



Skills to Go BIG!

Week 2 - Teacher Overview

- ★ This week focuses on health and introduces self-care
- ★ The activities help children to understand that we need to look after both our physical and emotional health to be at our best
- ★ **Add on activity:** builds on last week, with glitter jars to explore thoughts and feelings and regulate emotions

Activities available:

- Video introduction
- Class lesson: Being Happy, Being Healthy (presentation & teacher notes) - available as powerpoint or PDF file
- Activity: Happy, Healthy game
- Self-Care pledge (accompanies Being Happy, Being Healthy)
- Relaxation techniques (video resources)
- Downloads: Glitter Mood Jar (arts & crafts)

Sharing the intro video:

The introduction video sets the scene and introduces the concept that we need to look after both our physical and emotional health and explains the term self-care.

Class lesson

Being Happy & Being Healthy - this is a powerpoint with pictorial slides to initiate discussions over what makes us healthy and what helps keep us happy (see additional teacher notes)



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- ★ The children then go on to do an activity to identify what activities/habits or hobbies can make us both happy and healthy.
- ★ The concept of self care is then explored along with the links to promoting independence and making safe choices (life skills).

Self-Care Pledge :

This activity helps the children think about ways in which they can look after their own physical and mental wellbeing

Relaxation Techniques (videos)

These short videos introduce breathing and yoga moves or techniques to promote relaxation and calm our bodies and minds

Arts & crafts: Glitter Mood Jars

This is a fun activity that can help children to identify their common feelings and emotions. The children can consider this from a transition to high school perspective (nervous, excited, overwhelmed, happy, sad etc) or allocate coloured glitter to emotions they regularly feel (this can be useful for children who experience anxiety or have more difficulty managing anger or excitable behaviour).