Return to school with

Weaving Well-Being

Student booklet

Name:
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:

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!
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: __

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
RETURN TO SCHOOL WITH WEAVING WELL-BEING

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!
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.
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 art or creative activities**
- **Write down how you are feeling**

What other helpful way do you deal with your strong feelings?
RETURN TO SCHOOL WITH WEAVING WELL-BEING
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
## Message 3: Notice the good stuff

### My Rainbow Moments

<table>
<thead>
<tr>
<th>Day</th>
<th>1.</th>
<th>2.</th>
<th>3.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Day 3</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Day 4</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Day 5</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
<table>
<thead>
<tr>
<th>Something that I used to think was important...</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Something I now realise is really important...</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A person (famous or not) who inspired me at this time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Good changes in the world</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

**You’ve got this!**
RETURN TO SCHOOL WITH WEAVING WELL-BEING
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!
RETURN TO SCHOOL WITH WEAVING WELL-BEING

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.
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.
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.

Dealing with 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.

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

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.
RETURN TO SCHOOL WITH WEAVING WELL-BEING
You have so many strengths inside you - these are your inner treasures:

1. LOVE
2. CURIOSITY
3. GRATITUDE
4. SELF-CONTROL
5. LEADERSHIP
6. HONESTY
7. CREATIVITY
8. EMOTIONAL INTELLIGENCE
9. KINDNESS
10. FORGIVENESS
11. FAIRNESS
12. OPTIMISM
13. BRAVERY
14. OPEN-MINDEDNESS
15. LOVE OF LEARNING
16. APPRECIATION OF BEAUTY
17. CAUTION
18. MEANING
19. ZEST
20. PERSEVERANCE
21. PERSPECTIVE
22. HUMOUR
23. HUMILITY
24. TEAMWORK
Find out more about the Weaving Well-Being series at:

pearsonschools.co.uk/ww

Discover more free support content at:

go.pearson.com/happyhealthyschools