



Winter Wellbeing

A selection of practical resources to help pupils feel calm and confident towards the end of Autumn term. There are also practical resources to boost staff wellbeing over the winter break, and a selection of free helplines and counselling services to signpost to for support.



Exercises and techniques to help children feel calm and release energy

- Use **music, rhythm and movement** to help children focus and engage after break time.
- A 5-minute **relaxation exercise** for 5-9 year olds to encourage mindful listening.

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Wellbeing games and activities for pupils

- This **colouring in activity for KS1 and KS2** can help children to focus on the present, and encourages them to think of a positive word to describe themselves.
- Have a go at playing **wellbeing bingo** with your class and see which pupils have done these little acts of self-care.
- For five minutes each day, get your class to try one of these activities in this **wellbeing advent calendar** as you count down to the end of term.

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Boosting staff wellbeing

- Use this **Wheel of Life** activity to reflect on how satisfied you are with different parts of your life. Then think about how to improve certain areas that you find more challenging.
- **Tools, tips, advice and videos** to help you take care of yourself; there are also some techniques to try to help you feel mentally better.
- Watch these **videos for advice** on how to handle stress and stop stress overflowing.

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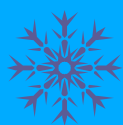
Free helplines and counselling services

- **Ask Sam – Childline:** children can write a letter to Sam if there is something on their mind or they need support. They can also contact a counsellor for free or call **0800 1111**.
- **SHOUT:** if a child is unable to cope and needs immediate support, they can text “Shout” to 85258. It’s free and available 24/7.
- **Education Support Partnership:** need someone to talk to? Call the national helpline for education staff on 08000 562 561- they offer free, confidential advice 24/7.

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