



Wellbeing

Helping Hearts


Read and think about this statement:

By helping someone feel good about themselves, you help them feel happier, and you may even help yourself feel happier too.

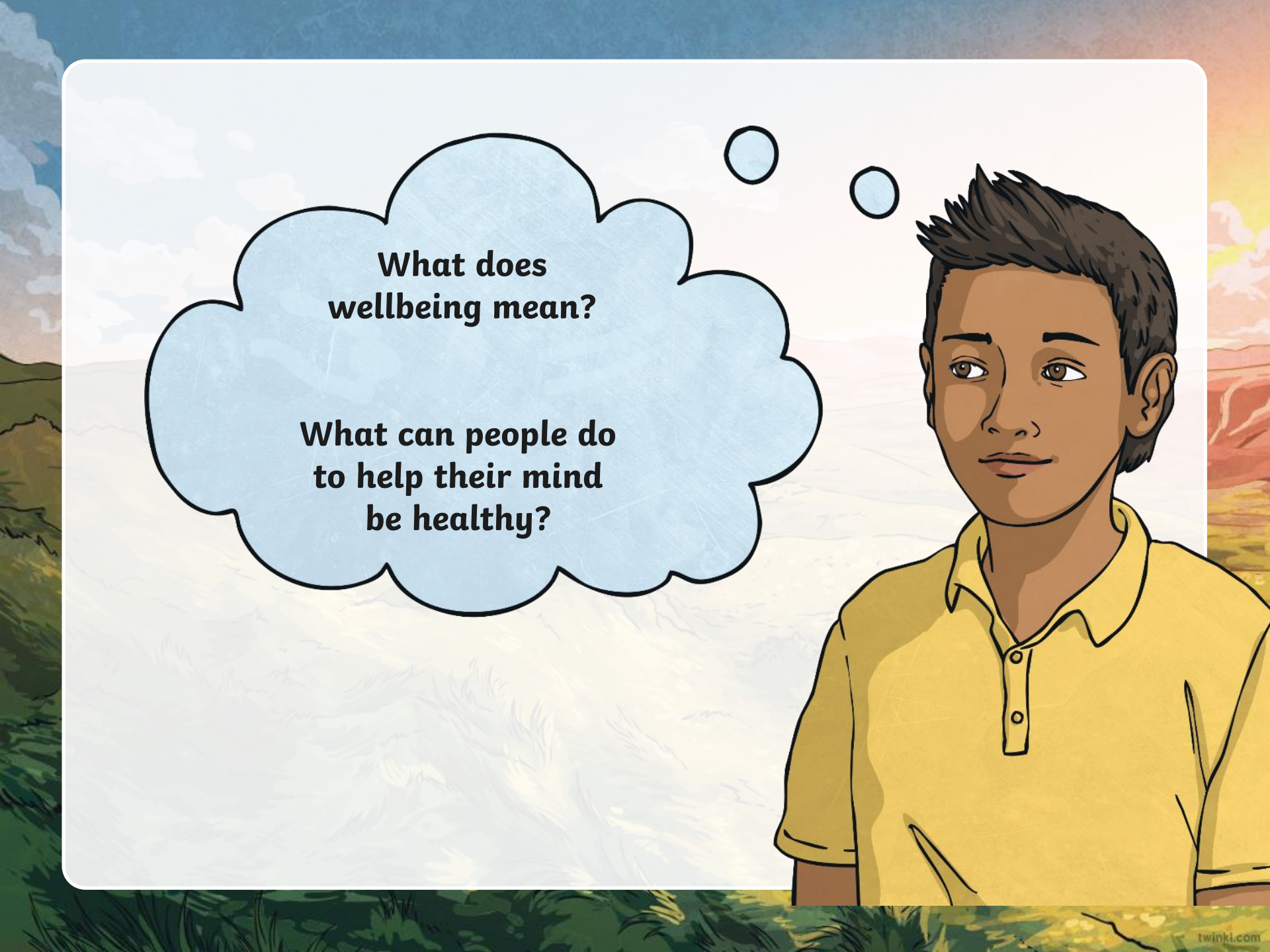


What does this statement make you think or feel?





The Big Questions

An illustration of a young man with dark skin and short, dark hair, wearing a yellow polo shirt. He is looking upwards and to the left with a thoughtful expression. To his left is a large, light blue thought bubble with a black outline. Inside the bubble are two questions. Above the bubble are two smaller, empty light blue circles with black outlines. The background is a soft-focus landscape with green grass in the foreground, rolling hills in the middle ground, and a sky with light clouds. The overall style is a soft, painterly illustration.

**What does
wellbeing mean?**

**What can people do
to help their mind
be healthy?**

Being Healthy

How can people be healthy?



Think of different things people can do to be healthy, think about how people can achieve a healthy mind and a healthy body.
Write your ideas down on a piece of paper.

**It is important that people help
both their
body and mind to be as healthy
as they can.**

Wellbeing

It is all about the thoughts people are having, how they are feeling because of these thoughts and how these thoughts and feelings are affecting their actions and behaviour.

Sometimes people have happy, comfortable thoughts and feelings. Sometimes, people have thoughts and feelings that don't feel so good and might feel upsetting or uncomfortable.



Wellbeing

People might be feeling excited, happy, content, safe or loved. They might be proud of themselves for something they have done. These are comfortable thoughts and feelings.



People might be feeling worried, afraid, sad or lonely. These are uncomfortable thoughts and feelings.

Everyone's experiences and feelings are different as no two people are the same.



What can you do to help keep your mind healthy?

To help keep your mind healthy you can do a number of things, hopefully you came up with some of your own ideas at the beginning of this lesson.

Here are some key words:

health
healthy

positive impact
share
talk

kind
exercise
creative

You can talk to a trusted adult and share how you are feeling with them.

Be kind to yourself.

Take some exercise.

Take part in a creative activity.

Spreading the Word

TASK 1:

Design and create a poster to tell others all about the things people can do to help their minds be healthy.


***Use the key words to help you**



Spreading the Word

I can teach about ways people can help their mind be healthy.

Design and create a poster to tell others all about the things they can do to help their mind be healthy.



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Helping Hearts

Helping others may be as simple as saying something kind to another person, whether they are a close friend or someone you have just met.

You could try giving compliments to the people that you care about to let them know how special they are to you.

By helping others to feel good about themselves and showing how much we care, we can help them feel happy and cared for.

Doing something positive and kind for somebody else, however small, can make a big difference.

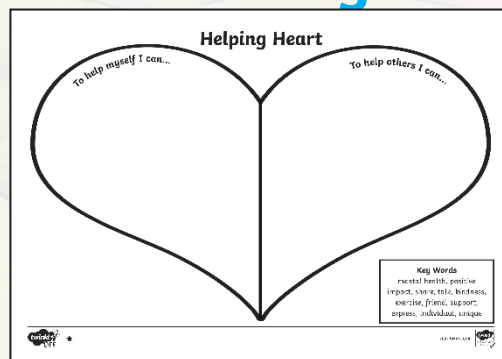


Helping Hearts

What can you do to help yourself think positively and feel good?

What can you do to help someone else think positively and feel good?

TASK 2: Write and draw your ideas on the **Helping Heart Activity Sheet**.



Key Words

positive impact
share
talk

kindness
exercise
friend
support

express
individual
unique



TASK 3:

Take some time for yourself and complete one of the following screen-free activities:

Build Something

Use building blocks, recycled materials, chairs, a deck of cards or anything else you can find to build a den, a tower, a vehicle or a robot.

Play a Board Game

Dig out your board games and have fun playing with the family. You could even design and make your own board game.

Cooking

Follow a recipe to make something tasty. Remember, you may need adult supervision. Cooking is a fun way to practise following instructions, weighing and measuring.

Get Outside

If you have a garden, try to get outside for some fresh air every day. Set yourself a challenge to become more active, such as skipping with a rope for five minutes non-stop. Try to increase the time you spend on the activity each day.

Dance, Dance, Dance!

Make up a dance routine to your favourite pop song. Try teaching it to someone else.

Make a Nature Collage

Collect natural objects found outside, such as leaves, twigs, pine cones and flowers. Create a scene by using them to make a collage.