



## More wellbeing activity examples



### Self-esteem and positive thinking

Make a beautiful Happiness Jar where children can put a picture or a written note of what makes them happy and these can be looked at from time to time as reminders. Small objects of reference could be used to represent things for children that might need this. (idea from Toni Southwell)

### Calming through Physical play

Have a selection of short and simple physical activities to choose from for calming such as:

Holding hands in gentle circle rhymes

Cuddle or weighted blanket pressure

Stroke an animal, or a soft toy

Squeezing a sensory toy

Counting heartbeats

Slowly dance around the room/garden

Stretching or yoga moves

Bear, frog or crab walks

### Verbalising feelings with songs (tune-Hickory, Dickory, Dock):

*How are you feeling today?*

*Oh how are you feeling today?*

*I'm happy and glad, happy and glad,*

*That's how I'm feeling today.*

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*How are you feeling today?*

*Oh how are you feeling today?*

*I'm grumpy and cross, grumpy and cross,*

*That's how I'm feeling today.*

Add more feelings and demonstrate with face and body what the feelings are like!

### Greetings and communicating feelings

Ask children to put their thumbs up or down when greeting them as they arrive. Teach other signs to indicate feelings to help children in particular who may be non-verbal, find speaking challenging or have difficulty naming emotions.

### Growing, picking, chopping, eating

The whole process of growing food from plants, indoors or outdoors can support many aspects of wellbeing such as patience, caring for something, thinking of the needs of others, sharing, physical activity, seasons of the year,

### Golden rules to guide kind behaviour

You could use a story book (eg. Superworm– Julia Donaldson) to link to the golden rules. Make them positive and about kindness to each other.

