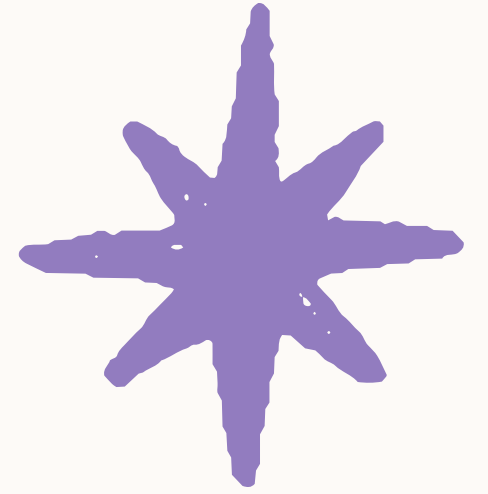


5-MINUTES FOR WELLBEING



Our Reset Promise



- ✓ Every feeling is welcome.
- ✓ We listen without judging.
- ✓ We respect each other's feelings.
- ✓ We don't copy others—we check in with ourselves.
- ✓ We remember that feelings change.

 Now, let's check in.



TEACHER TIPS

CREATING A SAFE SPACE: ENCOURAGE CHILDREN TO THINK BEFORE THEY SHARE. SOME MAY CHOOSE TO KEEP THEIR FEELINGS PRIVATE, AND THAT'S OKAY. EMOTIONAL CHECK-INS SHOULD HELP CHILDREN FEEL UNDERSTOOD, NEVER PRESSURED.

CLICK THE SLIDE, BELOW, THAT YOU WISH TO USE TODAY

GRATITUDE OF THE DAY

Give children 20–30 seconds of thinking time to think of one thing they are grateful for.

KINDNESS CHALLENGE

Ask children to think of one act of kindness they could do today.

POSITIVE REFLECTION

Children reflect on their day and the positive moments they have experienced.

CONFIDENCE CIRCLE

Children have the opportunity to reflect on something they are proud of and confident with.

MY BRAIN GREW

Get children to think about something that challenged them.

ONE BRAVE THING

Ask children to reflect on something brave that they have done.

THE POWER OF YET

Introducing children to the concept of the growth mindset.

WORRY TO ACTION

Getting children to start reflecting on any worries they may have and what to do.

FILL YOUR BUCKET

Ask children to think about what makes them feel good.

COMPLIMENT CHAIN

The whole class get to focus on others and sharing kindness wwith another.

FUTURE ME

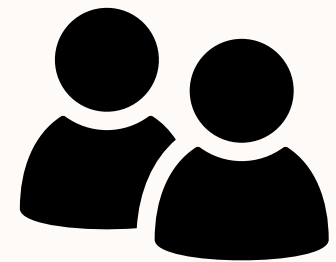
The whole class get to focus on others and sharing kindness wwith another.

FUTURE ME

The whole class get to focus on others and sharing kindness wwith another.



Independant task



Partner talk



Whole class discussion



How long for?



What you'll need

 OR   3 MINUTES  PAPER / PENCIL



INSTRUCTIONS:

THINK OF ONE THING YOU ARE GRATEFUL FOR TODAY.
IT COULD BE SOMETHING BIG OR SOMETHING SMALL.

EXAMPLES: I AM GRATEFUL THAT....

- * MY FRIEND PLAYED WITH ME AT BREAK TIME
- * MY TEACHER TOOK TIME TO HELP ME WITH.....
- * I HAVE WATER AND FOOD EACH DAY...

COMPLETE THE SENTENCE:

 TODAY I AM GRATEFUL THAT...

SHARE WITH A PARTNER OR WHOLE CLASS



ACTIVITY 1: GRATITUDE OF THE DAY

Benefits:

- * POSITIVE THINKING
- * DEVELOPS APPRECIATION
- * EMOTIONAL WELLBEING



1 MINUTES



WHITEBOARD / PEN



INSTRUCTIONS

THINK OF ONE ACT OF KINDNESS YOU COULD DO TODAY.

EXAMPLES:

- HELP SOMEONE
- GIVE A COMPLIMENT
- INCLUDE SOMEONE IN A GAME
- SAY THANK YOU

WRITE ON WHITE BOARD. CHOOSE ONE AND TRY IT TODAY.



ACTIVITY 2: KINDNESS CHALLENGE

Benefits:

- *BUILDS EMPATHY
- *STRENGTHENS RELATIONSHIPS
- *PROMOTES POSITIVE
BEHAVIOUR



3-5 MINUTES



PAPER / PENCIL



INSTRUCTIONS

THINK ABOUT TODAY SO FAR AND COMPLETE THE
FOLLOWING SENTENCES (WRITE OR DRAW IT):

- ★ SOMETHING I ENJOYED WAS...
- ★ SOMETHING I DID WELL WAS...
- ★ SOMETHING I LEARNED WAS...

YOU CAN ALWAYS SHARE THESE WITH THE CLASS



ACTIVITY 3: POSITIVE REFLECTION

Benefits:

- *ENCOURAGES SELF-REFLECTION
- *BUILDS CONFIDENCE
- *REINFORCES LEARNING



2-3 MINUTES



NOTHING NEEDED



INSTRUCTIONS

THINK OF SOMETHING YOU ARE GOOD AT.

COMPLETE:



I AM PROUD THAT I CAN...

CHALLENGE:

SHARE YOUR ANSWER WITH A PARTNER.



ACTIVITY 4: CONFIDENCE CIRCLE

Benefits:

- *BUILDS SELF-ESTEEM
- *ENCOURAGES POSITIVE
SELF-TALK
- *CELEBRATES STRENGTHS



2 MINUTES



PAPER / PENCIL



INSTRUCTIONS:

THINK ABOUT SOMETHING THAT CHALLENGED YOU TODAY.

WRITE THE FOLLOWG INF DOWN:



MY BRAIN GREW WHEN...

EXAMPLES:

- I MADE A MISTAKE
- I KEPT TRYING
- I LEARNED SOMETHING NEW
- I ASKED FOR HELP .



ACTIVITY 5: MY BRAIN GREW TODAY

Benefits:

- *PROMOTES GROWTH MINDSET
- *ENCOURAGES RESILIENCE
- *CELEBRATES EFFORT



 2 MINUTES



NOTHING NEEDED



INSTRUCTIONS

THINK OF ONE BRAVE THING YOU HAVE DONE RECENTLY.

IT COULD BE:

- ASKING A QUESTION
- TRYING SOMETHING NEW
- JOINING IN
- SPEAKING IN FRONT OF OTHERS

TALK WITH A PARTNER AND TELL THEM:



ONE BRAVE THING I DID WAS...



ACTIVITY 6: ONE BRAVE THING

Benefits:

- *DEVELOPS GROWTH MINDSET
- *ENCOURAGES PERSEVERANCE
- *REDUCES FEAR OF FAILURE



2 MINUTES



PAPER / PENCIL



INSTRUCTIONS

THINK OF SOMETHING YOU FIND DIFFICULT, BUT WANT TO
GET GOOD AT.

NOW WRITE: "I CAN'T..." NOW ADD: YET

FOR EXAMPLE:

"I CAN'T RIDE A BIKE... YET."

NOW GIVE THE PAPER TO YOUR TEACHER.

KEEP PRACTISING THE THING YOU CAN'T DO YET.

WHEN YOU CAN DO IT, GET THE PAPER BACK AND CHANGE THE

SENTENCE TO 'I CAN



ACTIVITY 7: THE POWER OF YET

Benefits:

***RECOGNISING GROWTH**

***CONFIDENCE**

***PROGRESS AWARENESS**



2-3 MINUTES



WHITEBOARD / PEN



INSTRUCTIONS

THINK OF SOMETHING YOU ARE WORRIED ABOUT.

ASK YOURSELF:
CAN I CONTROL IT?

IF YES:

👉 WHAT IS ONE SMALL ACTION I CAN TAKE?

IF NO:



CAN I LET IT GO FOR NOW?



ACTIVITY 8:

WORRY TO

ACTION

Benefits:

*SUPPORTS ANXIETY MANAGEMENT

*ENCOURAGES

PROBLEM-SOLVING

*BUILDS EMOTIONAL

REGULATION



5 MINUTES



PAPER / PENCIL



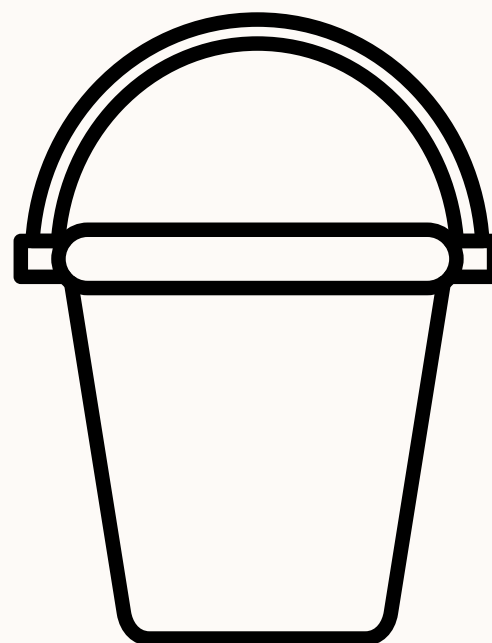
INSTRUCTIONS

IMAGINE YOU ARE A 'FEEL-GOOD BUCKET.

WHAT HELPS FILL YOU UP TO MAKE YOU FEEL GOOD?

EXAMPLES:

- FRIENDS / FAMILY
- SPORT
- READING
- NATURE



DRAW A BUCKET AND WRITE OR DRAW 3 THINGS THAT FILL YOUR BUCKET.



ACTIVITY 9:

FILL YOUR BUCKET

Benefits:

- *PROMOTES SELF-AWARENESS
- *ENCOURAGES HEALTHY HABITS
- *SUPPORTS EMOTIONAL WELLBEING



3 MINUTES



PAPER / PENCIL



INSTRUCTIONS

EACH PUPIL IS GIVEN THE NAME OF THE PERSON WHO IS NEXT TO THEM IN THE CLASS REGISTER.

ACTIVITY 10: COMPLIMENT CHAIN

ON A SMALL PIECE OF PAPER, WRITE DOWN AND FINISH THE FOLLOWING SENTENCE WITH A POSITIVE COMPLIMENT:



I APPRECIATE YOU BECAUSE...

GIVE YOUR COMPLIMENT TO THAT PERSON.



Benefits

- *BUILDS KINDNESS
- *STRENGTHENS FRIENDSHIPS
- *CREATES POSITIVE CLASSROOM CULTURE



3 MINUTES



WHITEBOARD / PEN



INSTRUCTIONS:

IMAGINE YOURSELF ONE YEAR FROM NOW. WHAT WOULD
FUTURE YOU THANK PRESENT YOU FOR DOING TODAY?

COMPLETE:



FUTURE ME WILL THANK ME FOR...

EXAMPLES: *FOR SPENDING TIME TO PRACTISE MY 8 TIMES TABLE"

*FOR SPEAKING TO SOMEONE I HADN'T MET BEFORE"

HOLD UP YOUR BOARD TO SHOW THE CLASS.



ACTIVITY 11:

FUTURE ME

Benefits:

***ENCOURAGES GOAL SETTING**

***DEVELOPS RESPONSIBILITY**

***BUILDS MOTIVATION**



2 MINUTES



PAPER / PENCIL



INSTRUCTIONS:

THINK ABOUT AND SHARE WITH A MOMENT RECENTLY THAT
MADE YOU SMILE.

DESCRIBE:



WHAT HAPPENED?



HOW DID IT MAKE YOU FEEL?



WHY WAS IT SPECIAL?



ACTIVITY 12:

MY HAPPY

MOMENT

Benefits:

- *ENCOURAGES POSITIVE REFLECTION
- *SUPPORTS EMOTIONAL WELLBEING
- *STRENGTHENS GRATITUDE