

**Help your pupils process their emotions,  
by encouraging them to talk about different types of  
feelings.**



## Task

As a class choose different colours to represent each of these feelings.

***Happy, worried, calm, upset, excited, angry and confused***

*(You can add or take away feelings depending on your age group)*

## Question Time

- Why did you choose these colours?
- Can you tell me or each other a time you felt each of these?



Throughout the week get your pupils to refer to these colours to help them show how they are feeling.

**Download your free  
worksheet at**

**[www.teachinghealthandwellbeing.com](http://www.teachinghealthandwellbeing.com)**

**Find more ideas at [www.teachinghealthandwellbeing.com](http://www.teachinghealthandwellbeing.com)**

**Today encourage your pupils to reflect and be grateful.**



## **Task**

Ask your class to think about people that have helped them and that they would like to thank.

***Choose from one of the following options to suit your year group.***

- a)** Draw 2 people you would like to thank in your life.
- b)** Write down 3 people you would like to thank in your life and why.
- c)** Write a thank you letter to one of these people.

## **Question Time**

- How did they help you?
- Did they help you physically or mentally?
- Who have you helped?

Older pupils can go on to discuss the clapping for the NHS.  
Did they take part and if so why or why not?

**Find more ideas at [www.teachinghealthandwellbeing.com](http://www.teachinghealthandwellbeing.com)**

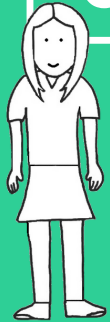
## Help your pupils process changes at school.



### Task

Get pupils to talk about or write two lists about what has changed at school and what is the same. Younger pupils may find this easier to talk in small groups, rather than write them down.

### Question Time



- What are you pleased is the same?
- What are you disappointed is the same?
- What are you pleased has changed?
- What are you disappointed has changed?
- What would you like to change and why?

For older pupils discuss if all change is bad and why people might find change hard.

Download your free  
worksheet at

[www.teachinghealthandwellbeing.com](http://www.teachinghealthandwellbeing.com)

Find more ideas at [www.teachinghealthandwellbeing.com](http://www.teachinghealthandwellbeing.com)

## Understanding that we all have worries at times and they can come in different sizes.



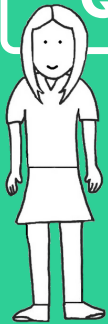
### Task

1) Have a class discussion on different ways to deal with worries: talking, deep breathing, distractions, writing them down etc...

2) Get pupils to draw or write their worries down on paper. Turn them into paper aeroplanes and throw them away to symbolise letting their worry go.

***Younger pupils can see how far they can throw them rather than making a paper plane.***

### Question Time



- What do you worry about?
- Who can you talk to if you feel worried at home and at school?
- What can you do to make yourself feel better?

## A simple strategy to help pupils when they feel overwhelmed.



### Task

As a class practice this strategy is to teach pupils how to calm down.

### Think, write or say

4 things you can see

3 things you can hear

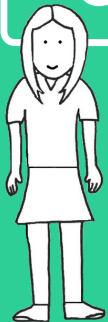
2 things you can feel

1 thing you can smell

**Download your free  
worksheet at**

**[www.teachinghealthandwellbeing.com](http://www.teachinghealthandwellbeing.com)**

### Question Time



- How may your body feel or change when you feel overwhelmed?
- What may cause you to feel overwhelmed?
- Can you think of other words to describe being overwhelmed?

**Find more ideas at [www.teachinghealthandwellbeing.com](http://www.teachinghealthandwellbeing.com)**