



Skills to Go BIG!

Week 2: Self-Care - Teacher Notes

- ★ This week focuses on health and self-care
- ★ Builds on links between physical and emotional health and wellbeing
- ★ Activities to help children recognise feelings and self-care activities

Activities available:

- Video introduction
- Class lesson: Being Healthy, Being Happy
- Happy, Healthy Activity
- Self-Care Pledge
- Yoga with Sam (video resources)
- Downloads: Glitter Mood Jars (arts & crafts)

Week 2 class presentation: Being Happy, Being Healthy

The class presentation can be used to help the children consider the differences and similarities between physical and emotional health and how both of them are important to help us feel good and achieve our best.

Slide 1: What can you think of that helps us stay healthy?

Ask the children to suggest ways we stay healthy?

Ask the class for ideas - what do they think about when they think about health?



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Suggestions to discuss:

- Healthy foods - how do we know we are making healthy choices? - What foods do the class think are healthy and why? Do they mention drinks? (drinking plenty of water and avoiding sugary drinks). Do they know messages such as 5-a-day? Do they eat breakfast?
- Exercise - what is most popular? Do the children feel exercise and being active is important? If they do, why?
- Sleep - is this mentioned? If so, why do the children think sleep is important for health? Do they know how much sleep they should aim to have? How do they feel when they don't get enough sleep?
- Hygiene - what do we mean and why is it important? Handwashing, cleaning teeth, showers, clean clothes - all important to reduce chances of getting ill (dirty hands when eating etc), good personal hygiene is important socially as well as reducing the chances of infections/tummy upsets and spreading germs!

Slide 2: What makes YOU happy?

Ask the children what makes them happy?

This could be hobbies or activities, reading, cycling, listening to music, seeing friends, cinema, doing well in school, competing in favourite sport, walking the dog, helping at home, baking etc

- How do the children feel when they are happy? - Do they feel good about themselves? Are they developing skills? Is it an activity they are good at or one that relaxes them? Who do they do the activity with, or is it something they do by themselves?
- Can they assign a feeling to the different activities they enjoy? (Listening to music - feel calm or maybe excited; Taking part in sports - part of a team, excited/belonging etc; Colouring or painting - could be creative/imaginative or relaxed)
- How many different activities have the class thought of - how many different feelings have they listed?



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Slide 3: Happy, Healthy! Activity

This activity helps to link the connections between physical and emotional health

- Put the children in groups/or complete as a class
 - Using large sheets of paper draw 2 overlapping circles like a venn diagram (or download our worksheet)
 - Ask the children to complete the sheets and explain what makes them both happy and healthy - what activities sit in both circles (where the circles overlap?).
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- Why are these activities important?
 - Are there any popular activities that many of the children list as both a happy & healthy activity or habit?

Slide 4: Self-Care

To keep us well we need to look after both our **physical health** and our **emotional health** - this can be called self-care.

Physical health includes eating the right foods to fuel our bodies, exercising to keep our hearts healthy and improving our strength, getting plenty of sleep to help us concentrate and work at our best and reducing our chances of getting ill by washing our hands and cleaning our teeth.

Emotional wellbeing includes what makes us happy, what can help relax us or help us calm down if we feel stressed or anxious (worried). It is also about self-esteem (how we feel about ourselves) - what are you good at and what do you want to achieve? We will learn more about this next week!

As we get older we naturally want to be more independent - part of this is learning about who we are (what are your skills, and interests) and how to keep yourself well by making healthy and safe choices.

These are all part of the life skills you will develop- but knowing what you can do to keep happy and healthy is the first step into promoting self care.



Slide 5: Why it's important to Self-Care

Last week we looked at why change can make us feel excited and worried (or anxious) at the same time. Recognising how we feel and importantly knowing how to react to or cope with our feelings helps us grow and become more independent.

Think about when you were a baby - if you were hungry, you cried (that's all you could do to express how you felt!) - now you are older, if you are hungry - you can get yourself a snack or even help prepare tea! You have learnt how to cope with that feeling and need - you no longer just cry, you have the skills to solve the problem!

Looking after our emotional wellbeing is really similar! For example if you are feeling sad, you know ways to help cheer yourself up (maybe going for a walk, listening to your favourite music, speaking to a friend or parent to help you with the problem or explain how you feel).

These are all examples of self-care. You are using skills and knowledge to look after yourself! Now have a go at our self-care pledge!

Slide 6: Self-Care pledge activity

Downloadable PDF worksheet

My self-care pledge

To keep my body healthy, I will:

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-
-

To look after my emotional wellbeing, I will:

-
-
-

If I need to relax, I can:

-
-
-

If I feel upset I can:

-
-
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Slide 7: Summary - What have we learnt?

- Physical health, keeps our bodies working at their best
- Emotional or mental health is about helping us feel and think at our best
- As we grow up it is important to look after both our physical and emotional health and wellbeing
- This helps us develop our sense of self, take on new responsibilities and grow more independent

Additional Activities:

★ **Sam's Yoga**

In these short video sessions, Sam demonstrates techniques which children can use to calm themselves when they may feel anxious or during times of stress and change. The children can use one or all of the techniques shown to them.

Video 1. - Introduction

Video 2. - Breathing - to calm the body and brain

Video 3. - Movement - to release tension

Video 4. - Body Scan - to relax parts of the body and mind

★ **Glitter Mood Jars** - this is an arts and craft activity to enable the children to identify some of the emotions and feelings they have about moving up to high school - (excitement, nervousness, happiness, sadness).

- The children select a colour of glitter for 3-4 of their emotions and add these to the jar.
- When the jar is shaken up it represents how we can sometimes feel a little overwhelmed with change and our feelings.
- However the glitter slowly settles and this can help remind the children that these feelings will also settle down and they will adapt to being at secondary school - we all just need a little time and understanding!