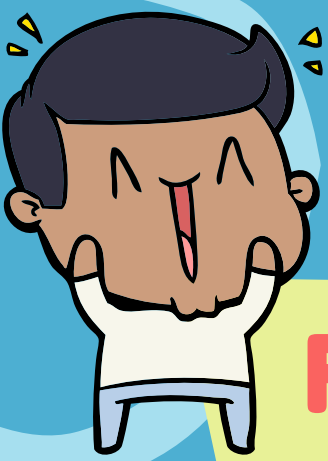




HEADSTART SOUTH TEES

# Wellbeing activity pack





**Feeling worried or  
excited going back  
into school?**



**HeadStart team and school  
are here to help**

**Join us on our quest to  
happiness**



# Circle the faces which show how you are feeling today

Sad



Happy



OK



Worried

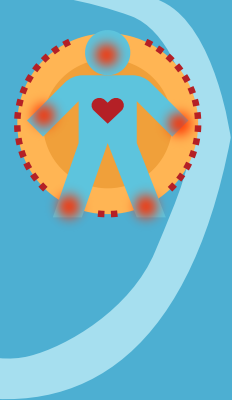


*it's okay to feel*



*your feelings*





# 5 ways to well being



Match each ways of  
well being to the  
correct picture

Take notice  
& Be Present



Help  
Others/Give  
to others



Be active



Connect



Learn



# ACTIVITY

I feel happy when

- I watch a film

I feel sad when

- I get told off

I feel angry when

- I lose a game

I feel excited when

- I see my friends





# Call a friend or family member



## list all the good things you talked about

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____



30

sec

check



# Find the feelings

W	N	D	S	Z	U	A	P	Y	B
O	A	R	C	A	R	U	R	E	H
S	I	R	A	I	M	G	X	N	D
V	G	B	R	P	N	C	N	G	N
O	D	Z	E	A	I	C	B	E	T
T	A	Y	D	T	D	N	U	T	X
Z	Q	L	E	I	J	E	T	Z	O
K	D	D	S	U	O	V	R	E	N
L	H	A	P	P	Y	Q	J	O	M
P	R	O	U	D	Z	F	R	F	B

Happy

Scared

Proud

Bored

Angry

Nervous

Sad

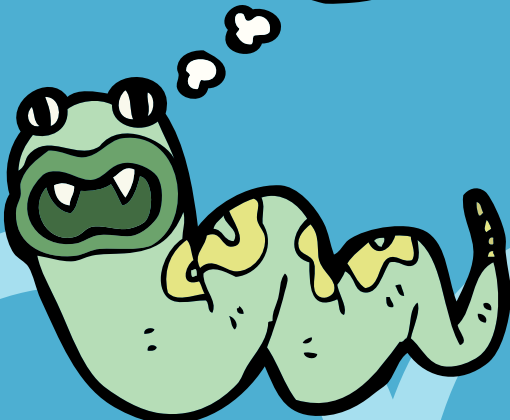
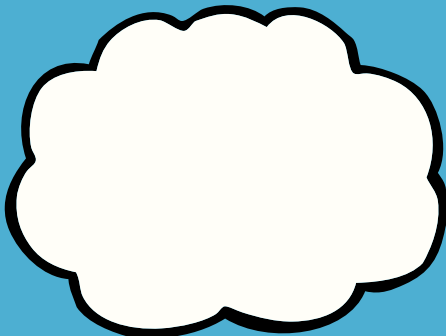
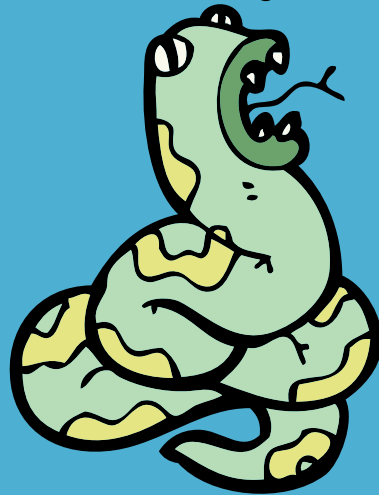
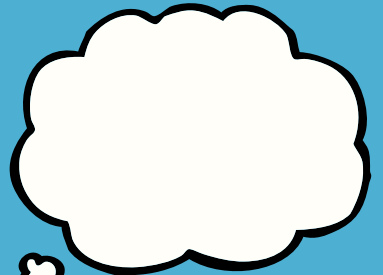
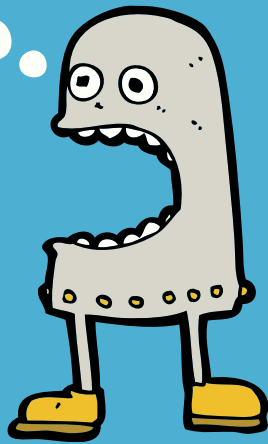
Excited

# Superpowers



## Negative thoughts

write in the speech bubbles what your  
worries are

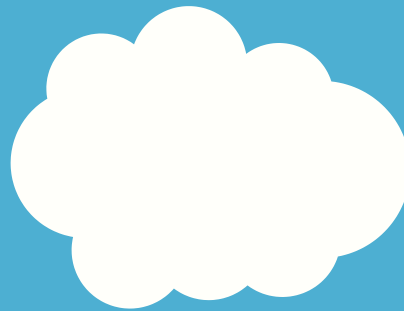
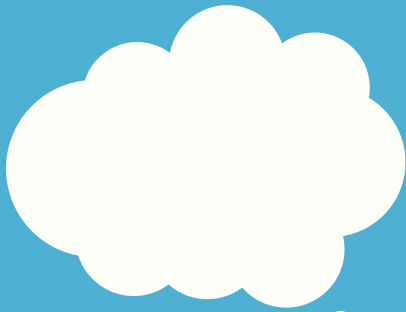




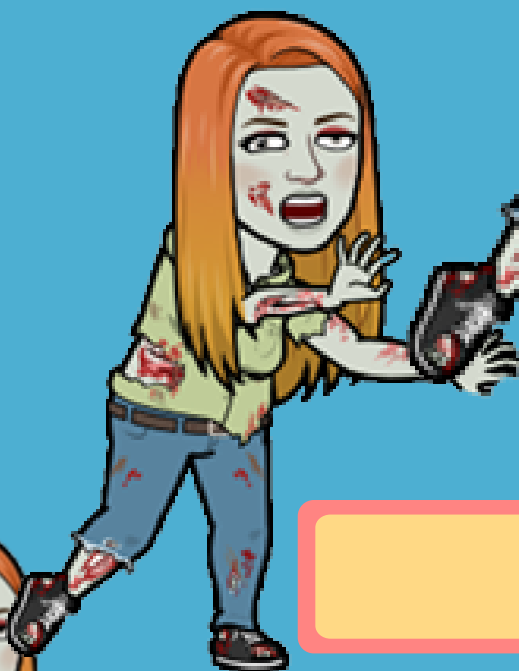
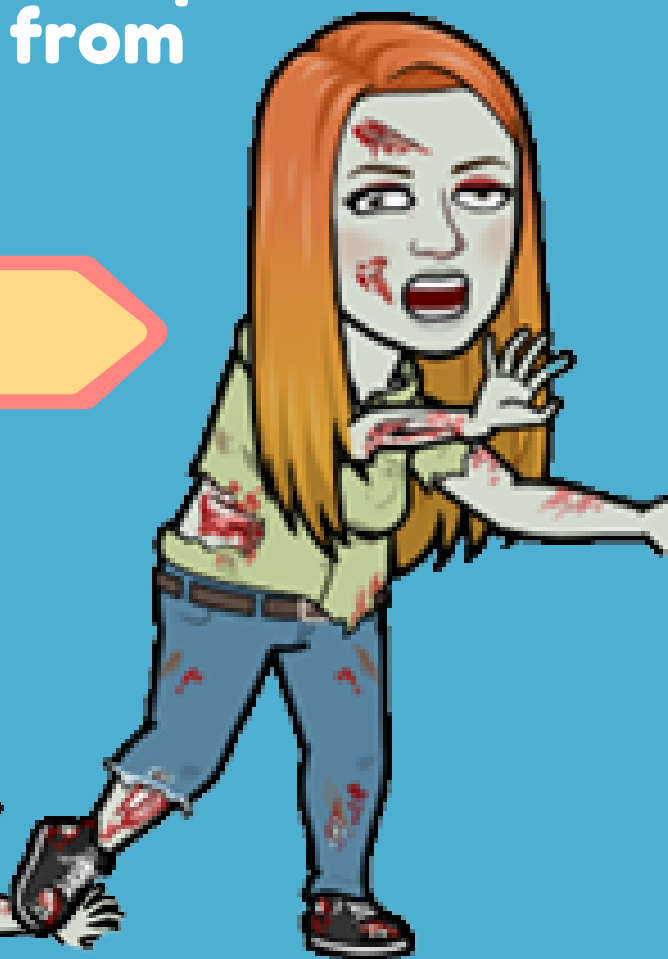
# Superpowers

## Positive thoughts

write in the speech bubbles what your happy thoughts are



Insert positive words to stop  
your critical creature from  
growing



You are not real, I'm  
strong

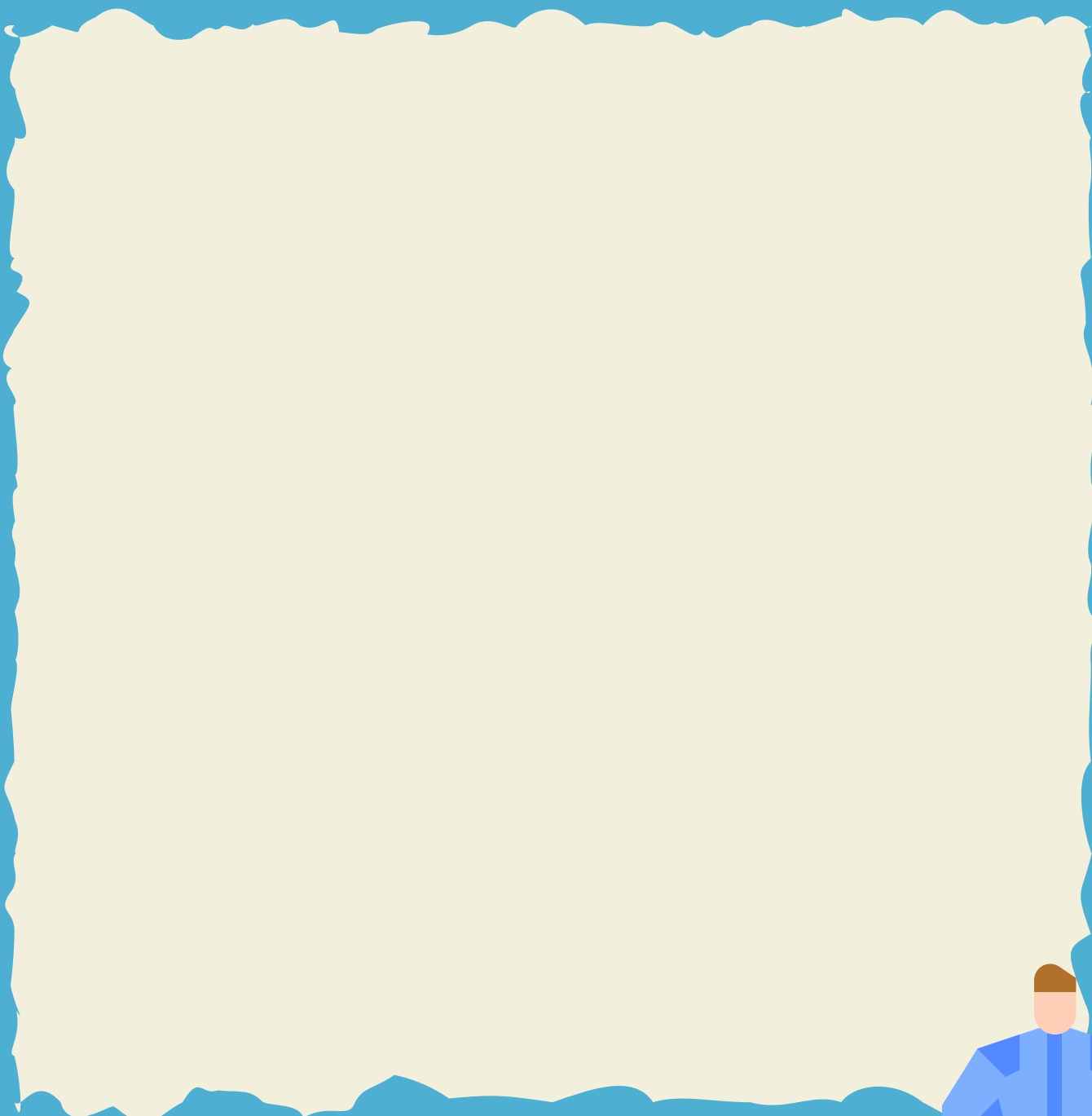




**Super Sarah can teleport anywhere to help anyone in need. She has a cape that shields her from negative thoughts.**

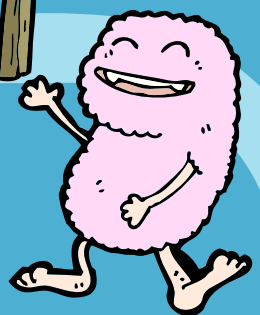
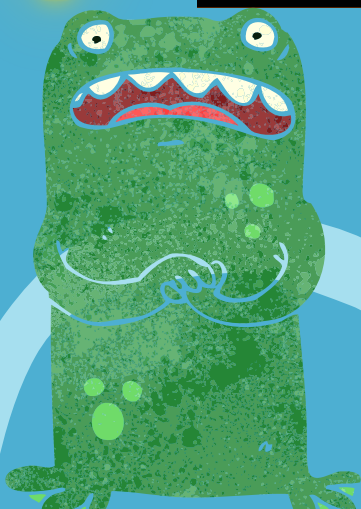
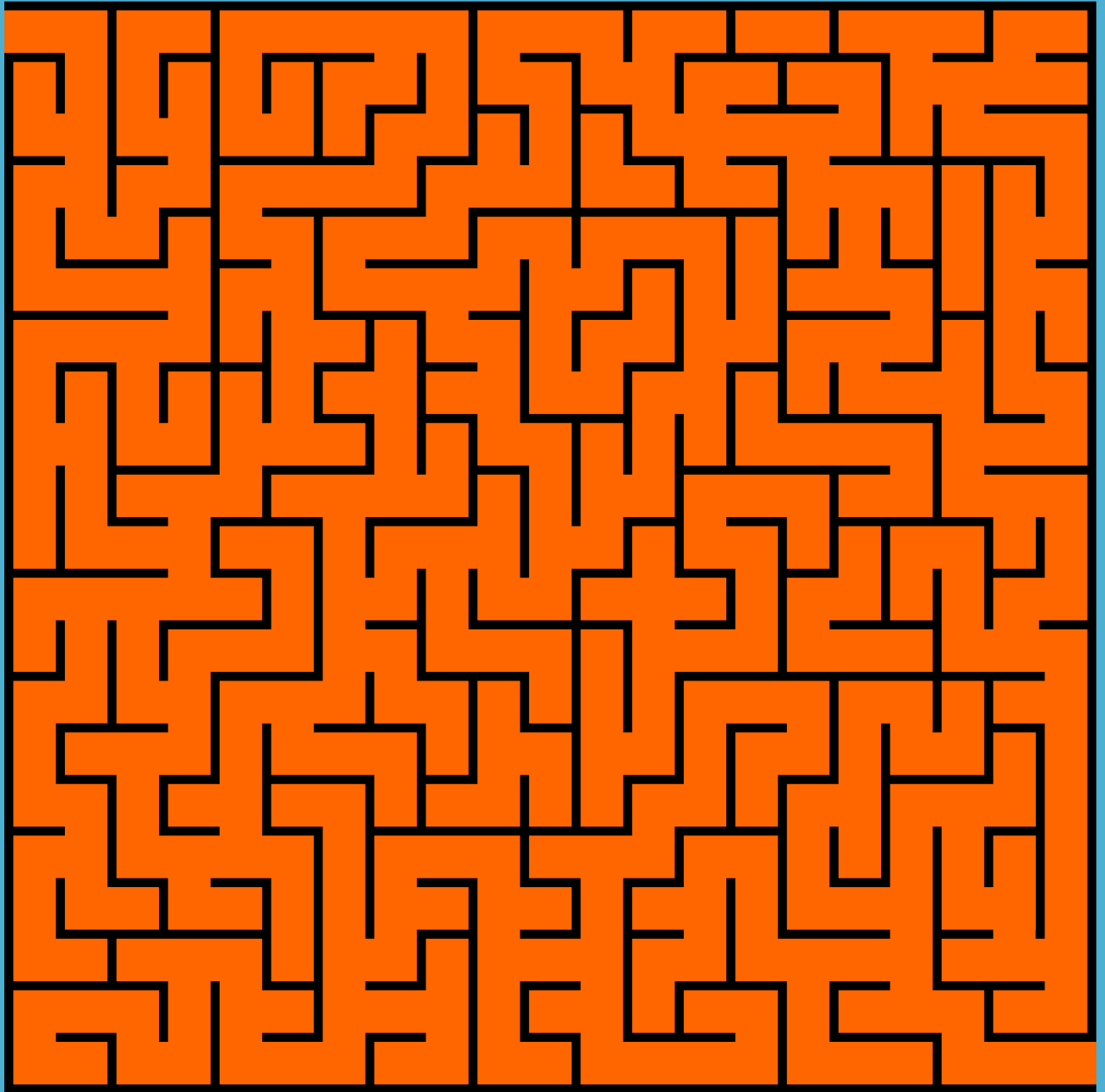
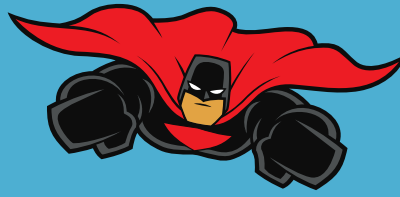


**Draw your super hero & label your superpowers**



# Get your superhero through the worry maze

A  
C  
T  
I  
V  
I  
T  
Y



# Words that describe

**me** (Caring , thoughtful)

A

C

T

I

U

I

T

Y



be  
yourself





Draw words that represent their meaning.  
Copy the words from examples below  
Then choose two words of your own

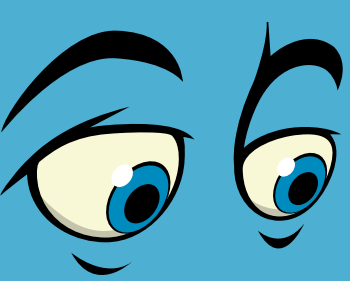
happy

EXCITED!

FREEZE

PANIC

ACTIVITY



Circle the words which showed how you  
felt throughout the day

HAPPY

joyful

ANGRY!

tired



scared

SAD



NERVOUS

Lonely

FUN

Other



Other



# Night Before School

Get uniform out ready



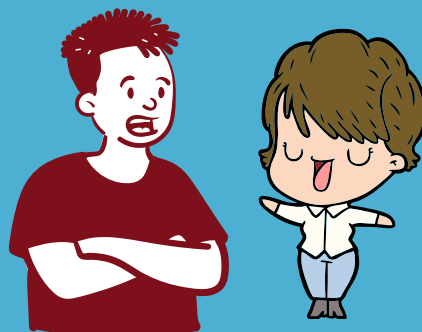
Complete any homework and pack book bag



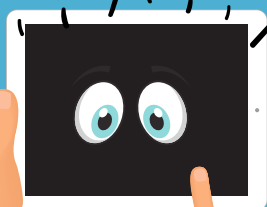
Prepare and get pack lunch ready



Chat with parents or carers about how you are feeling



log off electrical items 1 hour before bed



Get to sleep at a reasonable time





# I am thankful for...

Draw around your hand and write things  
you are grateful for inside



A

C

T

I

U

I

T

Y

## Gratitude hand



# ACTIVITY



Join the dots to outline Sadness from  
the movie Inside Out

# ACTIVITY



Join the dots to outline Joy from the movie Inside Out



# Gratitude Jar or box

Every night before bed add an item or write on a piece of paper things your are happy for and appreciate



My games

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Wellness weekly planner

**Add time you went to sleep, time you woke up and how many hours you slept. Try to get 9 to 12 hours a night.**



# Make sure you get a balanced diet

- Vegetables
- Fruit
- Protein
- Grains
- Dairy

**Write what mood or feeling you had throughout the day**



**Write down all exercise activities.  
Try and do 1 hour a day**

MON:	TUE:	WED:	THU:	FRI:	SAT:	SUN:
sleep	sleep	sleep	sleep	sleep	sleep	sleep
mood	mood	mood	mood	mood	mood	mood
food	food	food	food	food	food	food
<div> <input type="radio"/> V  <input type="radio"/> F  <input type="radio"/> P  <input type="radio"/> G  <input type="radio"/> D </div>	<div> <input type="radio"/> V  <input type="radio"/> F  <input type="radio"/> P  <input type="radio"/> G  <input type="radio"/> D </div>	<div> <input type="radio"/> V  <input type="radio"/> F  <input type="radio"/> P  <input type="radio"/> G  <input type="radio"/> D </div>	<div> <input type="radio"/> V  <input type="radio"/> F  <input type="radio"/> P  <input type="radio"/> G  <input type="radio"/> D </div>	<div> <input type="radio"/> V  <input type="radio"/> F  <input type="radio"/> P  <input type="radio"/> G  <input type="radio"/> D </div>	<div> <input type="radio"/> V  <input type="radio"/> F  <input type="radio"/> P  <input type="radio"/> G  <input type="radio"/> D </div>	<div> <input type="radio"/> V  <input type="radio"/> F  <input type="radio"/> P  <input type="radio"/> G  <input type="radio"/> D </div>
<div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>	<div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>	<div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>	<div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>	<div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>	<div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>	<div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>
workout	workout	workout	workout	workout	workout	workout

