



# Service Children

## **Wellbeing Course KS3**





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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 notebooks/journals  
coloured pens, pencils and wash  
tape

### 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 name a person that inspires them and share the reasons why.

Give each young person a journal and explain that over the next 6 weeks we are going to be adding to our Wellbeing journals and using them as a way to express our thoughts and feelings.

Ask them to look at the examples of journal pages on the theme of 'All About Me'. Before having a go at creating their own version ask each person to share one thing 'you probably don't know about me' and one thing that they would like to share about their family.

Give them access to a range of coloured pencils, pens and allow them time to create their first journal pages.



# INTRODUCTION

## SESSION 1

### MAIN ACTIVITY

As they work explain that 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! At the end of the session give them time to share their journal pages with each other.

### 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 asking each young person to create a new page in their journal to add to what they created last week. Share examples of 'Playlist' journal pages and ask them to write down 10 of their favourite songs that they would add to a playlist. They have 15 minutes. After 15 minutes ask the children to share their list with a partner. Did they have any of the same songs? 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 they 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?



# 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? Ask them to create their own connections page in their journals using the example given.



### 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 everyone into the session. Hand out their journals and share an example of a daily mood tracker. Ask them to begin creating a similar page in their journal and explain that they can use this over the next 4 weeks to record how they are feeling. As they work 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 create a fitness page for our journals and begin discussing easy ways to incorporate some exercise into our daily routines. Exercise is not about losing weight or wearing athleisure clothes it is about taking care of ourselves and giving ourselves a mood boost.



# 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.

Can we set ourselves some fitness targets? Explain that they should start with small and achievable targets that suit them and to think about how they will go about reaching them.

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...

Have a go at 'Forest Bathing' and take a 'Healthy Selfie'. Forest bathing is the practice of immersing yourself in nature in a mindful way, using your senses to derive a whole range of benefits for your physical, mental, emotional, and social health.



# 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  
Blankets  
Diffuser  
Journal page examples  
Coloured pens/pencils

## THOUGHT OF THE WEEK

REMEMBER THE  
SIMPLE THINGS  
THAT GIVE YOU  
JOY

## MAIN ACTIVITY

Before the young people arrive take time to prepare the room. Create a calm and comforting space with warm blankets and cushions, turn off any bright lights and possibly use a diffuser to add a different scent to the room.

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? Did you go on your own or with a friend?



# 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 create a 'Living Fully' page in their journal (see example) and then ask them to sit quietly and take in and notice what is happening in this moment. Ask them to add these things to their page.

Next we are going to create a gratitude page after looking at the example journal pages. Gratitude is when you feel thankful for the good things in your life. This could be stuff people often take for granted, like having a place to live, food, clean water, friends, and family. Gratitude is taking a moment to reflect on how lucky you are when something good happens, whether it's small or big.

Sometimes feelings of gratitude happen without you expecting them. But you can also create them by looking for things you appreciate. Each day, pay attention to stuff you're glad to have in your life so it becomes a habit. Slow down and notice what's around you. For example: "Wow, the sunset is beautiful today. What an incredible world I live in," or, "There's Sara. It was so nice of her to help me yesterday."

You might not always feel positive and want to practice gratitude. But if you're feeling down, that's exactly when you should do it for a lift.

## BEFORE NEXT WEEK...

Challenge the young people to add one thing each day to their gratitude page over the next week and practise noticing what is happening in each moment,



# 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 Service Children Wordsearch and give them 5-10 minutes to find as many words as possible. Whilst they are searching talk to them about their gratitude pages. 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 them a challenge. In their journal ask them to create an A-Z of hobbies/activities with tick boxes next to them. Encourage them to think about the things that they have always wanted to have a go at or learn how to do. They can share ideas with each other and share the journal examples with them.

Sometimes we feel unmotivated or unable to try new things, or worried that if we start learning something new, we might not be very good at it. But other times, we also all need to have fun, take a break, or find a nice distraction from everything that is going on around us.

Researchers found that learning new skills makes us happier and healthier by helping to:

- Improve our self-confidence and self-esteem
- Give us sense of purpose
- Connect us with other people

So, by challenging ourselves to learn new things (even if we might not be very good at them at first), we actually feel better about ourselves, and discover activities which can help us overcome boredom or loneliness.

End the session with a Skill Swap. Everyone in the group is good at something, maybe baking cakes or taking a great photo. Pair up and try out each others hobby/activity over the next few weeks. .

### 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 or they can create a similar page in their journal.





# 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

“Give” is about doing something nice for another person, this could be a friend, family member or neighbour. Whether it is giving a smile to a passer-by, supporting a cause that matters to you or just helping other people in some way, giving is like gold-dust for our mental wellbeing.

Acts of giving and kindness can be incredibly rewarding. Individuals with a greater interest in helping others are more likely to rate themselves as happy. Research has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Ask the children to create a page for their journal of Random Acts of Kindness that they would be prepared to do for a friend or family member especially when a Serving parent is away from home. Some ideas might include:

- Make cups of tea/coffee for the day
- Breakfast in bed
- Wash the car
- 10 minute neck massage

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.

### HOMEWORK

Explain that they get to keep the journals they have created and that there is still room for more to be added. If they are feeling stressed or anxious to use them as a tool for self-care. Arrange to check-in with them all in a few weeks time to see how they are getting on.

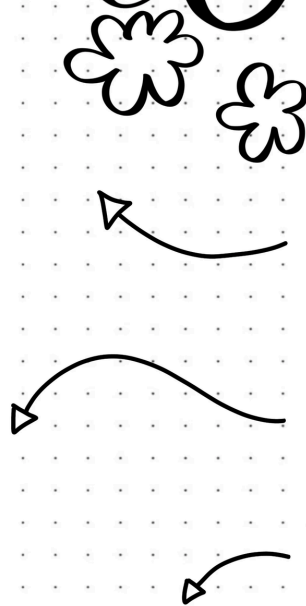
# Journal examples...

- PROFILE -

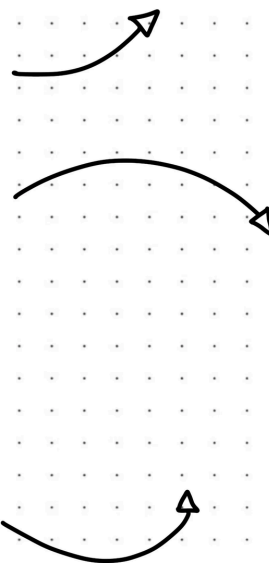
*Currently*

LISTENING:  
LOVING:  
FAVE FOOD:  
FAVE DRINK:  
WANTING:  
WATCHING:  
ENJOYING:  
LEARNING:  
OVERCOMING:

MADE BY @HAYLEYREMEART



about me!



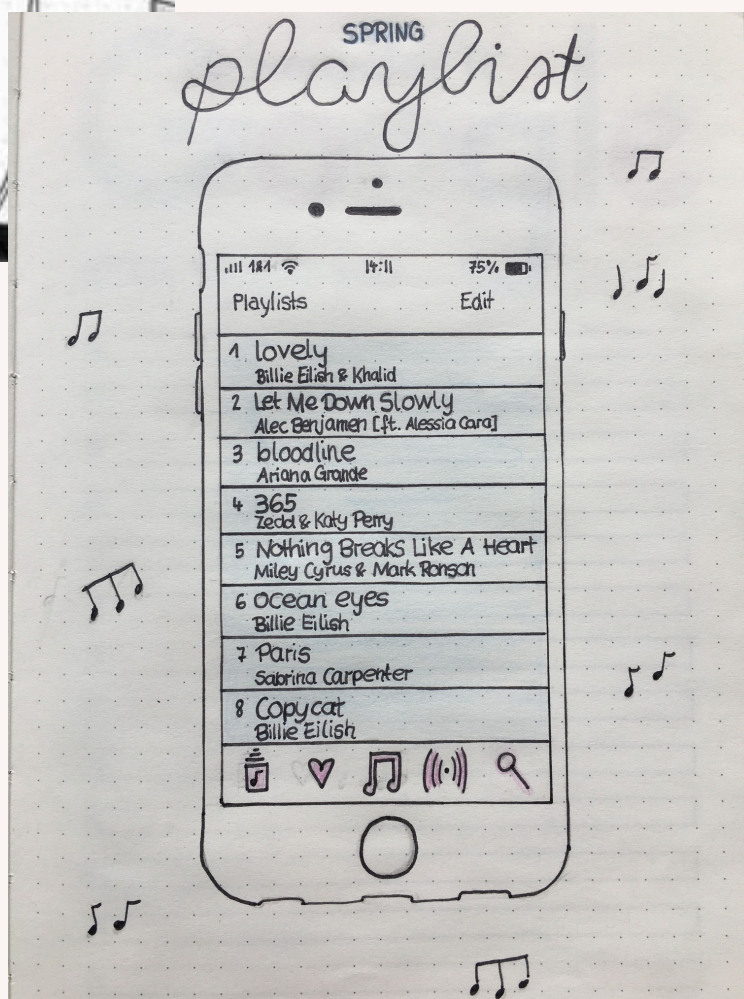
*likes*

*dislikes*





# Journal examples...



# Journal examples...



# Journal examples...





# Journal examples...

## WHY DO I EXERCISE?

- FEEL STRONGER •
- AVOID SICKNESS •
- HEALTHY GLOW •
- SELF-CARE •

## ≡ MY FITNESS GOALS ≡

**S**PECIFIC  
**M**EASURABLE  
**A**TTAINABLE  
**R**ELEVANT  
**T**IMELY

1. Work out three times a week in September.
2. Run for 15 minutes, once a week.
3. Practice yoga 25 minutes, 2-3x a week.

## ≡ REWARDS ≡

- ♥ New dress
- ♥ salon haircut
- ♥ massage



# Journal examples...

**right now**  
date:  
time:

One good thing about this moment, right now:

Another good thing about this moment, right now:

One thing about the space I'm in that I haven't noticed until right now:

One emotion I am feeling right now:

One way that emotion is affecting me:

Things I can hear right now:

One thing that isn't perfect right now, but that's okay:

One thing I cherish:

One person I adore:

# Journal examples...

## LIVE *fully* ALIVE

LIVING MINDFULLY  
THROUGH PRESENCE

ONE THING EACH DAY THAT I...

AUG  
28

SAW:

SMELLED:

TOUCHED:

LISTENED:

TASTED:

"KNEW":



SAW:

SMELLED:

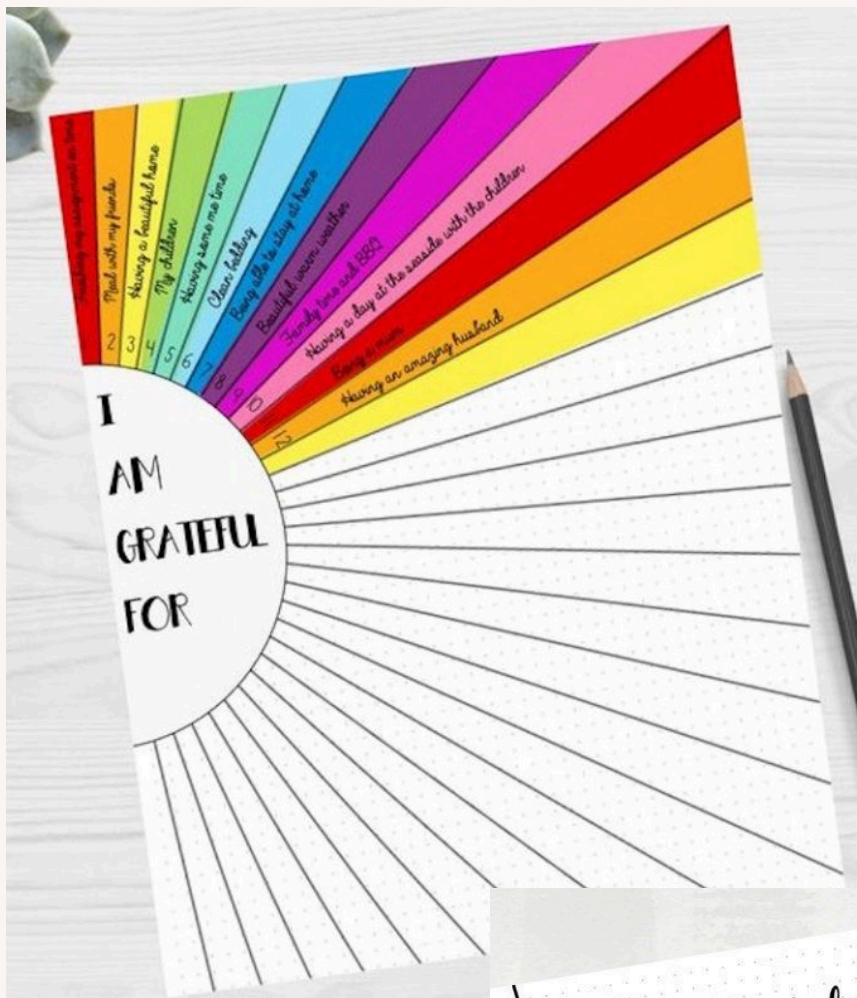
TOUCHED:

LISTENED:

TASTED:

"KNEW":

# Journal examples...



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Service Children Wordsearch

T N E I E R D S D S R H A T N  
D E P L O Y M E N T J Y F F D  
G S R O I N I S L O O H C S Y  
Q D U O R P O U N I Q U E F O  
G N O R T S Y O Y L S D G A R  
N E E Y U A Y H D O U M U M I  
Y I V G I M A U O M E H A I E  
E R V Y N E A M H R L P F L P  
N F S E P E R E N Y M R A Y M  
R G H U Y D R I N F T I R O D  
U P S N O I L E D N A D V O N  
O F L R P L Y Y R A T I L I M  
J U U P U T F Y V A N F D S O  
E J P A R E N T P G Y A Y O O  
M E O R L R U O P O L L I H O

dandelions  
deployment  
raf  
journey

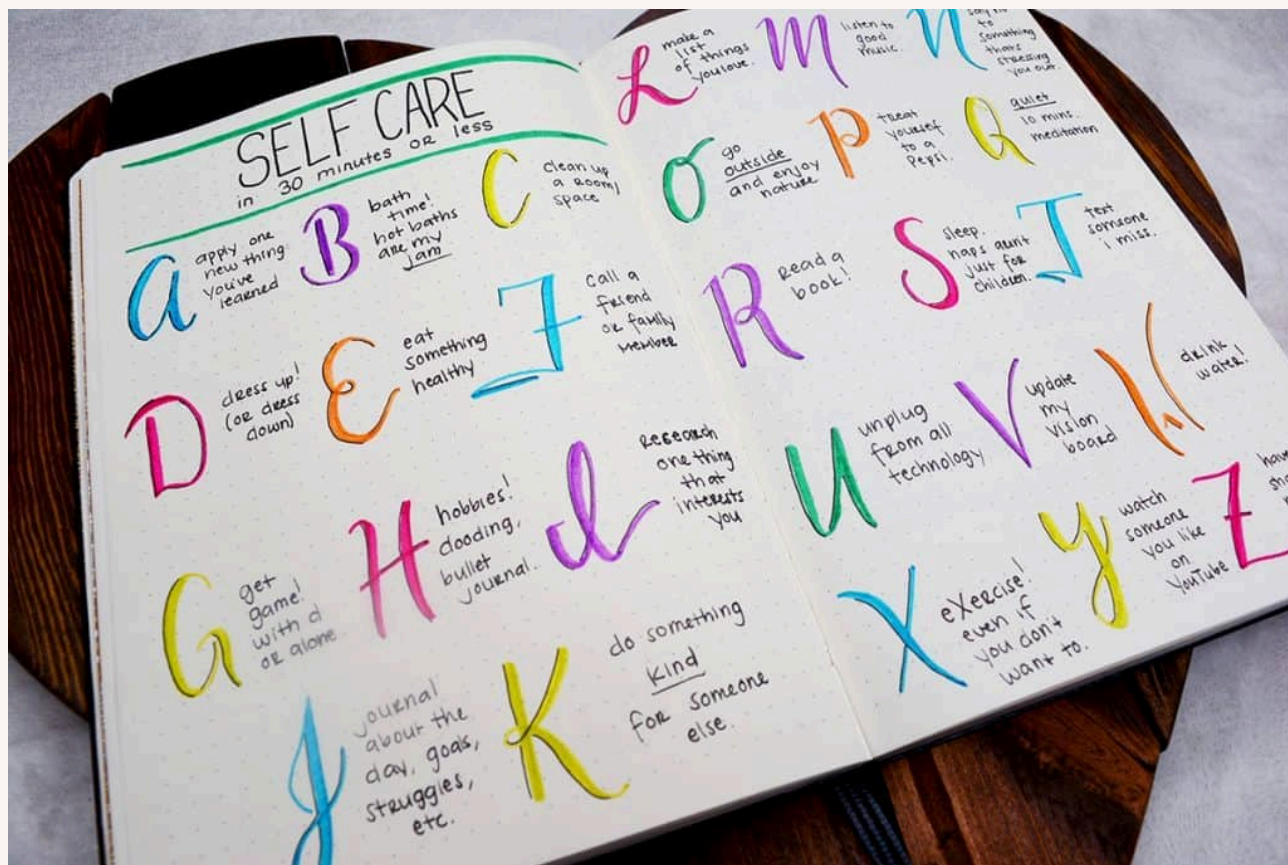
military  
houses  
navy  
unique

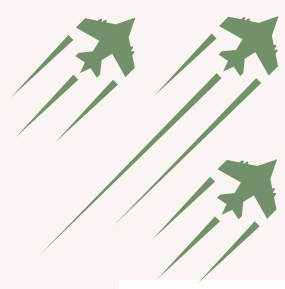
family  
parent  
school  
proud

moving  
army  
friends  
strong



# Journal examples...





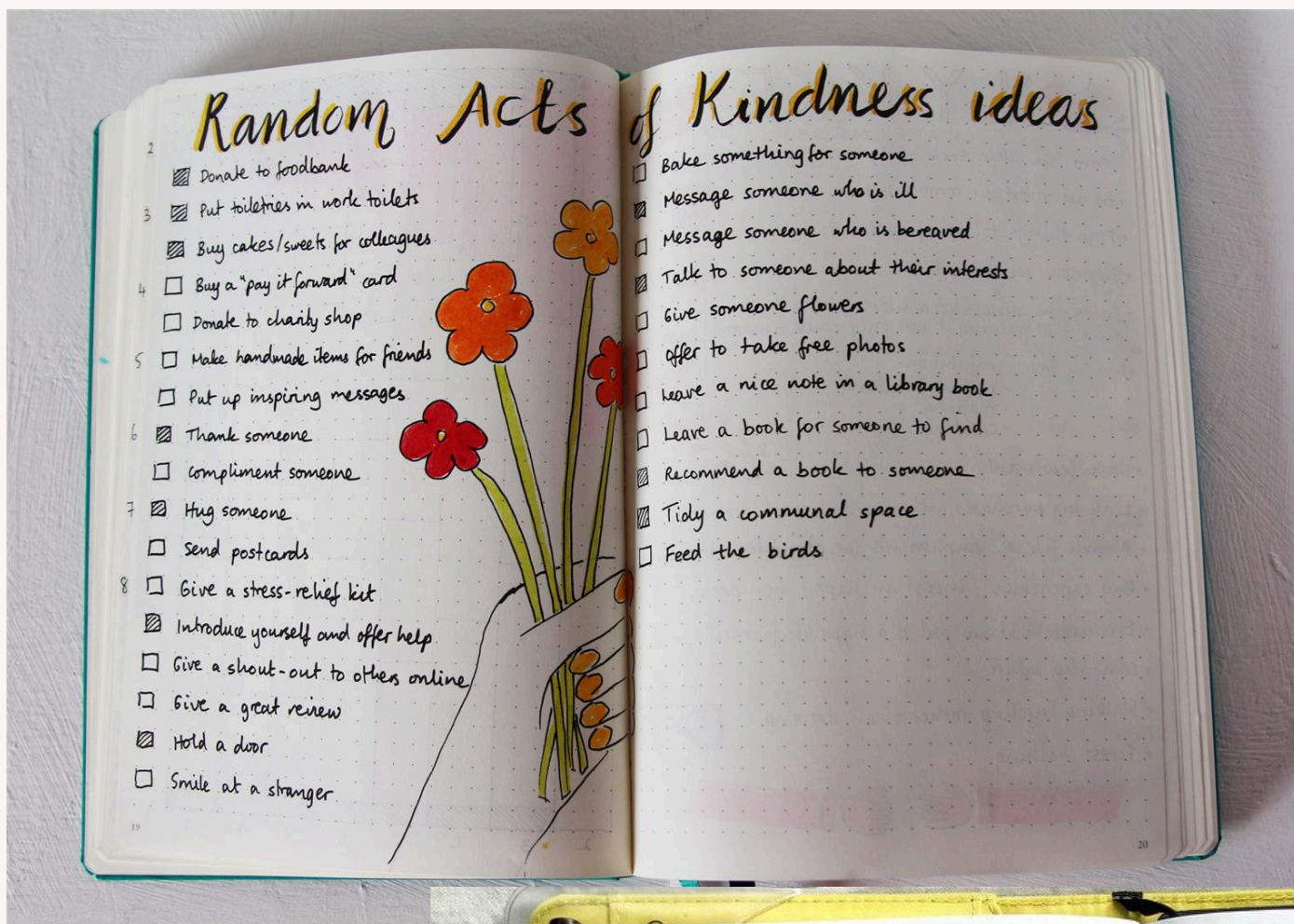
# Military Lingo



Deployment	
Mess tin	
Webbing	
Doss bag	
Redders	
Scoff/Scran	
Stag	
Scale A Parade	
Tab	
Recce	
Marking time	
End Ex	



# Journal Examples...



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

