



# Service Children

## **Wellbeing Course KS1**





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## OVERVIEW

Five Ways to Wellbeing is an evidence-based approach to promoting positive wellbeing.

This course aims to help children understand more about wellbeing, and gives children the tools to protect and promote both their own wellbeing and the wellbeing of those around them.

This course is designed to provide a safe space for children to talk through how they are feeling, and respect the feelings of others.



# INTRODUCTION

## SESSION 1

### LESSON OVERVIEW

Introductory session to welcome and get to know the group. 4-6 per group.

Key information to discover:

Names, family, Serving person/military link. Anything they would like to share/talk through.

### RESOURCES

- Blank emotion fans activity sheet
- Pens
- Colouring pencils
- Split pins
- Small ball to pass round

### THOUGHT OF THE WEEK

We are all part of the same community (whether it's school, village, military.) We need to respect, understand and support one another

### MAIN ACTIVITY

**Name Game:** everyone in a circle. Working your way round the circle each person has to introduce themselves and an activity they like to do, for each activity they have to do an action. Rest of the group responds 'Hello ...' and does the action. E.g:

**Me:** My name is \_\_\_ and I like to run (runs on the spot)

**Group:** Hello \_\_\_ who likes to run (also running on the spot)

Pass around the ball and talk about - who lives at home with me (including pets), any other special family who doesn't live with me, what is my connection to the military (if any) one good thing that has happened to me recently and one not-so-good thing that has happened.

Make our emotion fans - choose 5 emotions you would typically feel during a school day, i.e. grumpy would maybe be a better choice than angry. Model to show. Print template onto card and assemble before next session.



# INTRODUCTION

## SESSION 1

### MAIN ACTIVITY

Over the next five weeks we are going to meet and think about the 5 Ways to Wellbeing which are:

**Connect**

**Be Active**

**Take Notice**

**Keep Learning**

**Give.**

The 5 Ways to Wellbeing is evidence based – scientists researched emotional wellbeing and found that following these 5 Ways to Wellbeing improves your mental and emotional wellbeing, enabling you to live a happier, more satisfied and productive life.

We will look at the 5 ways, talk about them and consider how they might make our wellbeing better and how we can incorporate them into our daily lives. It's a choice really, by following this course and trying to follow the 5 Ways to Wellbeing you are choosing to improve your own Wellbeing and, hopefully, help people around you improve theirs!

### BEFORE NEXT WEEK...

Think about something you want to improve on regarding your wellbeing, and choose something you already do really well to protect your wellbeing/keep positive to share with the group.



# CONNECT

## SESSION 2

### LESSON OVERVIEW

Today we are going to focus on the importance of connecting with our friends and family. Good relationships help our brains produce chemicals that make us happy. They give us a sense of belonging and self-worth.

### RESOURCES

Paper A4  
Coloured pencils/pens  
Connection Circles Worksheet

### THOUGHT OF THE WEEK

The most important part of life is the connections you make with other people

### MAIN ACTIVITY

Begin by giving each child a piece of paper and asking them to write down, with support if needed, 3 of their favourite Disney films. They have 5 minutes. After 5 minutes ask the children to share their list with a partner. Did they have any of the same films? Share with the wider group. Talk about how even though we are all unique and different we do have some things that connect us together. Talk about how the children all have military connections and that they have experienced lots of the same things.

Now talk about what happens when a parent is deployed. How do you stay connected? How do you feel when you make contact with each other? How does it feel when you can't make contact? How can we cope when we are unable to connect? Who else can we connect with?

Children to think about their family and community and complete



# CONNECT

## SESSION 2

### MAIN ACTIVITY

Explain that we have lots of people in our lives connected to us in different ways. There are lots of people that we can talk and connect with when we are feeling anxious or sad. The template consists of circles.

Who are the most important people in your life?

Which people are important to you and care about you?

Who else is part of your community?



### BEFORE NEXT WEEK...

Think about a friend or family member that you haven't seen or heard from in a while. How could you reconnect with them?

Facetime them or send them a card to let them know that you miss them and care about them.



# BE ACTIVE

## SESSION 3

### LESSON OVERVIEW

Today we are going to focus on the importance of physical activity. Physical activity is good for our minds and bodies, reducing stress and anxiety and boosting confidence. Scientists have proved that being active and doing exercise increases our happiness. This could be playing your favourite sport, dancing or even just getting outside for a walk. The important thing is to do something you enjoy.

### RESOURCES

Access to a smartboard  
Enough space for movement  
Emotion fans

### THOUGHT OF THE WEEK

DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

### MAIN ACTIVITY

Begin by welcoming the children into the session. Hand out their emotion fans and ask them to show you how they are feeling at the start of today's session? Ask them to think about how their bodies are feeling today? Exercising until you're breathless is very good for you, your heart, your bones and your joints. We don't always feel like exerting ourselves like that though so it's good to know that any kind of exercise and movement will help your wellbeing – a short walk, taking the stairs instead of the lift, a quick boogie in the kitchen!

Explain that we are going to take part in some fun exercise activities. If it is a sunny day take the children outside for a 15 minute brisk walk or play a ball throwing and catching game. If it is raining find a space with a screen to work inside. There are lots of fun workout videos but here are a couple of suggestions:

<https://www.youtube.com/watch?v=Y9LLfv7yauM>  
<https://www.youtube.com/watch?v=HI5dRW4E9hc>  
<https://www.youtube.com/watch?v=ok7V1pWtRzs>



# BE ACTIVE

## SESSION 3

### LESSON OVERVIEW

Exercise increases blood circulation to the brain, reducing stress and clearing toxins. It increases serotonin and releases endorphins which makes us feel good. Exercise helps us sleep better which reduces stress.

Now that we have cooled down following our short burst of activity how are we now feeling? Do you feel better or worse? Think about how your body is feeling? What were you thinking about when you were exercising?

If exercise makes us feel good why would this help us when we are going through challenging times such as deployments?

As a group think of as many different kinds of physical activity as possible, especially ones that are free and easy to access. What clubs and groups are available that you could join? Is anyone here a member of a club or team? Ask them to talk about how that has helped them.



### BEFORE NEXT WEEK...

Go for a walk outdoors with your family and take a 'Healthy Selfie'

Spend 15 minutes a day being active after school. What could you do?





# TAKE NOTICE

SESSION 4

## LESSON OVERVIEW

Taking notice of our thoughts, emotions and surroundings is a great way to ensure we're looking after ourselves and our own wellbeing. Taking notice of the things we're grateful for, big or small is a good way to boost our mood.

## RESOURCES

Quiet space with access to a smartboard  
Mats  
Blankets  
Close the blinds if possible  
Diffuser

## THOUGHT OF THE WEEK

REMEMBER THE  
SIMPLE THINGS  
THAT GIVE YOU  
JOY

## MAIN ACTIVITY

Before the children take time to prepare the room. Create places for each child to lie down on their backs with warm blankets and cushions, turn off any bright lights or close blinds and possibly use a diffuser to add a calming scent to the room. You will need access to a smartboard but if not you can use a tablet to play a recording for the children to listen to.

When the children arrive ask them what they notice? What is different? How are they feeling right now? What has been happening recently that is maybe making them feel anxious or worried? Or perhaps they are feeling positive and if so why?

Did anything interesting happen this week? What do you remember from last week? How did you get on with last week's homework? Where did you go for your walk and how did you feel afterwards? Who did you go with?



# TAKE NOTICE

SESSION 4

## LESSON OVERVIEW

Taking notice of our thoughts, emotions and surroundings is a great way to ensure we're looking after ourselves and our own wellbeing. Taking notice of the things we're grateful for, big or small is a good way to boost our mood.

Ask the children to choose a spot in the room and lie down and make themselves comfortable but quietly without big noisy movements. School is such a busy place and even our houses can be chaotic at times so today we are going to have time to relax.

<https://www.youtube.com/watch?v=TCoUnEPeuQk>

Using the above link access The Body Scan Meditation on the Cosmic Kids Channel. This activity will take 15 minutes. Be sure to place a sign on the door of the space you are working in to avoid being interrupted.

After the activity ask the children to reflect on how they are feeling now. Do their bodies feel any different to when they arrived and if so how?



## BEFORE NEXT WEEK...

Give each child a copy of the Happiness Jar worksheet. Explain that between now and next week you want them to add one thing every day that made them feel happy. No matter how big or small and bring them back to the next session.



# LEARN

## SESSION 5

### LESSON OVERVIEW

Learning new things improves our self-confidence which in turn improves our emotional wellbeing. Learning also helps us connect to other people and build a sense of purpose for ourselves. Learning new things gives you new perspectives on the world around you and opens doors to new opportunities.

### RESOURCES

Service Children Wordsearch  
Military Lingo worksheet  
Pencils  
Paper  
Smartboard/screen

### THOUGHT OF THE WEEK

EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

### MAIN ACTIVITY

Give the children a copy each of the spot the difference sheet. Whilst they are searching talk to them about their happiness jars. What made them smile over the last week? Was there something you could add every day? Did it help you to feel more positive?

Once the time is up talk to the children about why you have made them do a puzzle. Completing a puzzle helps our brain to stay healthy much like we use exercise to keep our bodies healthy.

The world is full of opportunities to learn new things and develop new skills, which will also help you learn more about yourself. You could learn a language or how to code, develop your artistic skills or read books about something that interests you. It's up to you.



# LEARN

## SESSION 5

### LESSON OVERVIEW

Now give each child a piece of paper and ask them to draw a picture of a fish. Once complete ask them to share them with the group what do they like about their picture and what would they like to do differently? Explain that even the worlds greatest artists such as Van Gogh and Da Vinci had to learn how to draw and that it took repeated practise.

Give the children another piece of paper. This time we are going to follow a step-by-step tutorial to learn how to draw a fish on You Tube.

<https://www.youtube.com/watch?v=QtGeB5tu2xU>

Once complete ask the children to compare their two pictures. Which one are they most pleased with and why? Can you see an improvement? What have you learned?

When your parents joined the Armed forces did they know what to do? How do you think they learned? By talking to others, by watching others and having a go. Do you think they will be better at their jobs now as a result of all that learning?

Is there anything else you would like to learn? A new skill you could practise? How can you do this?

### BEFORE NEXT WEEK...

Give the children a challenge to find out the meaning of some military-themed words and phrases. They will need to talk to their families to help them to write down the answers on their Military Lingo Sheet.



# GIVE

## SESSION 6

### LESSON OVERVIEW

Research suggests that acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and giving you a feeling of purpose and self-worth. Being kind is good for the person you are kind to but it is also good for you – it's nice to be nice!

### RESOURCES

Jug of water and cups  
Folded cards  
colouring pens/pencils

### THOUGHT OF THE WEEK

HAPPINESS DOESN'T  
COME FROM WHAT  
YOU GET, IT COMES  
FROM WHAT YOU  
GIVE

### MAIN ACTIVITY

As each child enters the room or takes a seat give them a compliment, offer to help pull out their chair and ask if they would like a cup of water. Once they are all seated ask them if they have noticed anything about the way that you welcomed them into the session. Did they feel good when you gave them a compliment?

Explain to the children that Acts of giving and kindness towards other people or in your community create positive feelings and a sense of reward. Link this to their Serving parent. How by giving to their country they are helping the whole country to feel safe and protected and this usually means they feel proud of their role. This sometimes means giving their time to others instead of us but we can feel proud of them and know that they are doing something important.



# GIVE

## SESSION 6

### LESSON OVERVIEW

Ask the children to think about the staff in school. Can they think of someone that they think is doing a fantastic job and deserves a special treat? Why would they choose that person?

What could we do to say thank you to them?

Give each child a folded piece of A4 card and access to coloured pencil, pens, craft materials and glue. Ask them to create a thank you card for their chosen staff member. They are to write a special message inside including a compliment.

Once the cards are complete take the children for a walk around the school site to deliver the cards and take a photo with their favourite staff member.

On return to the classroom talk about how it felt to give their cards to their chosen staff member. Did they feel good? Do you think it made their chosen staff member feel good too?

Make a list of ideas of random acts of kindness that can be done at home especially when they have a parent away from home. How could they help out?

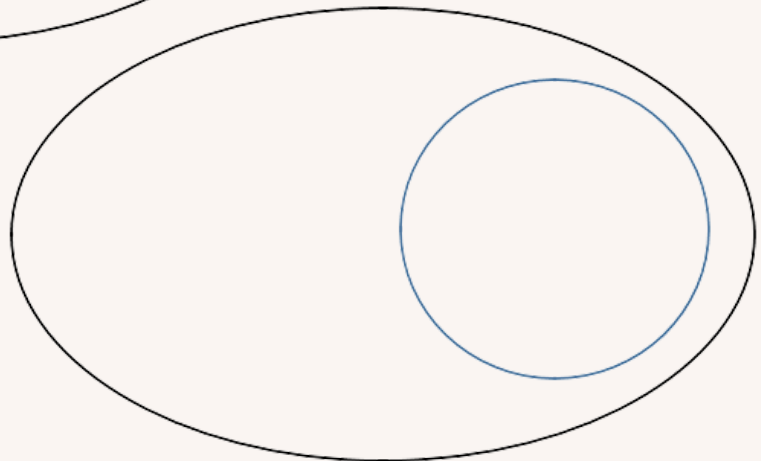
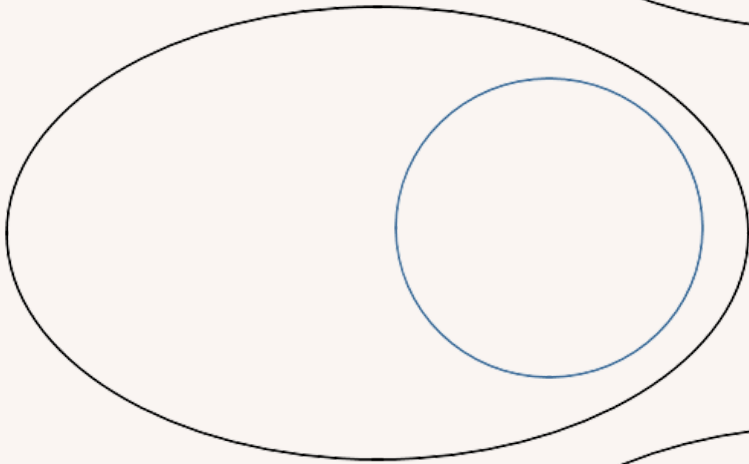
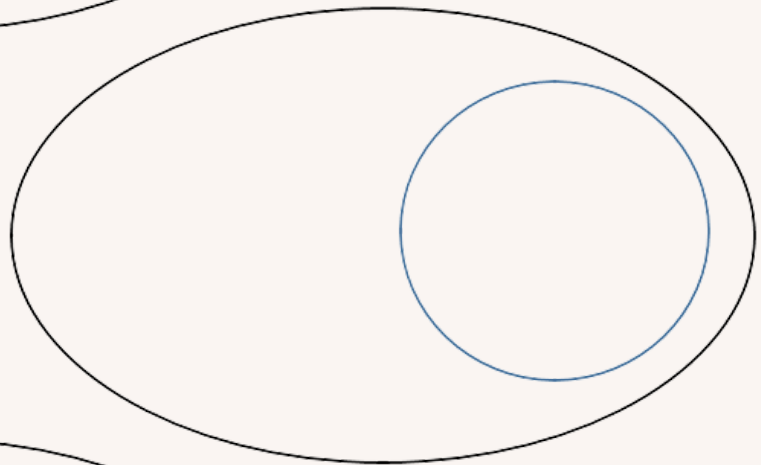
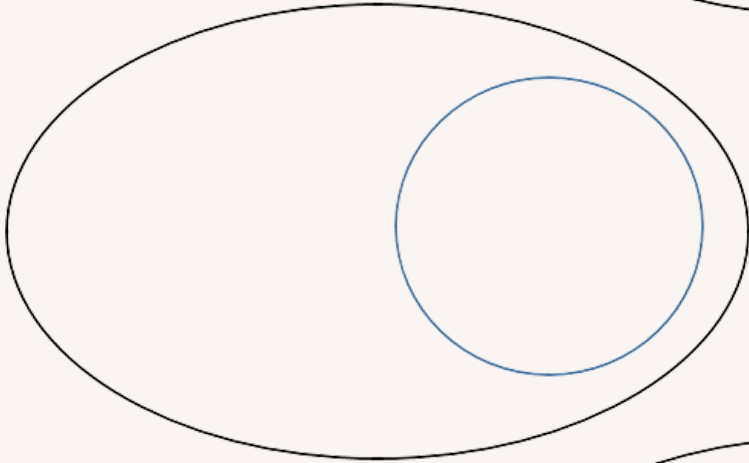
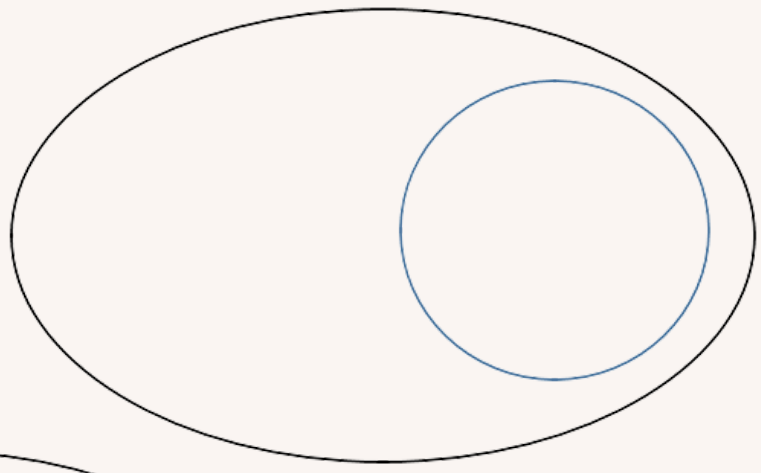


### HOMEWORK

Ask the children to look at the list that they have just created. How many of them do they think they could easily do in the next few days?

Thank them for their hard work over the last few weeks and recap what we have covered and ask them to try and keep doing them.

Emotion  
Fans

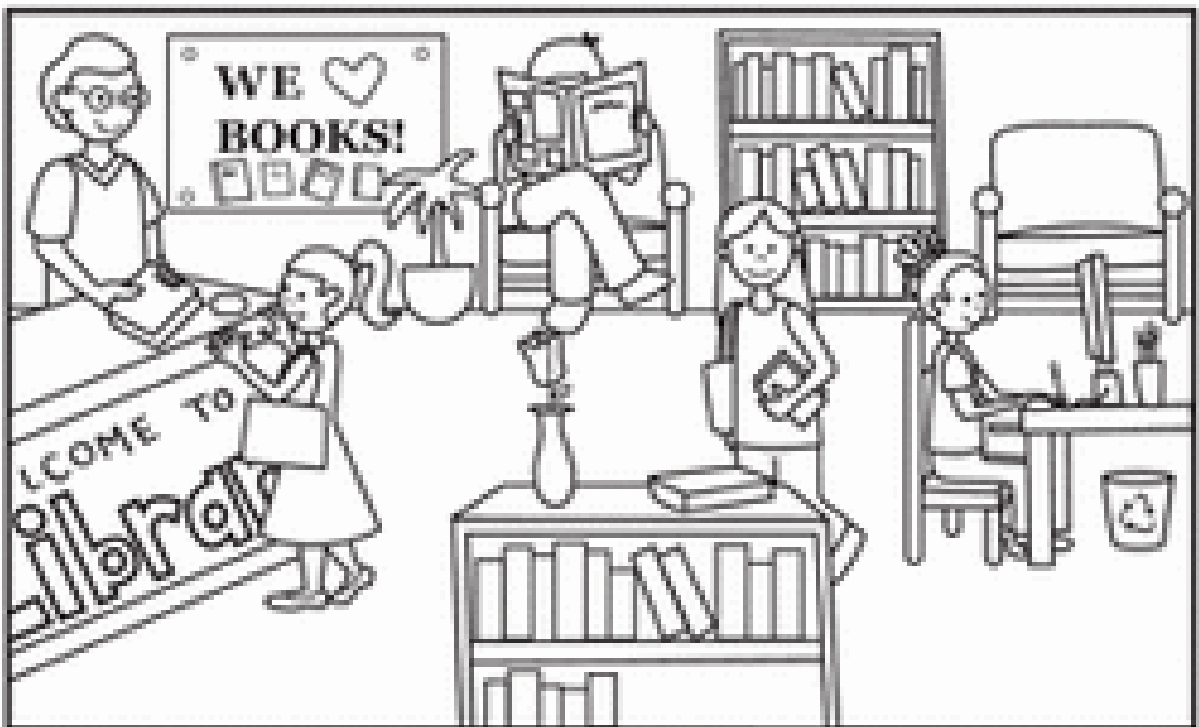
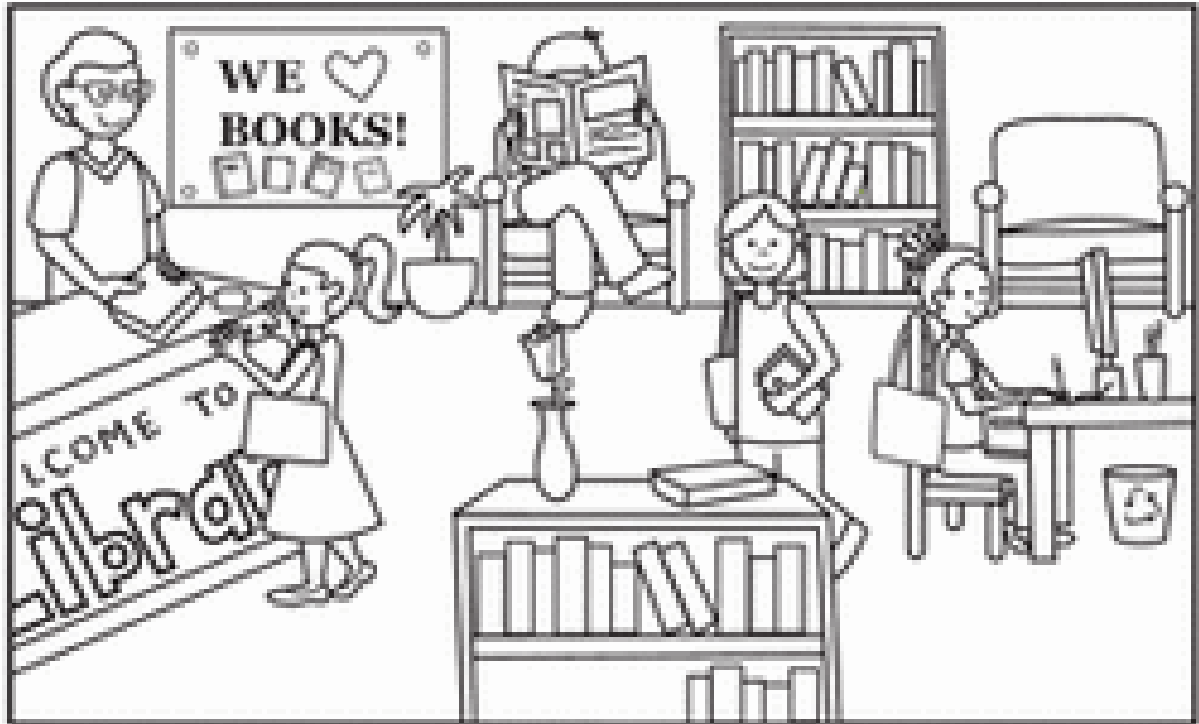


# Connection Circles

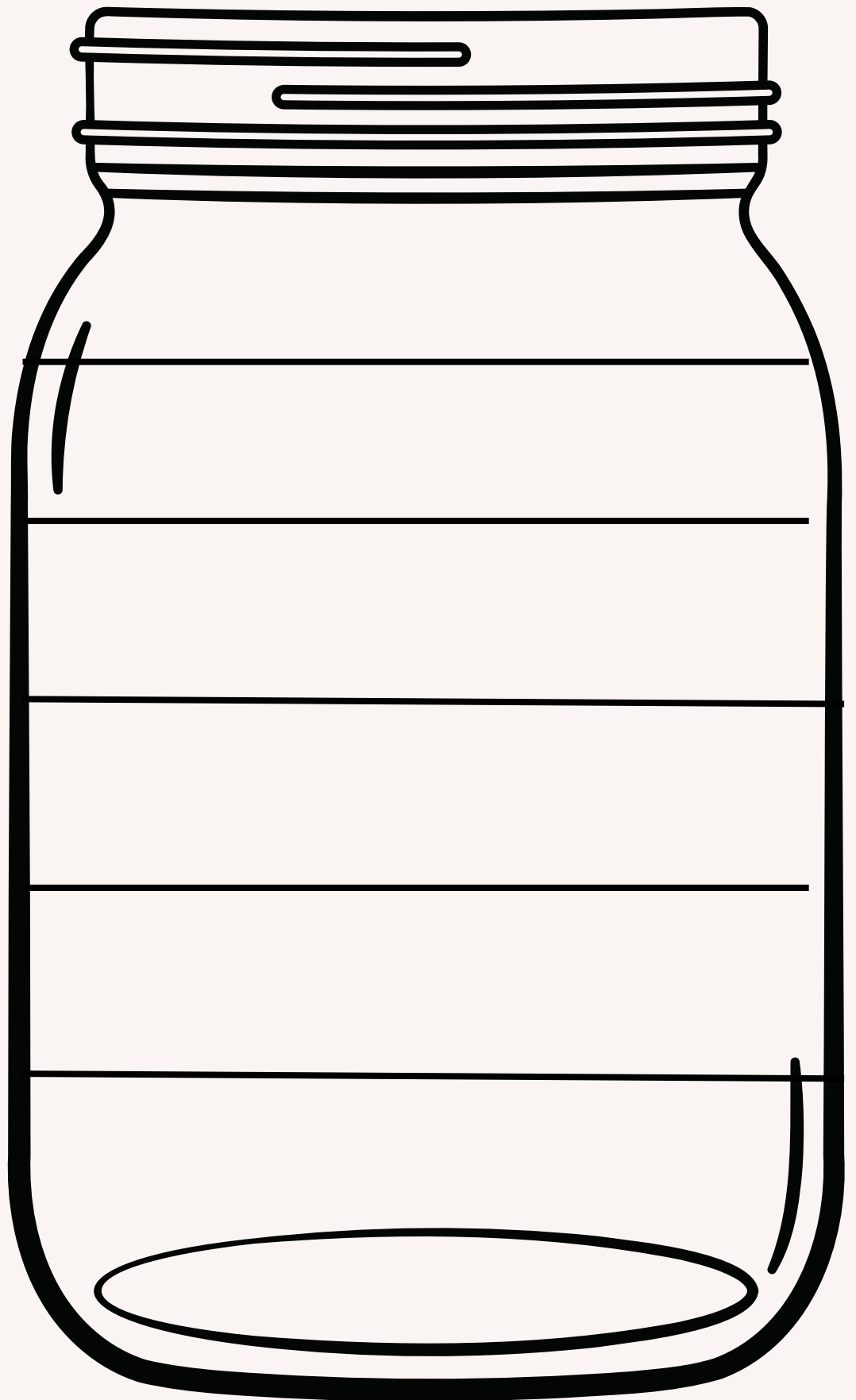




# Spot the difference



Happiness  
Jar





# Military Lingo



Doss bag	
Redders	
Scoff/Scran	
Stag	
Scale A Parade	
Tab	

# Random Acts of Kindness

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Be  
Kind

# CERTIFICATE OF ACHIEVEMENT

THIS AWARD IS GIVEN TO



For completing the  
Service Children's Wellbeing  
Course

*ACampbell*



ANGELA CAMPBELL  
Service Children's Champion

