

**Nurturing Wellbeing 5 Ways to Wellbeing Activities Secondary & Colleges**

March 2021

**Introduction:**

Wellbeing can be defined as” feeling good and functioning well” DHSC 2014. At this point in time our sense of wellbeing has been challenged by disruption in many ways such as routines, relationships, safety, physical health, finances etc,

In order to support the whole school community, we emphasise the need to prioritise wellbeing for all using the Whole School/organisation Approach (WSA) to Mental Health and Wellbeing. This structured approach helps schools/colleges to have a consistent approach and put structures in place to support wellbeing for all now and in the future.

We know that when individuals have a sense of wellbeing then they perform better and have happier lives. Pupils learn best, educators work best and parents best when they have a sense of wellbeing.

The WSA advocates a preventative approach through a curriculum to promote resilience and support social and emotional learning. Schools will have already put in place a curriculum in line with the statutory RSHE guidance.

However, to support the wellbeing of pupils at a time when their school lives and relationships have been disrupted, we have devised these activities around the 5 ways of wellbeing to prioritise wellbeing on a daily basis.

The 5 Ways to Wellbeing are:

* Connect
* Be active
* Take notice
* Learn
* Give

**Activities**

The activities are designed to spark a conversation, (re-) make connections, try out new activities, think of our self in a kind way, have strategies in place to cope with problems and recognise the importance of self-care.

**How to use activities and engaging families**

On the following pages are ideas for each of the 5 ways of wellbeing. The activity provided can be done in tutor group sessions or at home and then fed back in tutor group sessions.

Activities can be shared (on website) with families so they can do with their children or for themselves. The 5 ways of wellbeing are applicable to all ages.

We have provided a timetable of daily activities for 6 weeks but also links for future activities. We hope you feel inspired to personalise these activities and come up with your own ideas to promote wellbeing daily.

**Inclusion and respect for others**

It is important that we promote an ethos that fosters a culture of connection, inclusion and respect so everyone feels safe and can safely express their feelings. We need to provide diverse and inspirational role models and ensure the curriculum enables all pupils to engage and see themselves and their families reflected in activities.

**Connect**

These video clips are designed to generate conversations and help pupils to connect with others. It is important that we promote an ethos that fosters a culture of connection, inclusion and respect so everyone feels safe and can safely express their feelings. Provide diverse and inspirational role models to enable all pupils to engage and see themselves.

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| **Session** | **Links** | **Notes** |
| Ground rules and interview | Agree ground rules for conversations to keep everyone safe: Respect others and value difference and diversity.  Interview partner about experiences of lockdown. |  |
| Covid keeps Positive outcomes lockdown | Covid keeps  What positive things happened under lockdown? People were kind and supported each other.  What did you start doing during lockdown? Which of these things are you going to continue doing?  <https://www.place2be.org.uk/media/uvzkzysp/secondary-school-return-to-school.pdf> |  |
| Who inspires you? | Who inspires you?  Interview with Arlo Parks Singer songwriter  <https://www.bbc.co.uk/bitesize/articles/zj6w96f> |  |
| Facing challenges  Motivation | Challenges and motivation for Paralympian [Alfie Hewitt](https://www.youtube.com/watch?v=VmCQ6bJ0Odw) from Norfolk <https://www.youtube.com/watch?v=VmCQ6bJ0Odw> |  |
| Bouncing back from lockdown | Bounce back from lockdown from [Action Jackson](https://www.youtube.com/watch?v=MeIJdb7SC10)  <https://www.youtube.com/watch?v=MeIJdb7SC10>  Get the work done, never give up, going the distance, persistence. |  |
| Don’t do it alone Talk to people you trust | Talk to people you trust and sign up to Kooth.  Digital lesson plan ppt including video clip. [Kooth | #DontDoItAlone | Kooth plc | Landing Page](https://explore.kooth.com/dontdoitalone/) |  |
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| Welcome back to school. Smile and flow. | Action Jackson Welcome back to school: smile and flow  <https://www.youtube.com/watch?v=N6wmR6b6BZ4>  Refocus reset and reinvent |  |
| Inspirational people  Hope | Hope There is always light if only we are brave enough to see it, if only we are brave enough to be it.  Amanda Gorman Joe Biden’s Inauguration speech  <https://www.youtube.com/watch?v=Jp9pyMqnBzk> |  |

**Be Active**

These video clips are designed to inspire pupils to try different actives at home and then feedback in tutor group sessions the next day. The aim is that pupils are active every day and the choose activities that become part of their daily routine. Getting outside and being active has a big impact on our mental wellbeing so it’s finding out what is right for each individual.

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| **Session** | **Links** | **Notes** |
| Exercise and wellbeing | Importance of exercise on wellbeing  [Sweat](https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/) |  |
| **Taster sessions** |  |  |
| Yoga | [Rainbow yoga](https://www.youtube.com/watch?v=dF7O6-QabIo&feature=youtu.be)  [Yoga for teens](https://www.youtube.com/watch?v=7kgZnJqzNaU&feature=youtu.be)  [30 days of yoga with Adrienne](https://youtu.be/TXU591OYOHA?list=PLui6Eyny-UzwxbWCWDbTzEwsZnnROBTIL)  [Sit down yoga](https://www.annafreud.org/on-my-mind/self-care/yoga/) |  |
| Getting outside | [Getting outside](https://www.annafreud.org/on-my-mind/self-care/spending-time-in-nature/)  [Active Norfolk - Active outdoors](https://www.activenorfolk.org/active-outdoors)  [Going for a walk](https://www.annafreud.org/on-my-mind/self-care/walking/)  [Couch to 5K](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)  [Walk to School | Secondary Schools | Living Streets](https://www.livingstreets.org.uk/walk-to-school/secondary-schools) |  |
| Workouts | <https://www.activenorfolk.org/active-at-home-workouts>  [Iain Mills - YouTube](https://www.youtube.com/channel/UCUTi5prYawoEmjPt7PsR77g)  [Home workouts with UEA Sportspark](https://www.youtube.com/channel/UC7a-L9q-nhyhn5P3XX8o4bw) | Beginners low impact 22 mins/low impact 30 mins |
| Dance | [Go Noodle](https://www.youtube.com/c/GoNoodle/videos)  [Banana banana meatball](https://youtu.be/BQ9q4U2P3ig)  <https://www.activenorfolk.org/active-at-home-workouts#danceworkout>  [Hip hop Tabata workout](https://www.youtube.com/watch?v=SJ6f2TnHZBc&feature=youtu.be) | Bollywood workout 15 mins/Hip hop 25 mins |
| Tai Chi and Qigong | [Tai Chi and Qigong](https://www.annafreud.org/on-my-mind/self-care/tai-chi-qigong/)  [Mindful movement](https://www.youtube.com/watch?list=PLc0asrzrjtZJk3jlJZXqP8C95h1uQvN7-&v=X5JZbSPzP4o&feature=youtu.be) | Seated and standing versions |
| **Challenges** |  |  |
| England Athletics | <https://www.youtube.com/watch?v=1K_BFsJ8vHE> | Weekly Challenge |
| Daily challenge | [Daily-Challenge-Cards-–-Home-Learning-–-PE-Maths-Cards-26-30.pdf (pescholar.com)](https://www.pescholar.com/wp-content/uploads/2020/05/Daily-Challenge-Cards-%E2%80%93-Home-Learning-%E2%80%93-PE-Maths-Cards-26-30.pdf) | PE and maths |
| Skipping challenge  Norfolk tennis | <https://www.youtube.com/watch?v=8OUSvSsQetk>  [Norfolk Tennis - YouTube](https://www.youtube.com/channel/UCzv9nXfHB9t4CTRUmRw976Q/videos) | Skipping challenge |
| 30 day challenge | Try our 30 day fitness challenge [here](https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/norfolk-feel-good-fun/30-activities) | Primary focus |
| **PE activities** |  |  |
| Keep kids active | [Keep Kids Active | Loughborough College (loucoll.ac.uk)](https://www.loucoll.ac.uk/keep-kids-active?fbclid=IwAR2hmjUbzyN7IRu1NjQCPEhiJQj0oyKbKvN6jJwenI9F0EmUfLhL1ra7zHE) 30 sessions | PE 30 sessions |
| Youth Support Trust | [Secondary PE Activities | Youth Sport Trust](https://www.youthsporttrust.org/free-home-learning-resources-secondary) |  |
| **SEND** Youth Support Trust | [#ThisIsPE SEND Activities | Youth Sport Trust](https://www.youthsporttrust.org/thisispe-send-activities) SEND specific | SEND specific |
| Striking an object for distance | <https://www.youtube.com/watch?v=g4aNXE3i7AE> |  |
| Chance to shine | [Chance to Shine - YouTube](https://www.youtube.com/user/Chancetoshinecricket) |  |
| Leadership skills | <https://youtu.be/4vobF6xHCbM?t=22> |  |
| **Outdoor education** |  |  |
|  | [Get [outside](https://www.lotc.org.uk/wp-content/uploads/2020/08/Get-Outside-in-support-of-the-Recovery-Curriculum-V1.pdf)](https://www.lotc.org.uk/wp-content/uploads/2020/08/Get-Outside-in-support-of-the-Recovery-Curriculum-V1.pdf) recovery curriculum |  |
|  | [Learning beyond](https://www.lotc.org.uk/learning-beyond-starting-your-lotc-journey-free-download/) |  |
|  | [Learning outside the classroom](https://www.lotc.org.uk/resources/education-resources/) |  |
| **Other** |  |  |
| Get set Tokyo | [Get Set Tokyo | Secondary Home Learning](https://www.getset.co.uk/resources/home-learning/secondaryhomelearning) – | Activities based around Tokyo Paralympics |
| Pinata activity for outside | <https://youtu.be/roqgB6XZdmQ> | Balloon pinata |
| **Lessons** |  |  |
| Oak Academy | [Subject: Physical Education | Teacher Hub | Oak National Academy (thenational.academy)](https://teachers.thenational.academy/subjects/physical-education) | Lesson plans KS3 |

**Take Notice**

Create opportunities to notice things in our lives including the world outside.

Express gratitude. Be in the moment: Mindfulness and visualisation activities.

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| **Session** | **Activity and links** | Notes |
| Being grateful | **Being grateful**  Start recording one thing that you are grateful for every day before you go to sleep.  [**https://www.place2be.org.uk/media/uvzkzysp/secondary-school-return-to-school.pdf**](https://www.place2be.org.uk/media/uvzkzysp/secondary-school-return-to-school.pdf) |  |
| Mindful grounding techniques | **Mindfulness**  [Mindfulness grounding techniques that help when I’m anxious](https://youngminds.org.uk/blog/the-grounding-technique-that-helps-me-when-im-anxious/) |  |
| Go outside and observe the world | **Go outside and observe the world**  Go for a walk outside  Notice the world around you. What things do you feel grateful for? [Murmaration](https://www.itv.com/news/anglia/2021-03-02/starling-murmurations-wow-people-over-kettering)  <https://www.itv.com/news/anglia/2021-03-02/starling-murmurations-wow-people-over-kettering> |  |
| Display: grateful | Being grateful: The world outside.  Take a photo, draw or paint a picture, collage etc.  Make a display of all contributions in your tutor group and share with families via school website/twitter account? |  |
| Calming Mindfulness | **Calming mindfulness**  [Bringing it down](https://family.gonoodle.com/activities/bring-it-down) |  |
| Visualisation | **Visualisation**  [Visualisation - safe place exercise](https://soundcloud.com/anna-freud-centre/visualisation-safe-place-exercise) |  |
| Start your own gratefulness journal | **Start your own gratefulness journal**  Write down 2 things you are grateful for each day before you go to sleep. |  |
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| Family mindfulness activities | <https://family.gonoodle.com/channels/flow>  Weather the storm <https://family.gonoodle.com/activities/weather-the-storm>  Rainbow breath  <https://family.gonoodle.com/activities/rainbow-breath> |  |
| Mindfulness 54321 | 5 things you can see  4 things you can hear  3 things you can touch  2 things you can smell  1 long deep breath |  |
| Brain breaks | Use some of these activities to have a brain break and aid concentration.  [Finding the balance](https://youngminds.org.uk/media/3784/finding-the-balance.pdf)  [Brain breaks](https://mentallyhealthyschools.org.uk/resources/brain-breaks/) |  |

**Learn**

Recognise and understand how you are feeling

Strategies for self-regulation

Self-care strategies

Understand support that is available.

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| **Session** | **Activities and links** |
| Acknowledging your Feelings: Worried/anxious | **Acknowledging your Feelings: Worried/Anxious**  What things are you worried about now?  Are there some things we are all worried about? Identify someone you can trust who you can talk to  [The worry tree](https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/)  [Your feelings: anxiety/stress](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/anxiety/) |
| Strategies for coping with uncomfortable feelings; | **Coping with uncomfortable feelings;** Ways of coping with anxiety.  [Focus on your breathing](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/anxiety/)  [Balloon](https://www.childline.org.uk/toolbox/games/balloon/)  [Finger breathing](https://www.youtube.com/watch?v=HQVZgpyVQ78) |
| Coping strategies | [Anxiety toolkit](https://www.norfolkepss.org.uk/information/schoolsacademies/covid-19-schools-academies-anxiety-tool-kit/) fEPSS  Coping strategies from Hope UK |
| Self-care  What helps you to feel good? | **Self-care**  **What helps you to feel good?**  Make a list of all the things that you really like doing Investigate the Anna Freud[**Self care**](https://www.annafreud.org/selfcare/) |
| Getting Help: Investigate digital support | **Getting Help: Investigate digital support**  [**Kooth**](https://www.kooth.com/)  **Chat health** |
| Make a wellbeing plan for the next week | **Make a wellbeing plan for the next week**   * Healthy routines * Being active * Activities that make me feel good * Being kind to others * Positive affirmations |
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| Loneliness and Isolation | Loneliness and Isolation  [**What’s up with everyone?**](https://whatsupwitheveryone.com/loneliness.php) |
| Sleep | Why do we need sleep? What are  <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/> |
| Social media and self-care | What are your experiences of how social media? What is good about it? what is not so good?  <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>  [What’s up with everyone](https://whatsupwitheveryone.com/#.YDlXb8DFNuc.mailto)  <https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/> |
| Unhelpful thoughts | <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/> |
| Self -care and asking for help KS3 | <https://www.annafreud.org/schools-and-colleges/resources/we-all-have-mental-health-animation-teacher-toolkit/> |
| Perfectionism  Competitiveness | [What’s up with everyone](https://whatsupwitheveryone.com/#.YDlXb8DFNuc.mailto) |
| Dealing with change | <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/> |
| Building confidence and self esteem | <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/> |
| Academic Resilience framework  Basics, belonging learning, coping, core self. | <https://www.boingboing.org.uk/interactive-resilience-framework/> |
| Teenage brain | [Teenage brain](https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain) TED talk |
| **Curriculum and useful websites** | |
| Anna Freud | [Schools in Mind](https://www.annafreud.org/schools-and-colleges/)  [Anna Freud Resources](https://www.annafreud.org/schools-and-colleges/resources/)  [On My Mind (annafreud.org)](https://www.annafreud.org/on-my-mind/)  [Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](https://www.annafreud.org/selfcare/) |
| Mentally Healthy Schools | [Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/login-register/) |
| PSHE Association | [PSHE Association MH and WB lesson plans](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans) |
| NHS Every Mind Matters | [Self-care tips for young people | One You (www.nhs.uk)](https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/) |
| Rise above | <https://riseabove.org.uk/> |
| Place 2be | [Mental health resources for schools – Place2Be](https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/)  [Return to school resources - Place2Be](https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/return-to-school-resources/)  <https://www.childrensmentalhealthweek.org.uk/schools> |
| Just One Norfolk | <https://www.justonenorfolk.nhs.uk/return-to-school/resources-for-schools> |
| Academic Resilience | [Academic Resilience (youngminds.org.uk)](https://youngminds.org.uk/youngminds-professionals/our-projects/academic-resilience/) |
| RSHE Tools and CPD | [www.educatorsolutions.org.uk/product/rse/?service\_type\_id=103](http://www.educatorsolutions.org.uk/product/rse/?service_type_id=103) |
| EPSS | [Anxiety toolkit](https://www.norfolkepss.org.uk/information/schoolsacademies/covid-19-schools-academies-anxiety-tool-kit/) |
| Young Minds | [[Young](https://youngminds.org.uk/) Minds](https://youngminds.org.uk/) |
| Gypsy Roma Traveller story | GRT- [Roads from the Past: A Short History of Britain's Gypsies, Roma and Travellers | Travellers Times](https://www.travellerstimes.org.uk/heritage/roads-past-short-history-Britains-Gypsies-Roma-and-Travellers) |
| Diverse educators | <https://www.diverseeducators.co.uk/> |
| BAME ed network | <https://www.bameednetwork.com/> |
| No outsiders | [No Outsiders](https://excelsiormat.org/work-with-us/no-outsiders) |
| Norfolk School of Sanctuary | [Norfolk Schools of Sanctuary](https://www.norfolksos.co.uk/) |
| Norfolk LGBT + | [Norfolk LGBT+ project](http://www.norfolklgbtproject.org.uk/) |
| Young Carers | [Caring together](https://www.caringtogether.org/support-for-carers/young-carers) |
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**Give**

Promote prosocial behaviours and kindness to others

Be kind to our self and practise positive self-talk

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| **Session** | **Activity** |
| Random acts of kindness | Random acts of kindness  “You can always, always give someone something even if it is a simple act of kindness.” Anne Frank  What acts of kindness can you give to the people close to you? Record ideas and how this made you feel. |
| Send some kindness to someone you are not living with. | Send some kindness to someone you are not living with. Say something nice about them by sending them a message online or using a letter/card. How did they respond? |
| Be kind to your self | Say nice things to yourself and practise positive self -talk. Complete 3 positive affirmations. I am …. I am good at maths. I am kind. I make people laugh. |
| Volunteering | Giving time to support others. Investigate ways you could help others through volunteering.  [**Volunteering**](https://www.annafreud.org/on-my-mind/self-care/volunteering-taking-care-of-others/) |
| Smile at everyone you meet today | Smile at everyone you meet today. How do they respond? |
| Doing something nice everyday for a month | Doing something nice every day for a month  Use the latest action for happiness calendar to do something nice for other people every day.  [**Action for happiness calendar**](https://www.actionforhappiness.org/calendars) |
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| Hope | <https://www.place2be.org.uk/media/uvzkzysp/secondary-school-return-to-school.pdf> |
| Self-belief/self-efficacy | <https://www.place2be.org.uk/media/uvzkzysp/secondary-school-return-to-school.pdf> |

**Support for Families**

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| **Organisation** | **Details** | **Link** |
| Just One Norfolk | Details for Mental Health Services  Guidance and resources to support emotional health and wellbeing | [Just one Norfolk emotional health and wellbeing](https://www.justonenorfolk.nhs.uk/emotional-health) |
| Just One Number | Just One Number 0300 300 0123 |
| Resources for families | <https://www.justonenorfolk.nhs.uk/return-to-school/resources-for-families> |
| Solihull online learning for families JON70 | [Online Learning (justonenorfolk.nhs.uk)](https://www.justonenorfolk.nhs.uk/online-learning) |
| Parentline | Parentline Text: 07520 631590 |
| Anna Freud | Self-care for families | <https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/> |
| Psychological First Aid  Public Health England | Free training course which aims to equip with the knowledge to identify children in distress and to also have the practical skills to provide them with the necessary support. | [CYP Psychological First Aid online course - FutureLearn](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.futurelearn.com%2Fcourses%2Fpsychological-first-aid-for-children-and-young-people&data=04%7C01%7Canna.sims%40norfolk.gov.uk%7Ce9242bd1550444c3be8708d8d972cd36%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C637498434376658538%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=fPHLu4BKw9TJoTSpzFn2OELYZtk%2FQkf7mF069Q4Kgsw%3D&reserved=0)  Public Health England has launched a [free training course](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.futurelearn.com%2Fcourses%2Fpsychological-first-aid-for-children-and-young-people&data=04%7C01%7Canna.sims%40norfolk.gov.uk%7Ce9242bd1550444c3be8708d8d972cd36%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C637498434376658538%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=fPHLu4BKw9TJoTSpzFn2OELYZtk%2FQkf7mF069Q4Kgsw%3D&reserved=0) The learn at your own pace, three-week course, will explore psychological first aid (PFA), the globally recognised training programme that a team of experts has tailored to support people during Covid-19 and related crisis situations. |
| Mind Ed | MindEd Educational Hub | [Minded for families](https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_37609) |
| Young Minds | Parents helpline and guidance | [[Young](https://youngminds.org.uk/) Minds](https://youngminds.org.uk/) |