

Return to school with



Weaving Well-Being

Student booklet

Name:



RETURN TO SCHOOL WITH WEAVING WELL-BEING

Introduction

INTRODUCTION

Welcome back to school - we have all had a hard time over the last few months due to Covid-19. It is really important now to focus on your well-being, as you have probably had a lot of ups and downs and mixed emotions!

These well-being activities are designed to help you to understand and strengthen your well-being so that you feel good about yourself in mind and body and strong enough to deal with past, present and future challenges.

Maybe you have done the *Weaving Well-Being* programme before - if so, hopefully you have some ideas to help your well-being already! Even if you haven't, you can still try these activities!

There are 5 main well-being messages in this booklet for you to explore:

1. **Covid-19: It's time to tell your story**
2. **All feelings are OK**
3. **Notice the good stuff**
4. **Everything you need is inside you**
5. **Look back, but move forward**

LET'S LOOK AT WHAT WELL-BEING MEANS AND FEELS LIKE:

Remember

Well-being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and disappointments of life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!

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Message 1: Covid-19: It's Time to Tell your Story

Covid-19 affected everyone in different ways. Everyone has their own story, now it's time to tell yours!

Think about your story now - it is probably a mixture of highs and lows and everything in between. You have come through a very hard time, you have survived and you are here to tell the tale!

What I felt and thought when the schools closed: _____

What was the hardest part for me: _____

I'm proud of myself because: _____

Things I enjoyed about this time: _____

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Message 1: Covid-19: It's Time to Tell your Story

Worries I have about coming back to school: _____

What helped me to feel strong and good during this time: _____

Other parts of my story: _____

You have handled all
of your bad days with
flying colours so far -
you can do this again
and again!

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Message 2: All Feelings are OK

It is so important for us to remember that all feelings are OK. We might not like some of them, but we can cope with them.

Circle any of these strong feelings you felt over the past few months, and add any others that you felt.

fear anger worry loneliness grief
confusion sadness frustration
disappointment boredom hurt anxiety



With so much change happening, you may still be feeling lots of these emotions every day!

Write down one of these feelings and when you felt it.

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Message 2: All Feelings are OK!

All feelings are OK, but it's very important to deal with them in helpful ways, rather than ways that might make us feel even worse!

Here are some ways to deal with strong feelings in a helpful way:

Name the feeling

Talk to someone

Remind yourself that you can cope with this feeling!

Do some deep breathing to help yourself to feel calm and relaxed

Do some physical activity

Do some art or creative activities

Write down how you are feeling

What other helpful way do you deal with your strong feelings?

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Message 3: Notice the good stuff

During Covid-19, there is a lot of sadness and worry all around us. We hear and notice all of the bad news every day. Sometimes we forget that there is still a lot of good stuff around too! It is up to us to notice it!

RAINBOW MOMENTS

If you did the *Weaving Well-Being* programme, you might remember that Rainbow Moments are all of those little moments during the day when good things happen. Maybe you played a fun game, watched a funny movie, created something interesting, had a nice lunch or dinner, noticed something beautiful in nature - there are lots of good things all around us, even at difficult times in our lives. We need to train our minds to notice the good things - our minds are already too good at noticing the bad stuff!

Write down three Rainbow Moments for the last 24 hours in the rainbow below. Try to do this every day for at least a week so that you get into the habit of noticing the good things! You can write these activities, for the next five days on the following page.

Every day has good and bad
- sometimes more good than
bad, sometimes more bad
than good and sometimes
the same.

- Unknown



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Message 3: Notice the good stuff

MY RAINBOW MOMENTS

DAY 1	1.
	2.
	3.
DAY 2	1.
	2.
	3.
DAY 3	1.
	2.
	3.
DAY 4	1.
	2.
	3.
DAY 5	1.
	2.
	3.

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Message 4: Everything you need is inside you

Think of everything you have gone through over the last few months - you have been through a lot! You have so many strengths inside you, maybe you never noticed or used them until you had to face these challenges and problems. Think about them now. They help you to grow into your best self!

Strengths I discovered in myself...

Consider the following strengths:

perseverance,
creativity, gratitude,
leadership, teamwork,
humour, bravery,
kindness, optimism,
self-control,
perspective, curiosity,
love, forgiveness

You will find more strengths at the back of this booklet.

An example of when I used one of these strengths:

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Message 4: Everything you need is inside you

Something that I used to think was important...

Something I now realise is really important...

A person (famous or not) who inspired me at this time

Good changes in the world

**You've
got
this!**



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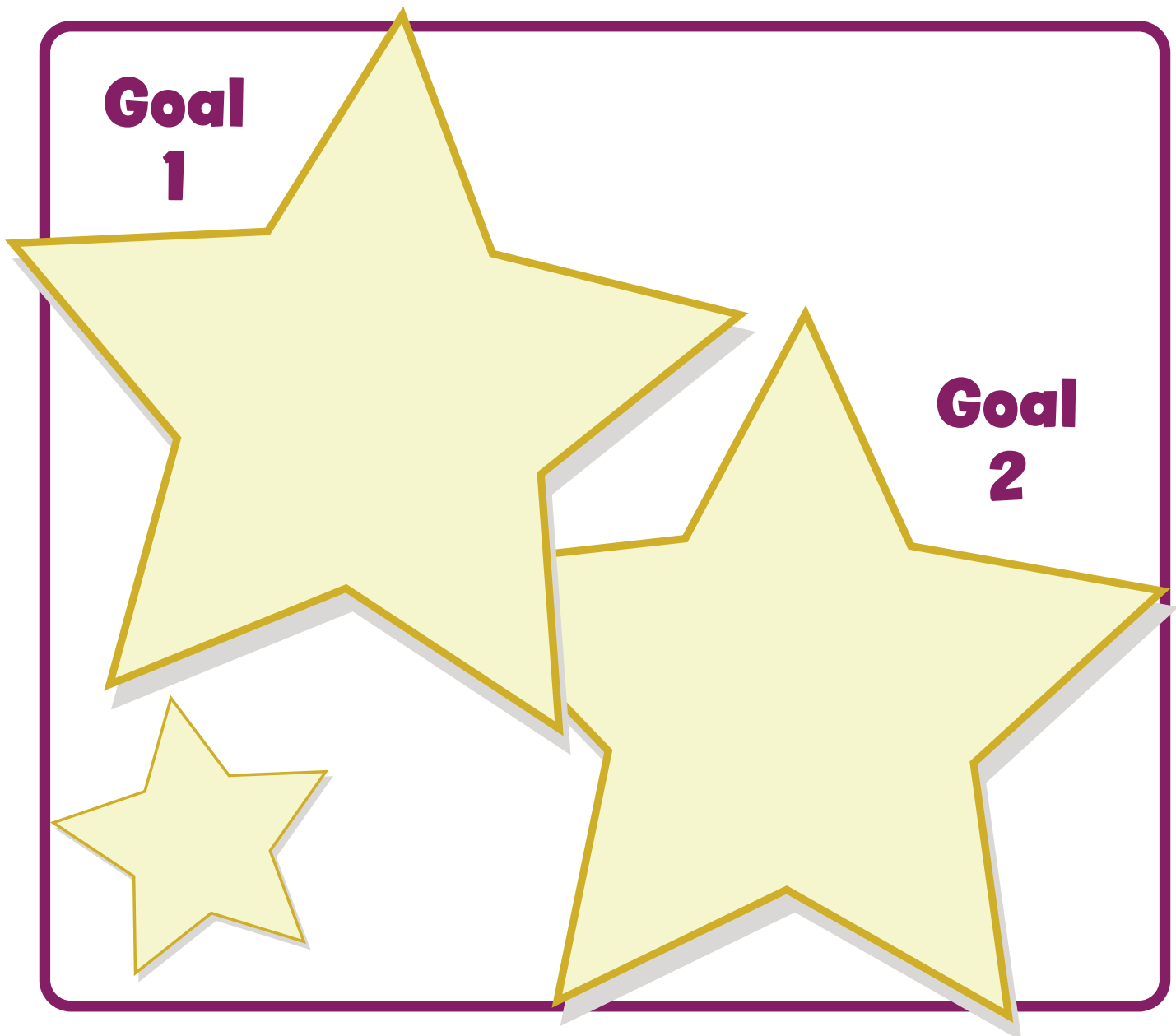
Message 5: Look back, but move forward

So much has happened over the last few months and it takes a while to get used to the new normal. We have to give ourselves time.

It might be helpful to make a memory box of those first few months of Covid-19. After all, we are living through history!

We can look back at this time whenever we need to, but of course we also have to move forward with our lives too. Setting some goals for how you might like to move forward is a good way to start this process!

Set 2 goals for yourself now - one to do with school and one to do with another aspect of your life. Set a time limit for them too. Set some more after you have achieved these!

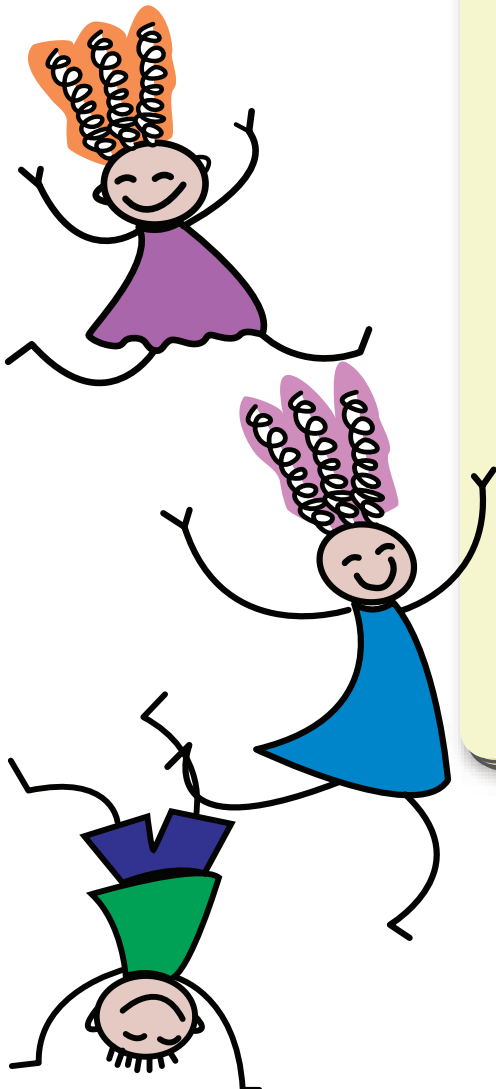
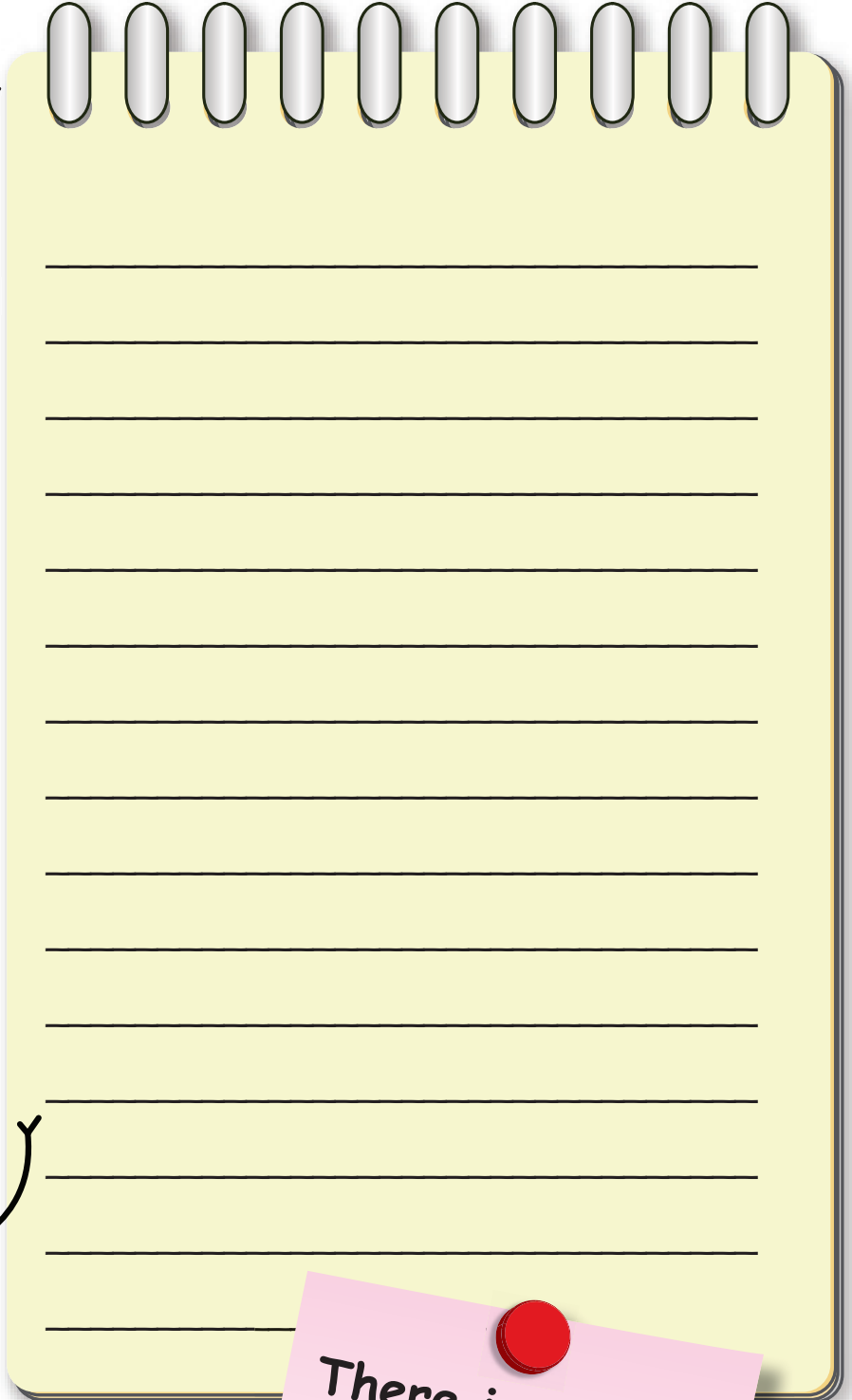


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My happiness list

MY HAPPINESS LIST

Make a list of some of the things that make you feel happy. Think about things you do with your family, friends and pets, or hobbies, songs, movies you like - anything which puts a smile on your face! Try to do some of the things on your list this week!



There is always, always something to be thankful for.

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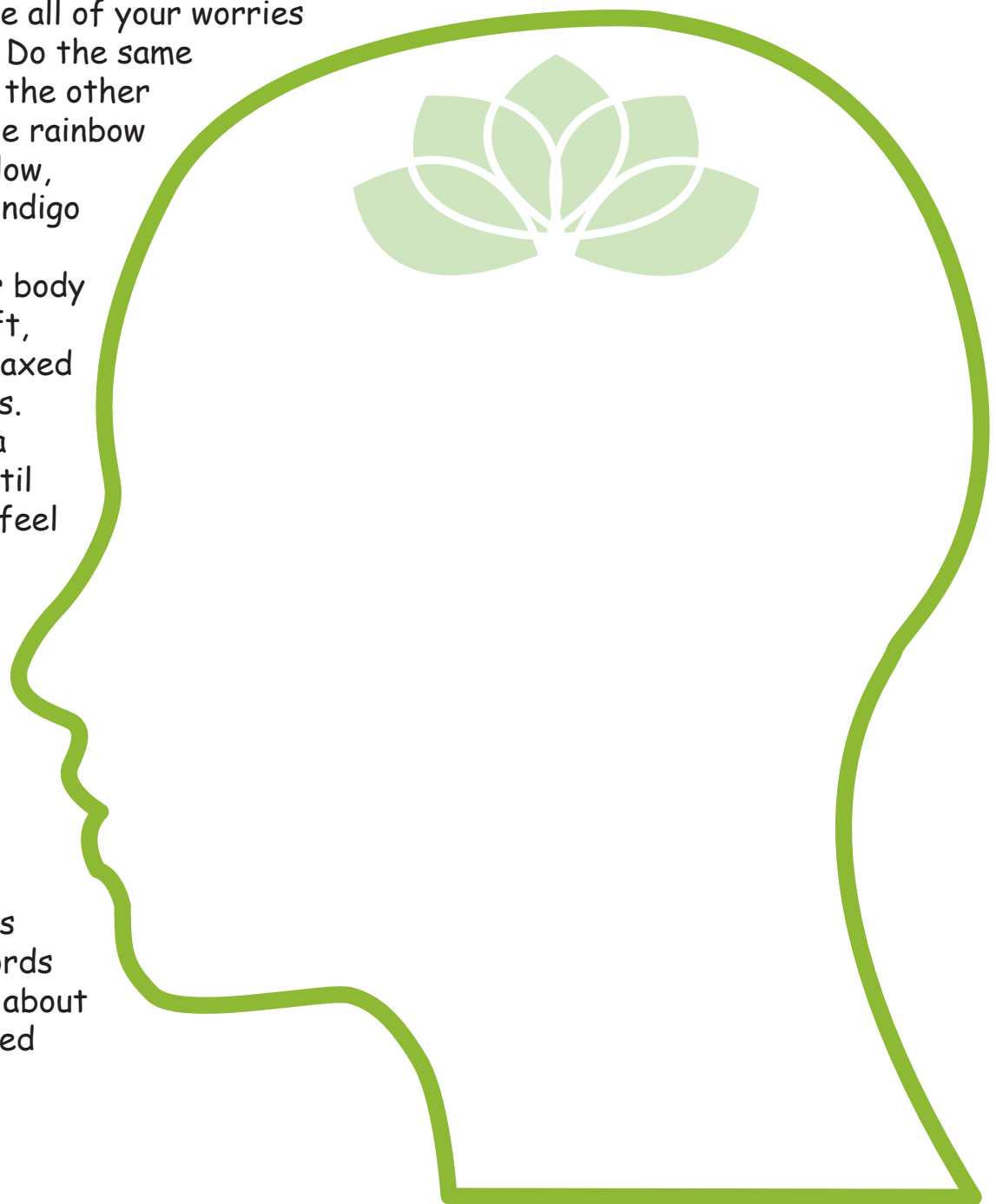
Relax with Rainbow Breathing

RELAX WITH RAINBOW BREATHING

We can help our bodies and minds to feel calm and relaxed by doing Rainbow Breathing any time we need to! Try it now. You might like to relax by lying on the floor, but you can do it sitting or standing either. Close your eyes. Now breathe in deeply and imagine lots of beautiful red light surrounding you, filling up your lungs and going right down into your toes. Now breathe out slowly and send this beautiful bright red light from your lungs, letting it take all of your worries away with it. Do the same with each of the other colours of the rainbow - orange, yellow, green, blue, indigo and violet. Imagine your body becoming soft, warm and relaxed as you do this. Repeat this a few times until you start to feel relaxed and calm.



Decorate this head with words and pictures about feeling relaxed and positive.



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Dealing with worries

If you are a kid who worries a lot about things, you are not alone. Lots of kids worry - it means that our brains are trying to help us to prepare for things that may (or may not) happen in the future. We need to have ways to deal with our worries so that they don't take up too much of our time and stop us from enjoying life.

Ways to deal with your worries:

1.

When a worry pops into your mind, say to yourself - 'This worry shows that my mind is trying to help me. I can relax and trust myself to deal with this worry.'

2.

Talk to someone in your family - sharing your worries can make them seem smaller.

3.

If you can do something about your worry, make a plan and try it out. If it doesn't work, try another one.

4.

If your worry is about something you can't control, give yourself a break from it by distracting yourself and doing something you enjoy. It's like changing the TV channel.

5.

Do some deep breathing to help yourself to feel calm and relaxed. Try the Rainbow Breathing on page 13.

7.

6.

What other helpful way do you deal with your worries? Write it on Number 7.

←
If you can think of any more write them on a separate page and keep them where you can look at them whenever you need them.

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You have so many strengths inside you - these are your inner treasures:

- 1. **CHARACTER STRENGTHS LOVE**
- 2. **CHARACTER STRENGTHS CURIOSITY**
- 3. **CHARACTER STRENGTHS GRATITUDE**
- 4. **CHARACTER STRENGTHS SELF-CONTROL**
- 5. **CHARACTER STRENGTHS LEADERSHIP**
- 6. **CHARACTER STRENGTHS HONESTY**
- 7. **CHARACTER STRENGTHS CREATIVITY**
- 8. **CHARACTER STRENGTHS EMOTIONAL INTELLIGENCE**
- 9. **CHARACTER STRENGTHS KINDNESS**
- 10. **CHARACTER STRENGTHS FORGIVENESS**
- 11. **CHARACTER STRENGTHS FAIRNESS**
- 12. **CHARACTER STRENGTHS OPTIMISM**
- 13. **CHARACTER STRENGTHS BRAVERY**
- 14. **CHARACTER STRENGTHS OPEN-MINDEDNESS**
- 15. **CHARACTER STRENGTHS LOVE OF LEARNING**
- 16. **CHARACTER STRENGTHS APPRECIATION OF BEAUTY**
- 17. **CHARACTER STRENGTHS CAUTION**
- 18. **CHARACTER STRENGTHS MEANING**
- 19. **CHARACTER STRENGTHS ZEST**
- 20. **CHARACTER STRENGTHS PERSEVERANCE**
- 21. **CHARACTER STRENGTHS PERSPECTIVE**
- 22. **CHARACTER STRENGTHS HUMOUR**
- 23. **CHARACTER STRENGTHS HUMILITY**
- 24. **CHARACTER STRENGTHS TEAMWORK**



Weaving Well-Being

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