

WELLBEING at SHJS



What do we mean by wellbeing?

Why is wellbeing important?



Signs of Wellbeing

- **ACTIVE**
- Being **RESPONSIBLE** for myself and others
- Being **CONNECTED** to other people, near and far
- Being **RESILIENT** to cope
- Being **RESPECTED** myself and Respecting others
- **AWARE** of my thoughts, feelings and behaviours



This Week's Well-Being Focus is...



Resilient



Questions to think about...



RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?
- Do I believe that with effort I can achieve?



Resilient - Coping



RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?

HEART

What are all the feelings and emotions we can think of?



HEAD

What might we think when we feel these emotions?

HANDS

What might we do when we feel these emotions?



Resilient - Coping



Match the behaviours to the emotions

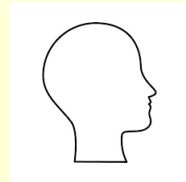
surprise	jump up and down
anger	Shout at someone
sadness	scream
excitement	shake head
fear	cry
disappointment	hug someone
	kick something
	hit something
	hide
	be quiet
	back away
	smile
	punch
	stamp feet
	say something bad
	face goes red



Resilient - Coping



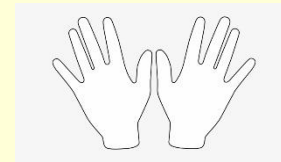
Think



Feel



Do



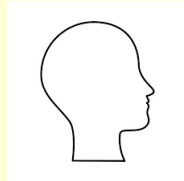
Jules is playing football for the school team. It's really exciting because the team are playing really well. It looks like they might win. In the final minutes of the game, Jules shoots to score the winning goal but it doesn't go in and their team loses.



Resilient - Coping



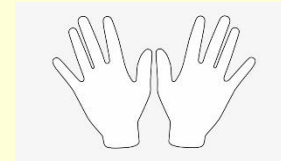
Think



Feel



Do



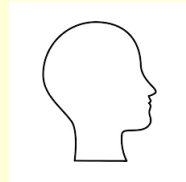
Eli's pet rabbit had been sick for a few weeks. Eli was very worried about it and had a feeling that something bad was going to happen. At the weekend the rabbit died. Today, Eli can't stop thinking about his rabbit and why bad things happen.



Resilient - Coping



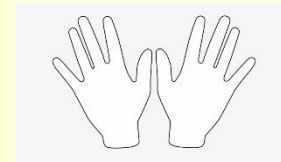
Think



Feel



Do



Amina is in the school play. She already felt nervous about going on stage in front of everybody but to make things worse, it is her turn to speak and she has forgotten what to say. Everyone is looking at her, she feels her face go red and her legs turn to jelly.



Resilient - Coping Who can Help? What can Help?





Resilient - Coping



Gather examples of where we have shown resilience by coping in:

- Our learning
- Our play
- Our friendships
- Our time at school and at home

Show ideas of how we can help ourselves be more resilient and cope:

- What can we think (Head)
- What can we feel (Heart)
- What can we do (Hands)

