

Getting pupils to reflect on the past.

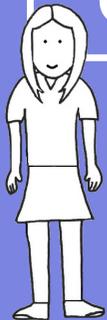


Task

We all have special memories that are important to us. Talk, draw or write and share a happy memory that is special to you.

Older pupils can write down what they would put in a time capsule to help them remember the events of the last year.

Question Time



- How does this memory make you feel?
- Why are memories important?
- What can help us remember things better?

Find more ideas at www.teachinghealthandwellbeing.com

Today focus on helping pupils develop their self esteem.



Task

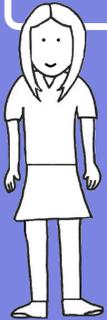
In small groups or pairs get pupils to share

- 1 things they are proud of
- 2 things they like about themselves
- 2 things they like about someone else in the group

Use our 'You Are Unique' colour and reflect sheet free to download

Older pupils can write down in the back of their books or planners what they are proud of and what they like about themselves. This is there for them to reflect back on when they need.

Question Time



- Why is it good for us to remind ourselves what we are proud of?
- Why is it important to say kind things about ourself?
- Why can it be difficult sometimes to say kind words about ourself?

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Download your free worksheet at

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Encourage your pupils to be kind to each other.

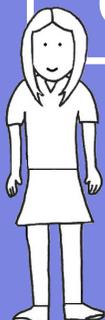


Task

Talk to your class about how they feel after they have been kind to someone. Being kind can help you feel happier, decrease stress, and inspire others to be kind. Talk draw or write something kind you could do for somebody today.

Older pupils can discuss acts of kindness and the different types: verbal praise, act of kindness, giving gifts, giving your time and physical touch (discuss when this would and wouldn't be appropriate in relation to covid-19).

Question Time



- How do you feel when someone is kind to you?
- How do you feel when you are kind to others?
- What kind thing can you do for someone today?

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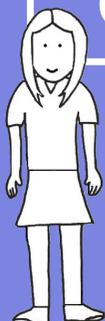
Encourage pupils to look forward.



Talk, draw or write and share what you are looking forward to this year, term and week.

Older pupils can also discuss what they would like to achieve this year. This may be skills, grades, or goals they have set.

Question Time



- Why is it good to have things to look forward to?
- What are you looking forward to this term?
- What do you want to achieve this term?

Teaching pupils healthy life long habits.



Task

Mind map or talk about healthy habits to help them keep healthy and happy.

Areas to discuss include:

Ways to keep a healthy brain and mind

A healthy diet

Healthy lifestyle habits

(sleep, spending time outside, spending time with others)

Good physical health and fitness.

Get pupils to draw a picture of themselves and label what they can do to take care of their own health.

Looking for more ideas on how to continue developing health education in your school? Check out 'My Healthy, Happy Life' pupils' health activity journals.

Find more ideas at

www.teachinghealthandwellbeing.com

**Download your free
worksheet at**

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