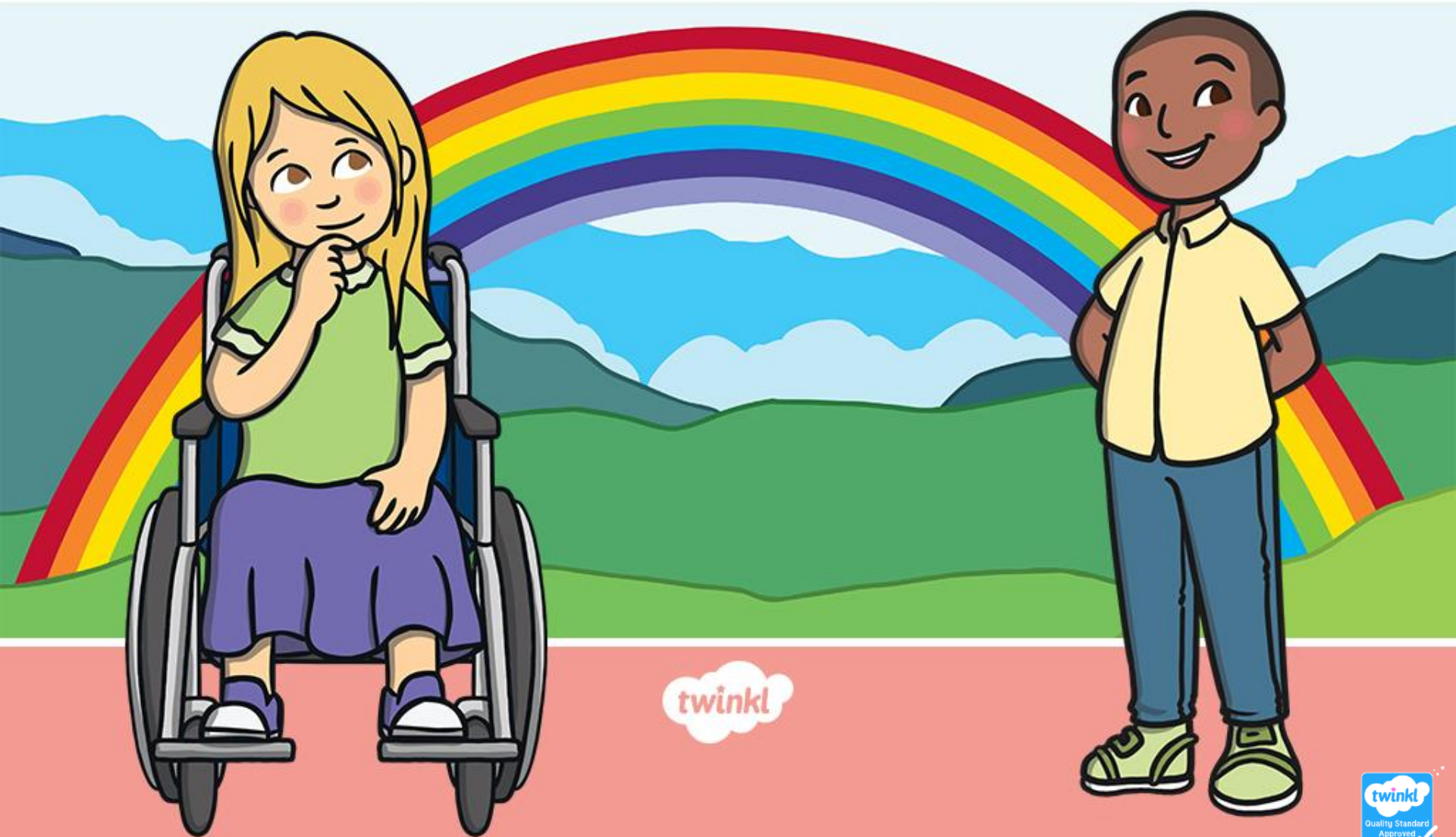


Looking After Your Wellbeing



twinkl

The Big Questions

The Big Questions



What is wellbeing?

How can I look after my own wellbeing?

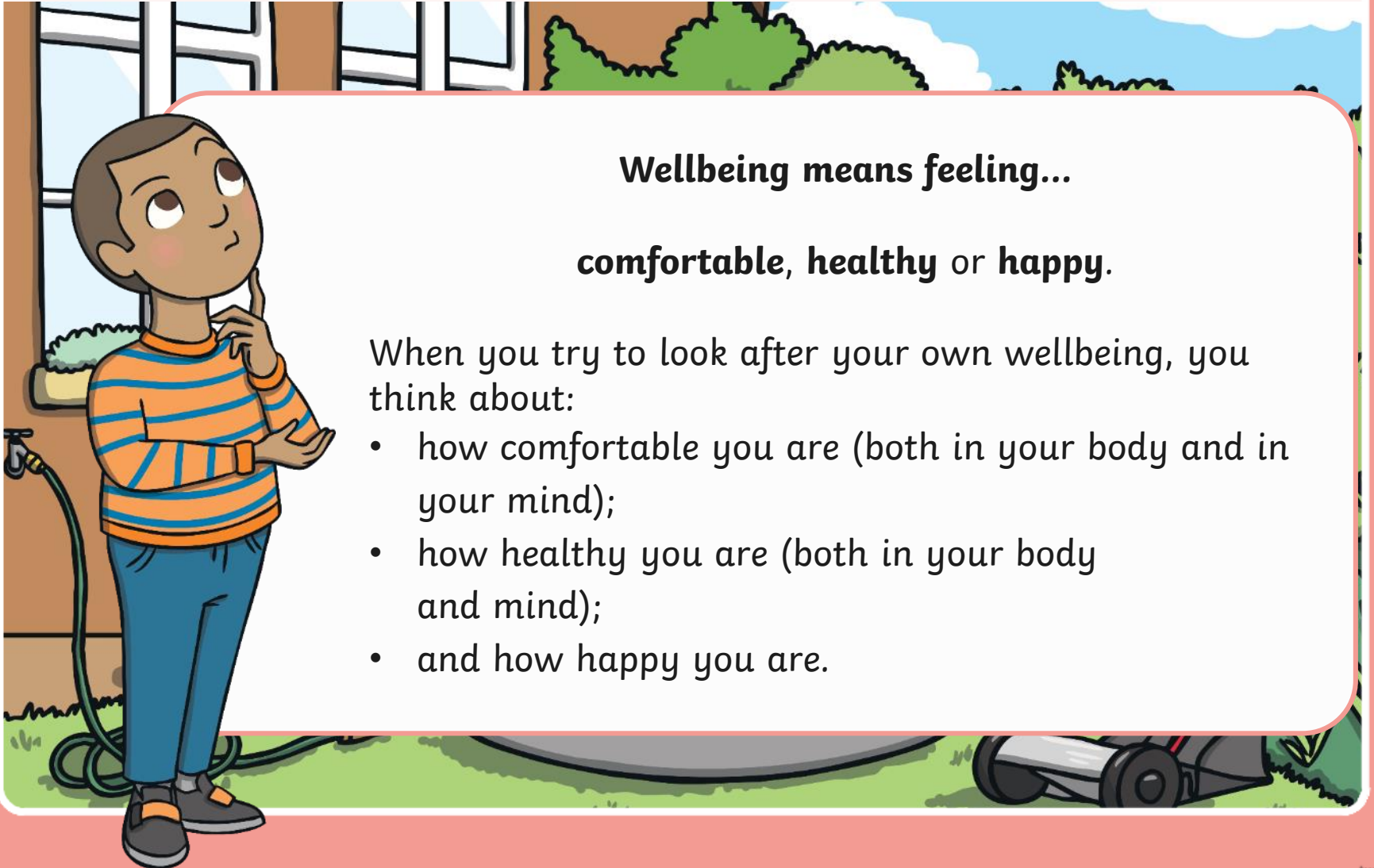
What is Wellbeing?

Wellbeing means feeling...

comfortable, healthy or happy.

When you try to look after your own wellbeing, you think about:

- how comfortable you are (both in your body and in your mind);
- how healthy you are (both in your body and mind);
- and how happy you are.



What is Wellbeing?

Changes can stop life feeling normal and lots of things may feel different. Change can make you feel a bit uncomfortable.

When people are going through changes, they might try to be in charge of the only things they can control. This might be what they buy from the shop or what their home looks like. When people feel anxious or worried about change, they will try to control (or be in charge of) any areas of their life that they can. This might not be the 'right' thing to do but people do this to help make things feel OK in the only areas they can control.

Today you will learn some other ways to look after your wellbeing, especially when a change is happening.

Reconnecting

Be Kind



When change is happening in the world around you, or when things feel a bit more difficult, it is important to remember to be kind in what you think, say and do.

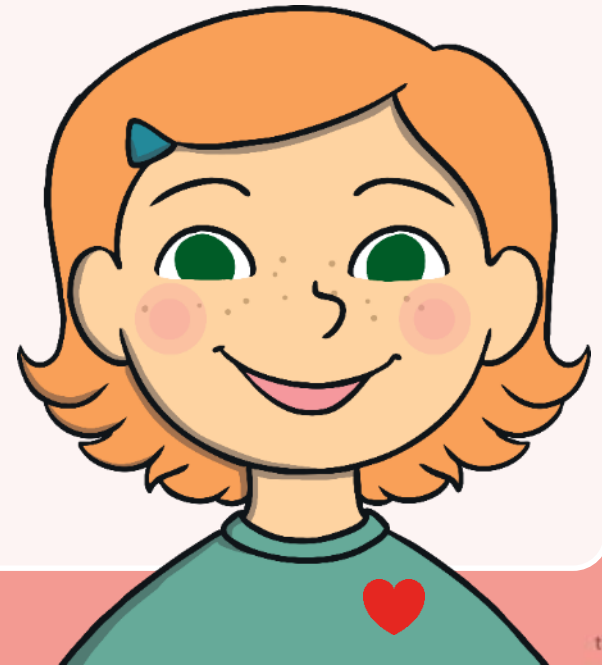
It is important to think about why someone is behaving in a certain way or saying the things they are when deciding what you want to say to them or how to act towards them.

This includes being kind to others but also being kind to yourself.

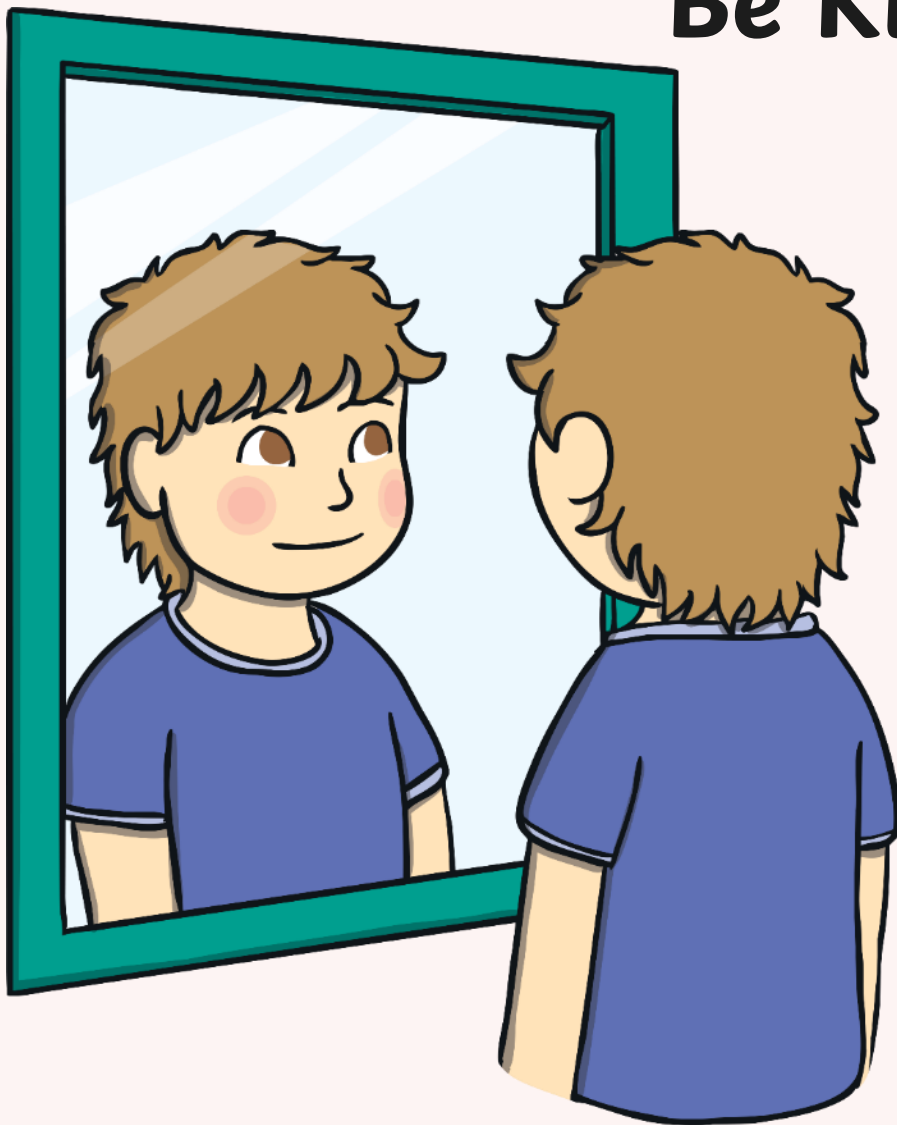
Be Kind

Understanding how they are feeling or what they are going through is important to help you to understand them and to be kind to them.

It is also important to have the same patience and understanding with yourself.



Be Kind



We often take the time to be kind in our actions towards others but it is important that we show ourselves thanks and gratitude.

Remember to speak to and about yourself in a way that you would with someone else you care about.

Be Kind

Often, people speak unkindly about themselves, in a way they would never speak about someone else.

It is important to know that doing this can make us feel sad or low.

The ideas on the next slide are ways you can show yourself some gratitude.

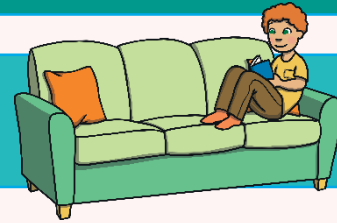


Be Kind

Buy yourself a treat with your pocket money.



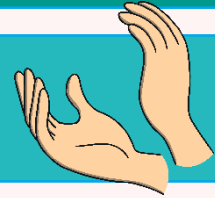
Spend some time reading a book or listening to your favourite music.



Plan a day for doing no homework at all and fill it with relaxing or fun games instead.



Massage your hands or have a bath. Do something which relaxes you and allows you to rest.



Write down kind thoughts to yourself and say these out loud.



Ask others to write a kind note about you and pop these in a jar to read to yourself.



Be Kind

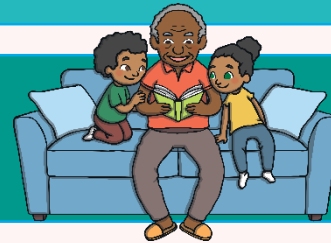
Spend some time outside and enjoy the world around you.



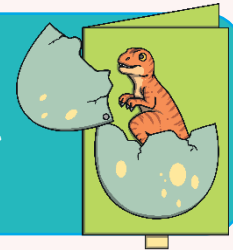
If anyone says anything unkind about you, or to you, try and think of a positive about yourself.



Spend time with people who make you feel good or full of energy.



Make sure there is something or someone in your life that you care about and that needs your love and care; this could be family, pets or plants.



When someone says something nice to you, make sure you say 'thank you' rather than joking back or ignoring it. It is important to accept a compliment.

