

# Looking After Your Wellbeing



twinkl

# Aim

- I understand that there are strategies and behaviours that support my mental health and wellbeing.

# Success Criteria

- I can think of ways I can show self-kindness.
- I can list the areas I can control and the areas I can't control.
- I can think of ways to connect with other people for support.

# **The Big Questions**

An illustration of three people standing in a green field under a blue sky. On the left, a woman wearing a blue hijab and a purple long-sleeved shirt is looking towards the center. In the middle, a young man with short brown hair, wearing an orange and brown striped long-sleeved shirt, has his hand to his chin in a thoughtful pose. On the right, a young woman with long, wavy brown hair, wearing a blue t-shirt, also has her hand to her chin, looking thoughtful. The background consists of a line of green trees under a clear blue sky with some light clouds.

What is wellbeing?

How can I look after my own wellbeing?

# What Is Wellbeing?

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

- how comfortable
- how healthy
- how happy

Wellbeing is explained as feeling...

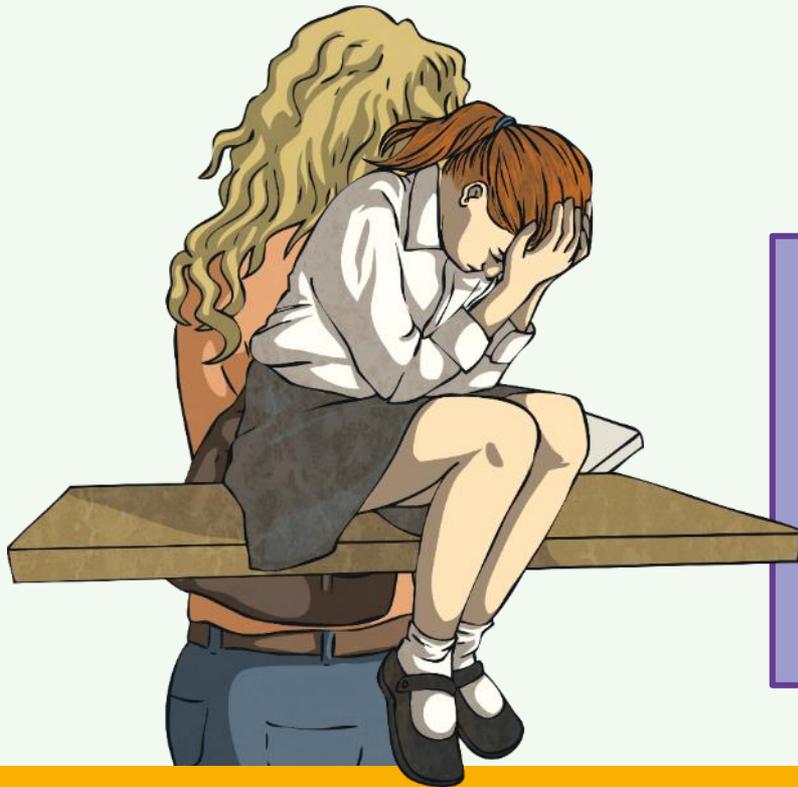
comfortable,

healthy,

or happy.

If life changes, then make you feel unsettled. These changes can take you out of your comfort zone and make you see life a bit differently; all of which can be unsettling.

# What Is Wellbeing?



When people feel anxious or worried about changes, they will try and control any areas of their life that they can.

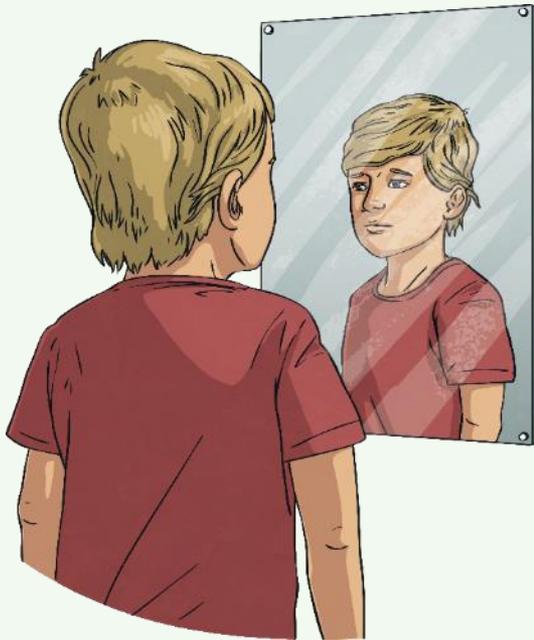
This might not be the 'right' thing to do but it is often done by people trying to look after their wellbeing in the only way they know how.

Today you will learn some other ways to look after your wellbeing, especially in a time of change.

# 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 your thoughts, words and actions.



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

# Be Kind

When deciding how to react and respond to other people, it is important to understand why they are behaving in a certain way, as well as their emotions or situation. This understanding can help you decide how to interpret their behaviour and words but also how to forgive and be kind, if necessary.



How could you show yourself some kindness?

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

# Connect with Others

Connections are a part of life, and it's important to be connected with other people. If you are having difficulties with your wellbeing, it is really important to be strong, lead a support network and be open to reaching out to people. These support networks, which you will support in your own way, are the people who will be there for you when you need them. This support network should include family, friends, teachers at school and members of the community.

This might be through face-to-face interactions. If this is not possible or you'd prefer a different way, it can be through letters, messages, telephone calls, video, playing games together on the Internet (always with your parents or carers) or going to a place you want to go to.



# Exploring

# Positive Mindset

Part of coping with times of change or stress is ensuring that the way you see the situation is through a positive mindset.

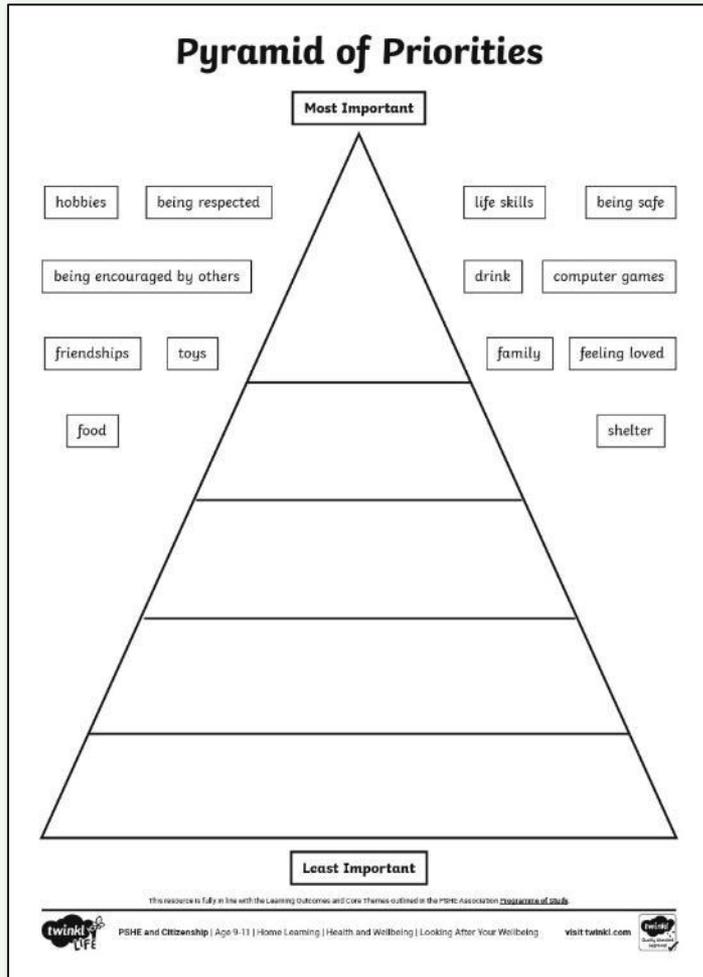
This means looking for opportunities in every situation, no matter how challenging or difficult they are.



This approach can help you to:

- see life in a different way;
- organise or think about the priorities in your life;
- value people over 'things';
- remember what is important within your life;
- recognise the value of your health and wellbeing; and
- recognise the value of loving others and being loved.

# Positive Mindset



Look at the pyramid. Think about where you would put each of the different things in your own pyramid.

Discuss this with someone else in your house and see if there are areas where you feel the same and areas where you differ.

Remember, all of the things within your triangle are important. This is about thinking which are more important to you than others. There is no 'right' or 'wrong' answers.

# Areas of Control

It's important to break down your thoughts and worries into things you can actually control and areas where you have no control.

Lots of people spend time worrying about things that they actually have no control over.

They don't realise what you should do is spend time focusing on what you can control.

Because they have no control, they can't do anything to make it better, so it can become a big area of worry. This can affect their wellbeing.

It also lets you think about the areas that you need to let go of, as you have no control over them.



# Areas of Control

Things I Can Control

Things I Can't Control

An illustration of four diverse children running happily in a grassy field under a blue sky with light clouds. The children are wearing colorful t-shirts and shorts. On the left, a teal circle contains the word 'Consolidating'. On the right, a yellow circle contains the word 'Reflecting'.

**Consolidating**

**Reflecting**

# Consolidating

# My Control

## My Control

Look at the areas listed in the table below. Write each one of them into the box you feel they fit; either 'Things I Can Control' or 'Things I Can't Control'.

You can then put this up in your room or home to remind you of the things you can actually control and to focus on these.

Things I Can Control	Things I Can't Control

how other people feel	what other people do	my self-care	other people's opinions
getting older	what I say	traffic	the weather
what I do	what I wear	what I eat	who I play with
my opinions	my thoughts	my words	my actions
what other people say	what other people think	how other people feel	what other people believe

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PD/IE Association's *Essentials of Study*.



PSHE and Citizenship | Age 9-11 | Home Learning | Health and Wellbeing | Looking After Your Wellbeing

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Using your **My Control Activity Sheet**, create a reminder of what you can and can't control to display in your home.

