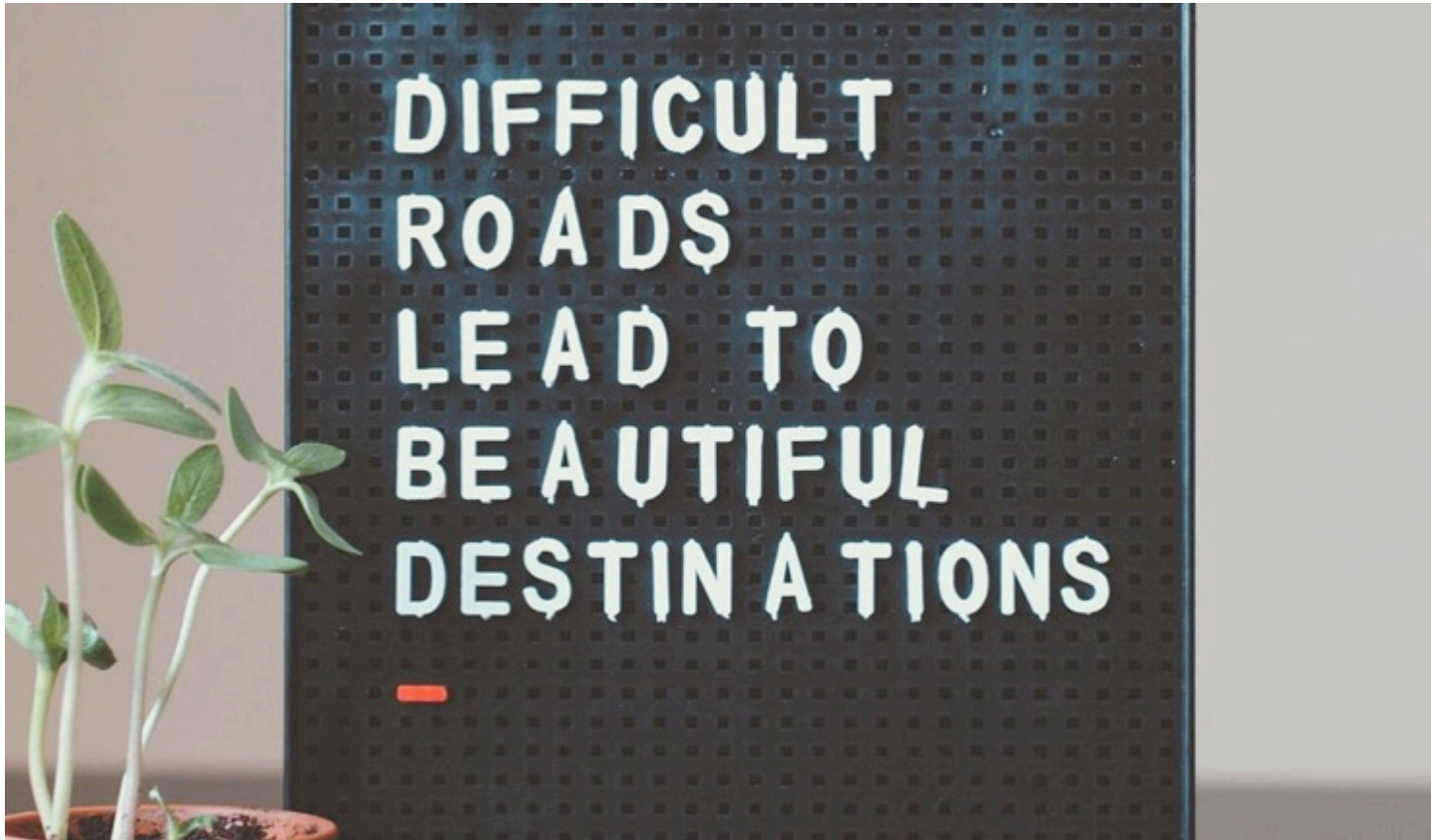
- How have you given your time and energy?
- How have you shown kindness and consideration to others?
- Talk to the person nearest to you and answer the points on the purple slide.
- Who has benefited from your 'giving'?
- In what ways have they benefited?
- Could you do more?
- Think about our core gospel values in action here.



Wellbeing and learning support

- Ensuring we get a healthy balance of the 5 areas of wellbeing in our daily lives is so important.
- Some of us struggle to find the inspiration or drive to get out of a negative cycle or situation.
- This is where a key element of our personality needs to be considered and used:

MOTIVATION



Wellbeing and learning
support

MOTIVATION

- It is the fire within us, it inspires us, it means something to us, it is personal, it involves our dreams and ambitions, it is what we desire, it is why we work hard, it is why we make sacrifices and it is why we pick ourselves up when we fail.
- Discuss what the quotation on the left means to you.
- Watch the following three short videos and try to answer the questions for each slide.
- Talk to the person nearest to you.

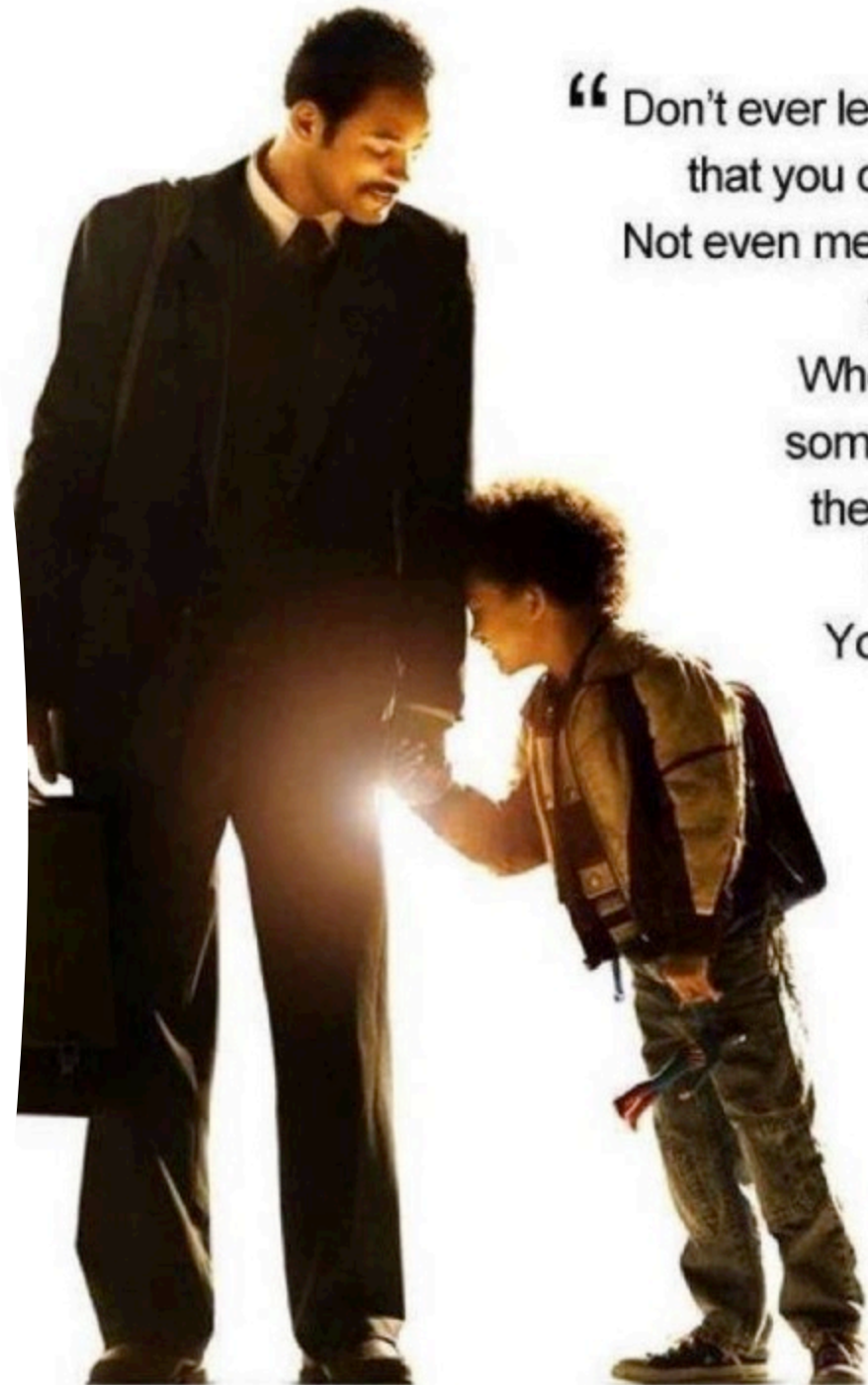
Wellbeing and learning support

- <https://youtu.be/x8-7mHT9edg>

Will Smith

In Pursuit of Happiness

- What motivates Will?
- Why does he look upset when good news is given to him?
- What problems do you think he has encountered before getting this good news?



“ Don't ever let someone tell you that you can't do something. Not even me. You got a dream, you gotta protect it. When people can't do something themselves, they're gonna tell you that you can't do it. You want something, go get it. Period.”

~ Will Smith

(The Pursuit of Happiness, film)

Wellbeing and learning support

- <https://youtu.be/5JAHAFvcr2o>

Sylvester Stallone

Rocky Balboa

- Why is dad talking to his son?
- What do you think has happened before this conversation?
- What key messages is dad giving his son about life?





It's a scientific fact that gratitude reciprocates.

— *Matthew McConaughey* —

Wellbeing and learning support

Matthew McConaughey

Best Actor speech 2014 Oscars

- <https://youtu.be/wD2cVhC-63I>
 - Watch from 1.18 mins
- After listening to his speech:
- 1- Who is your someone to look up to?
 - 2- Who is your someone to look forward to?
 - 3- Who is your someone to chase?