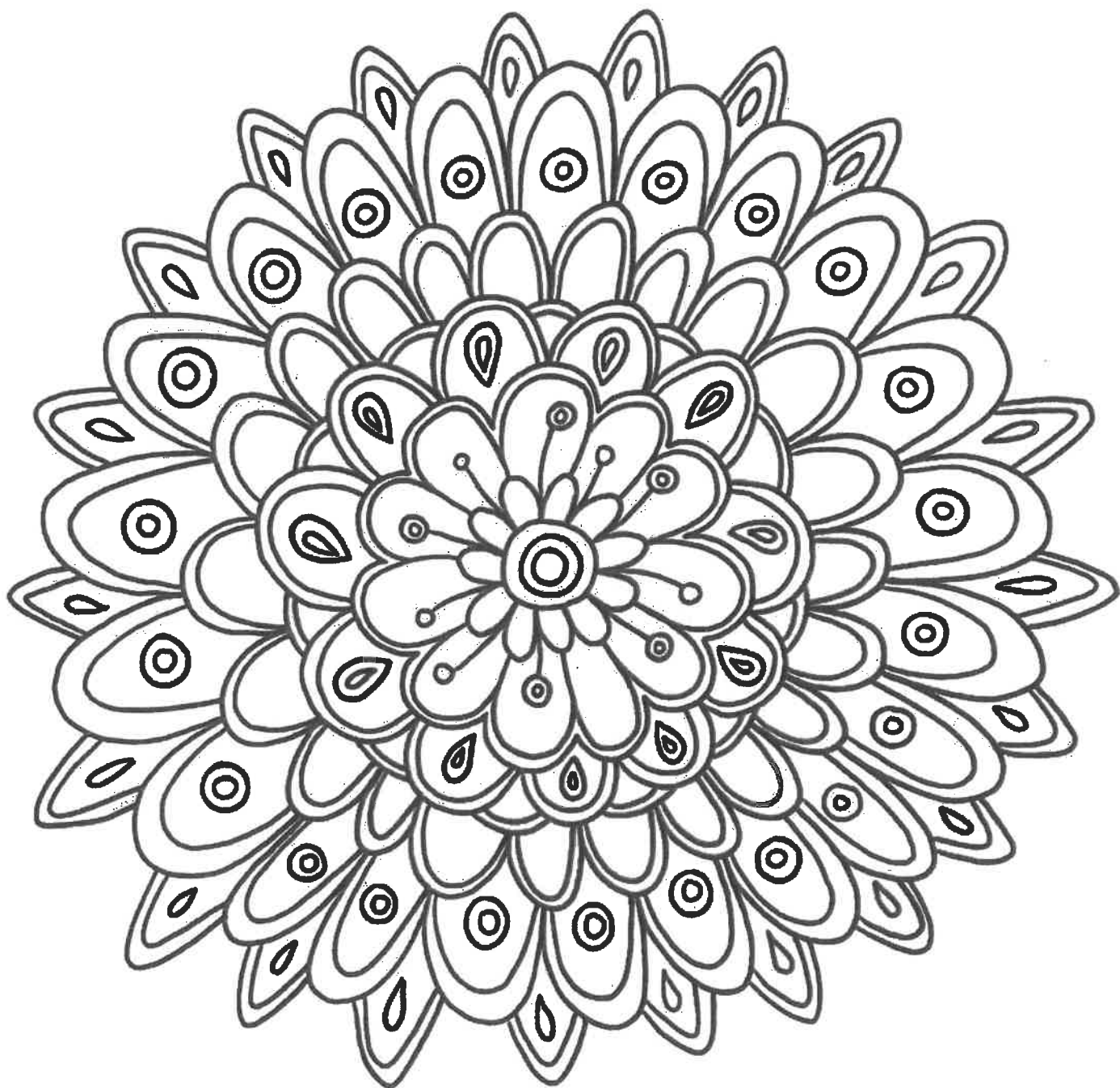


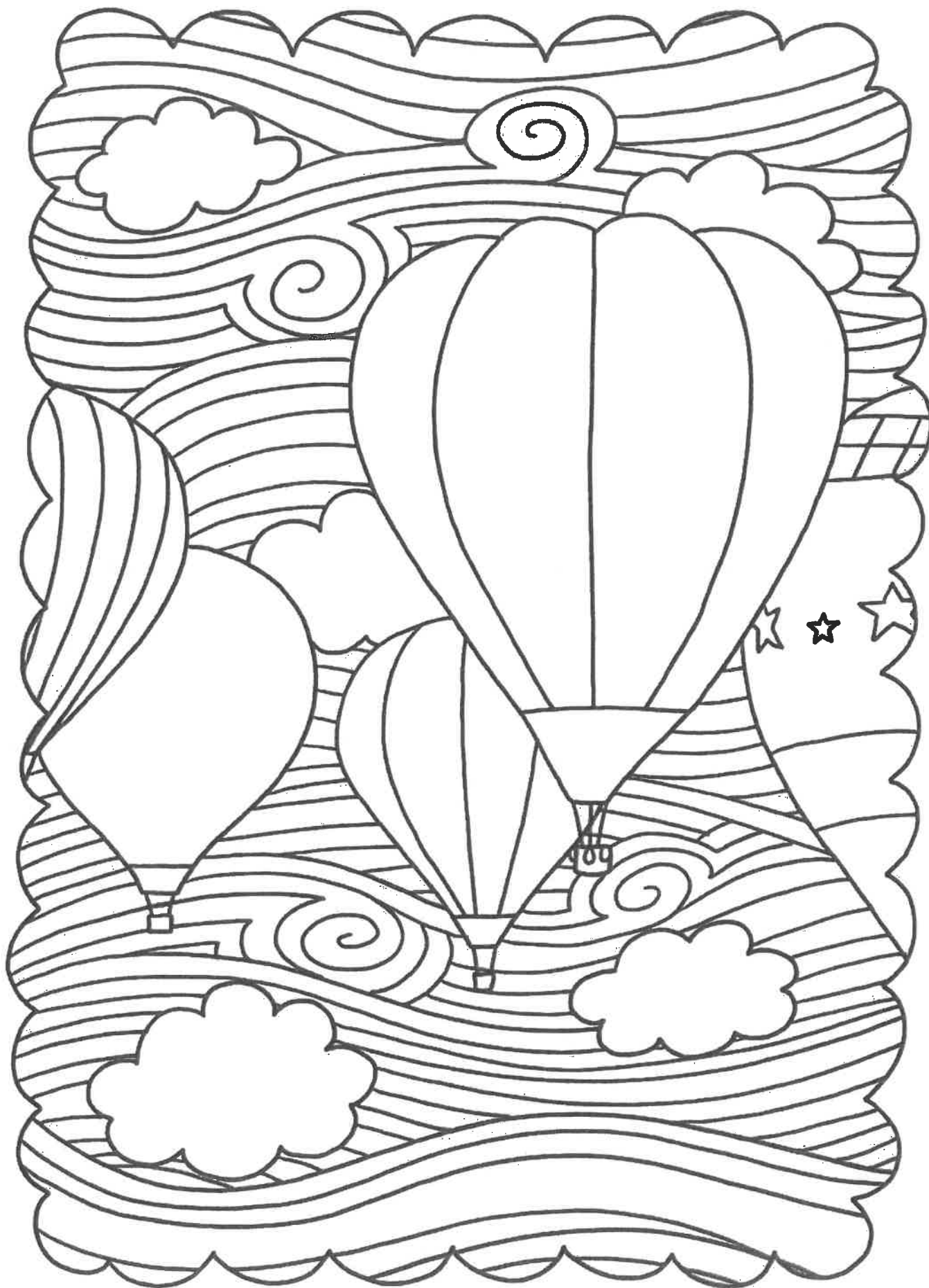
Home Learning Wellbeing Pack

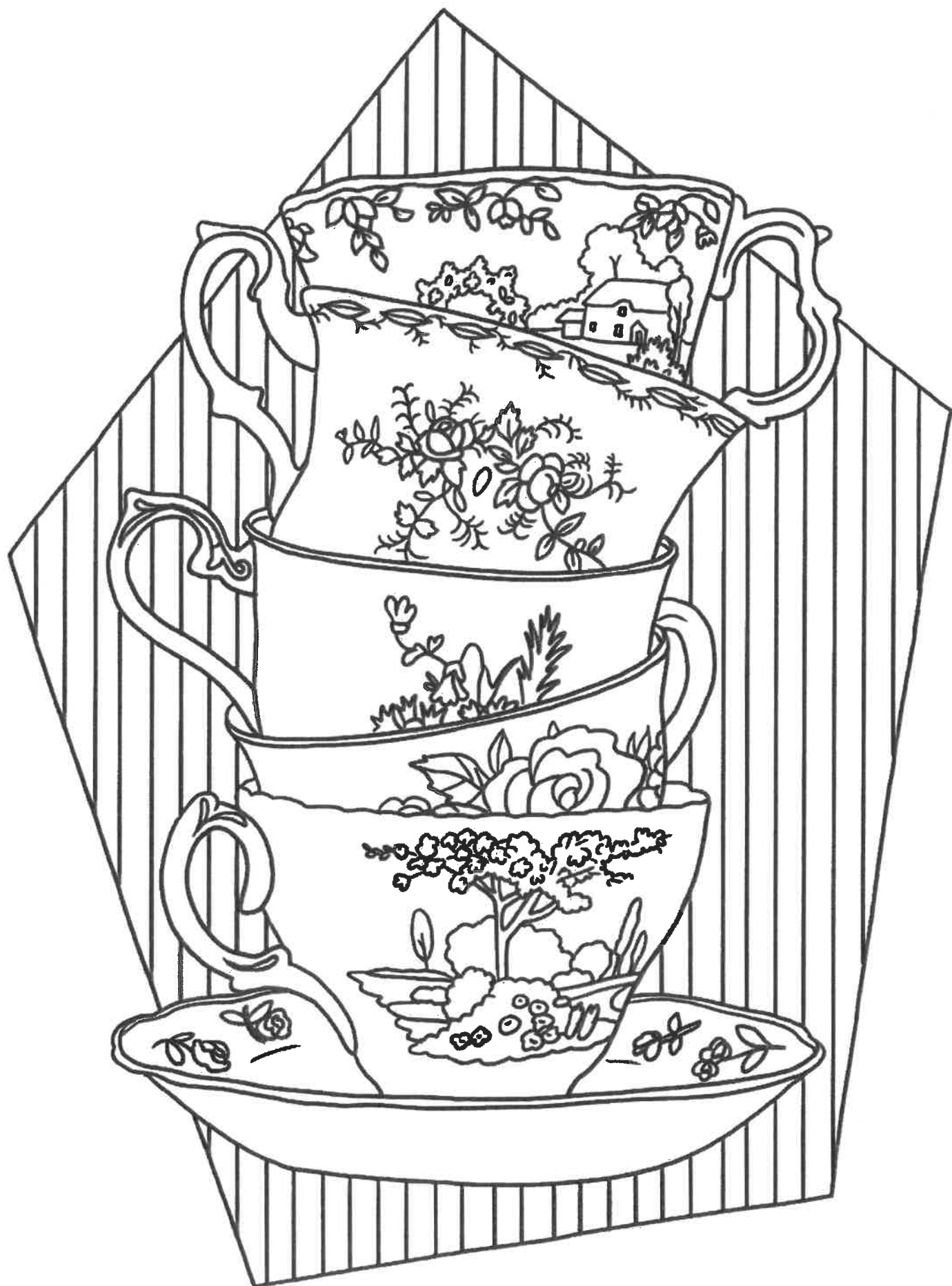
Mindfulness Colouring

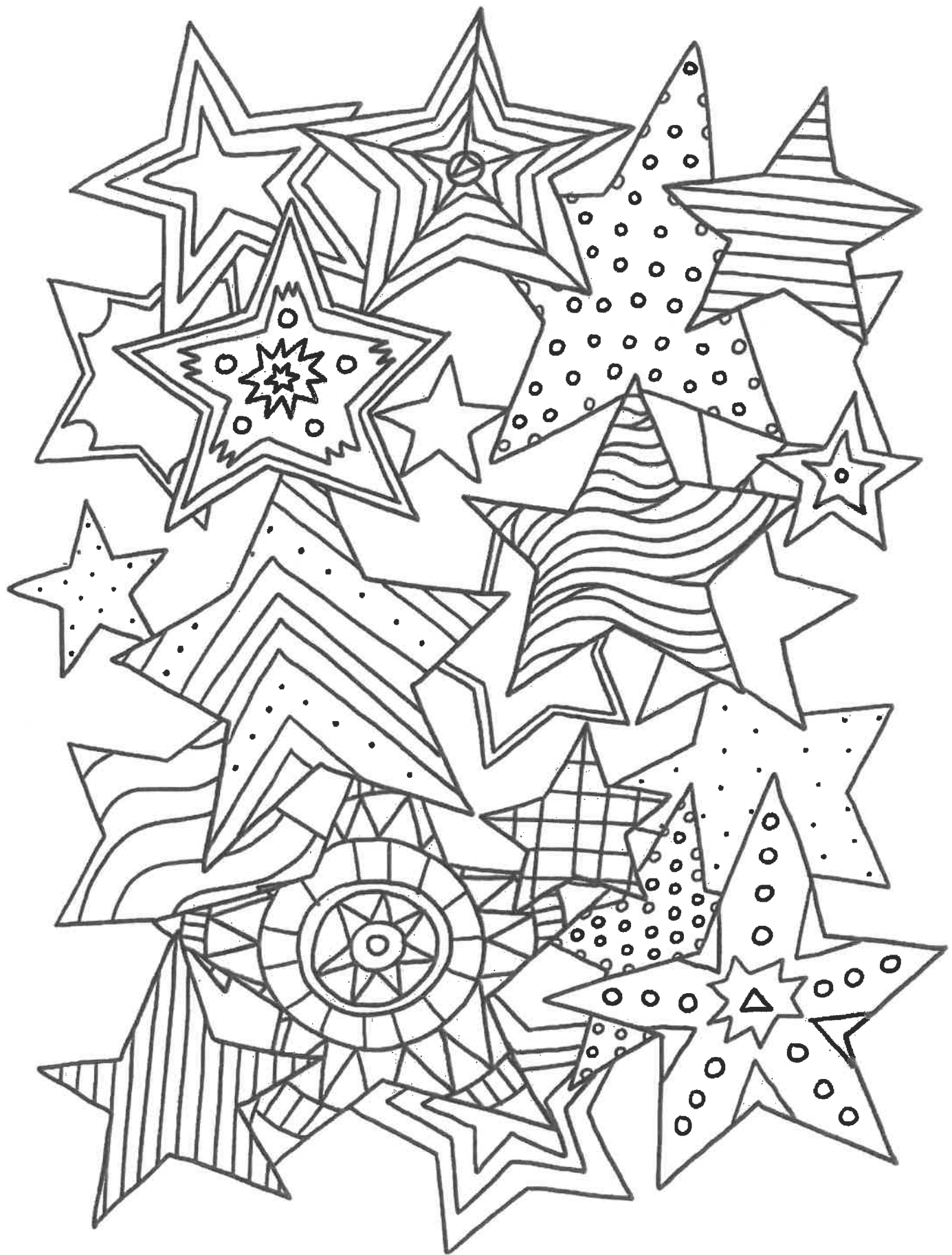


visit [twinkl.com](https://www.twinkl.com)

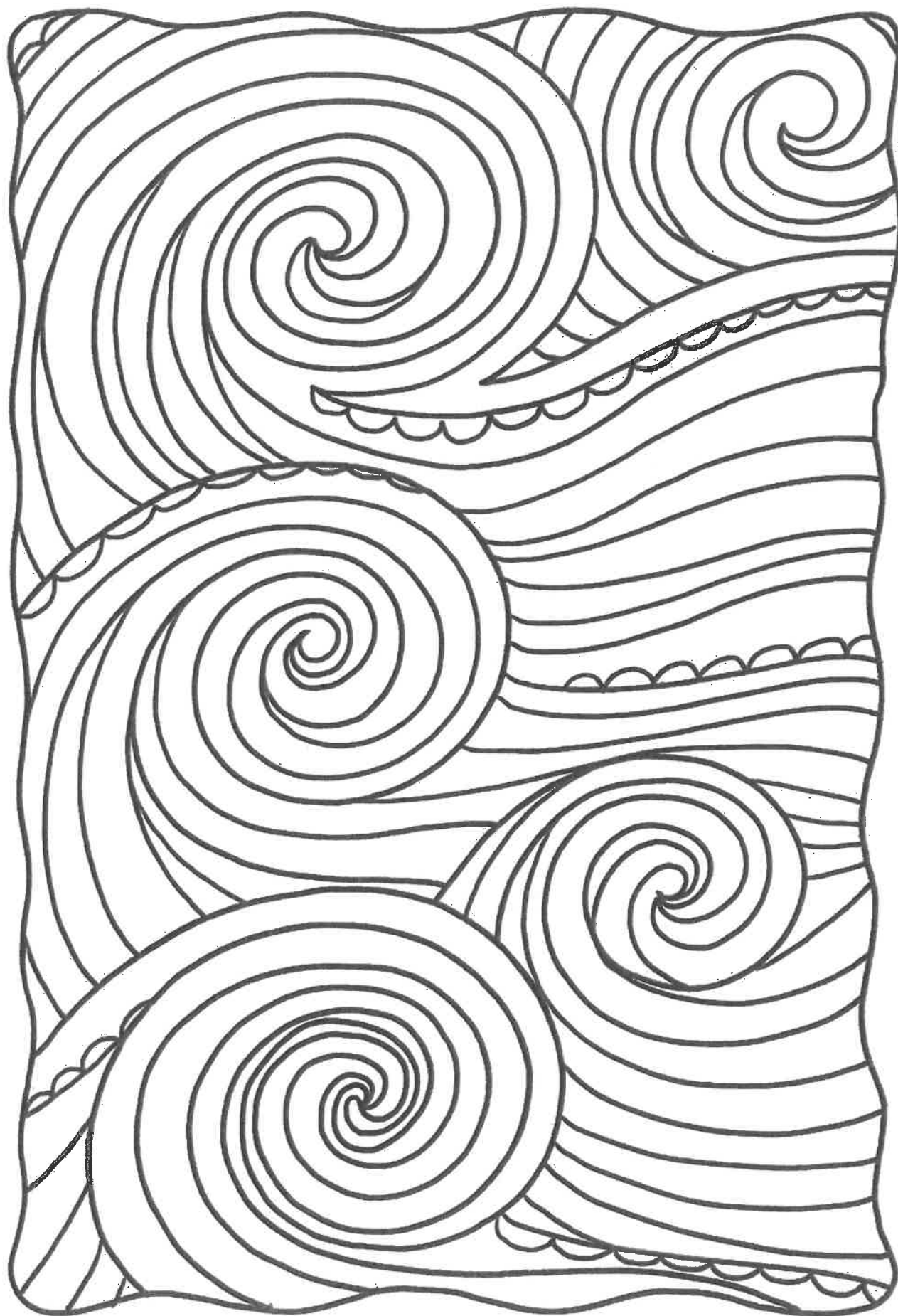






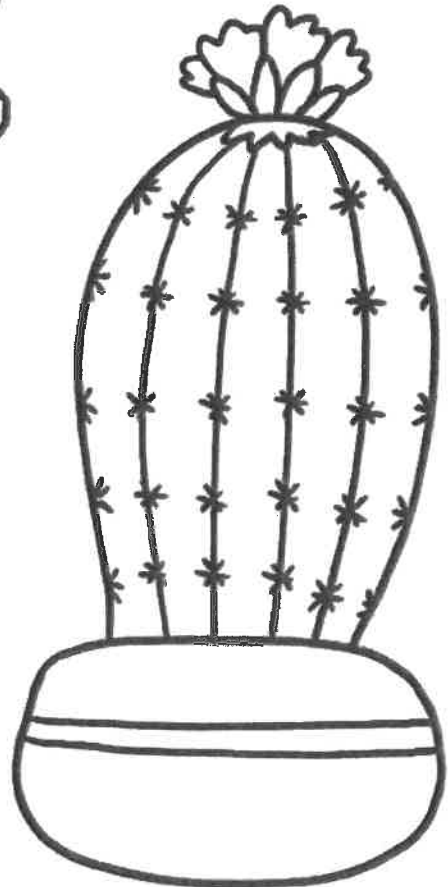
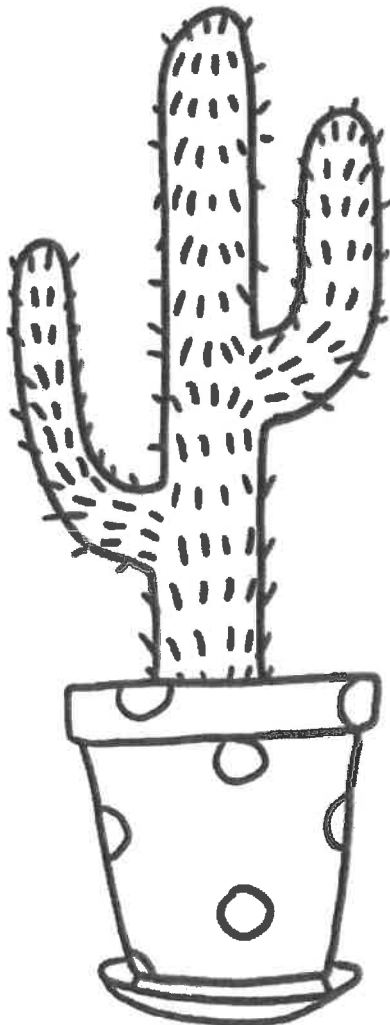
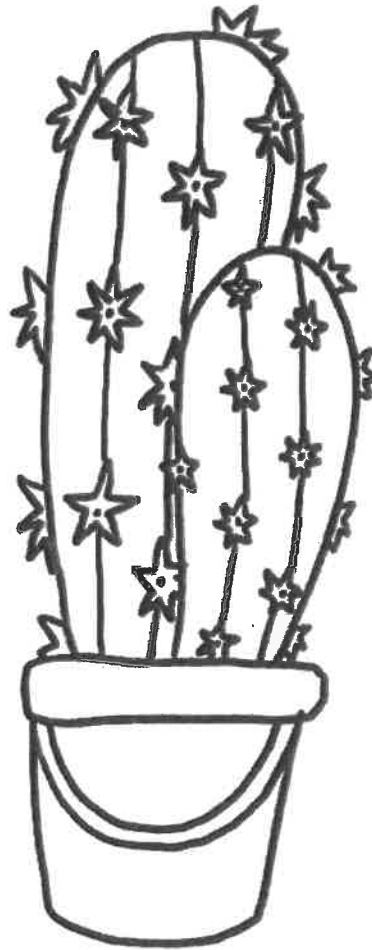
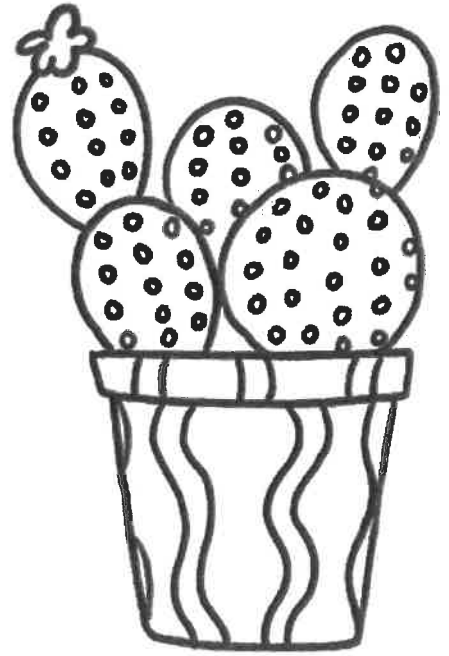


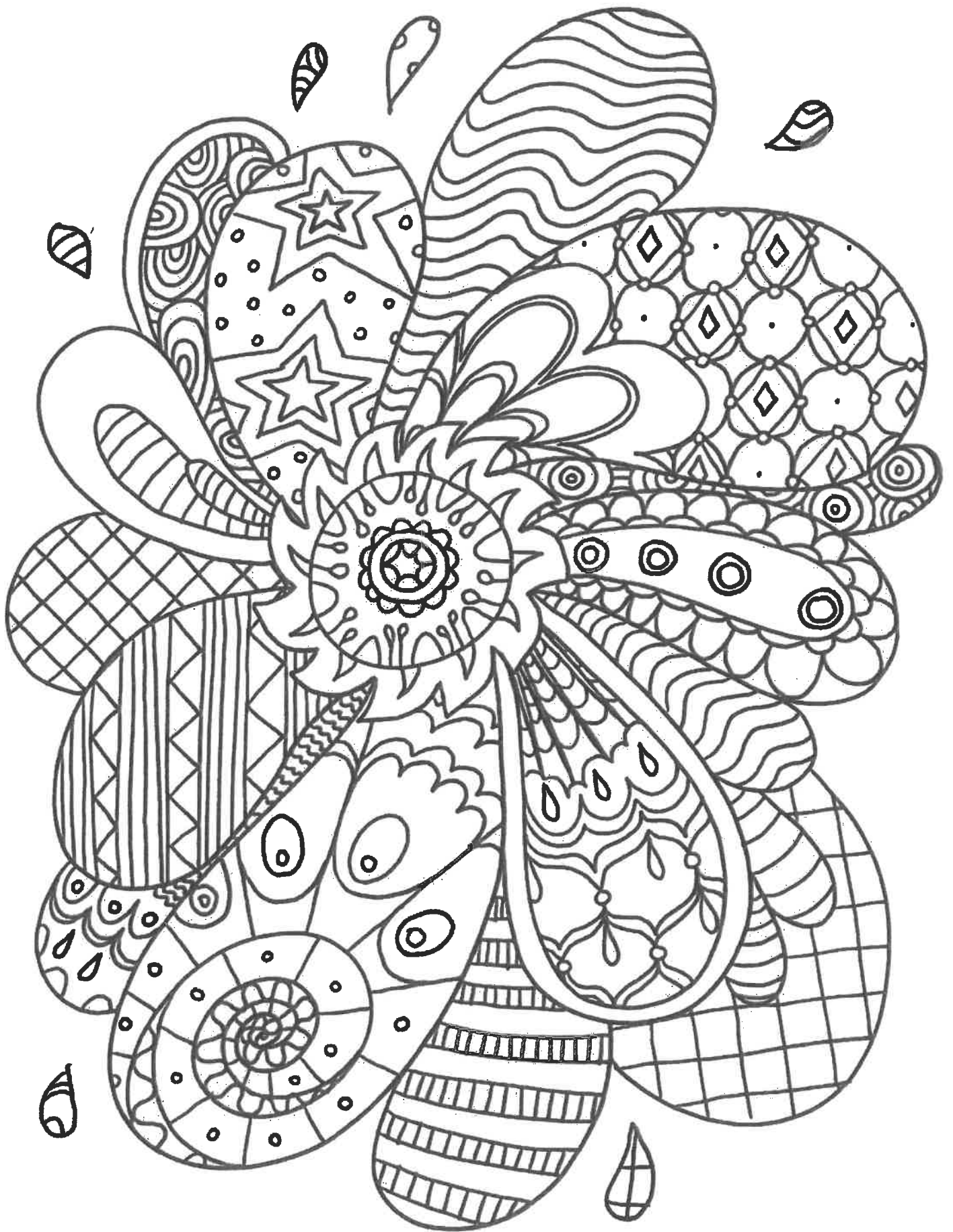










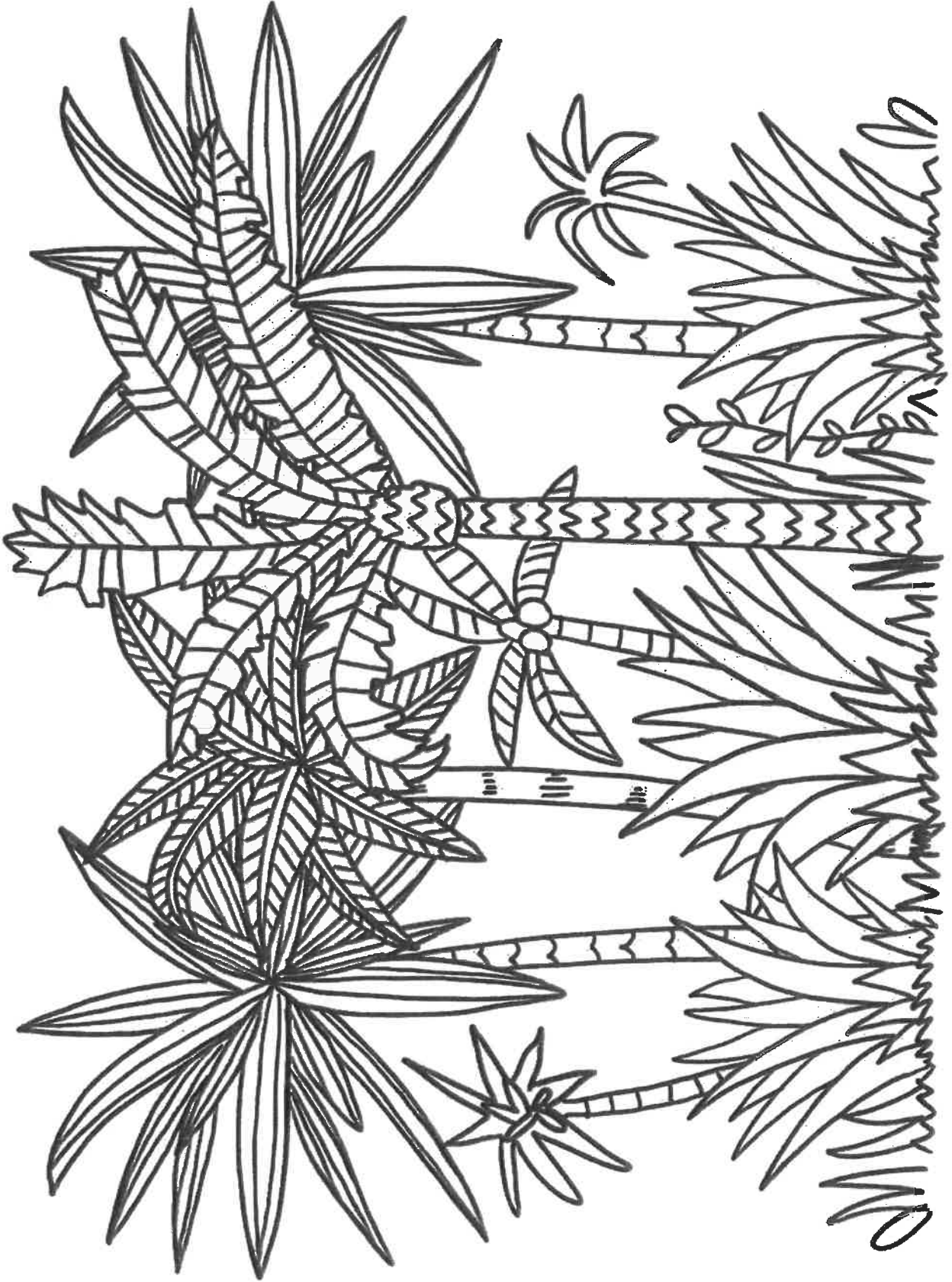


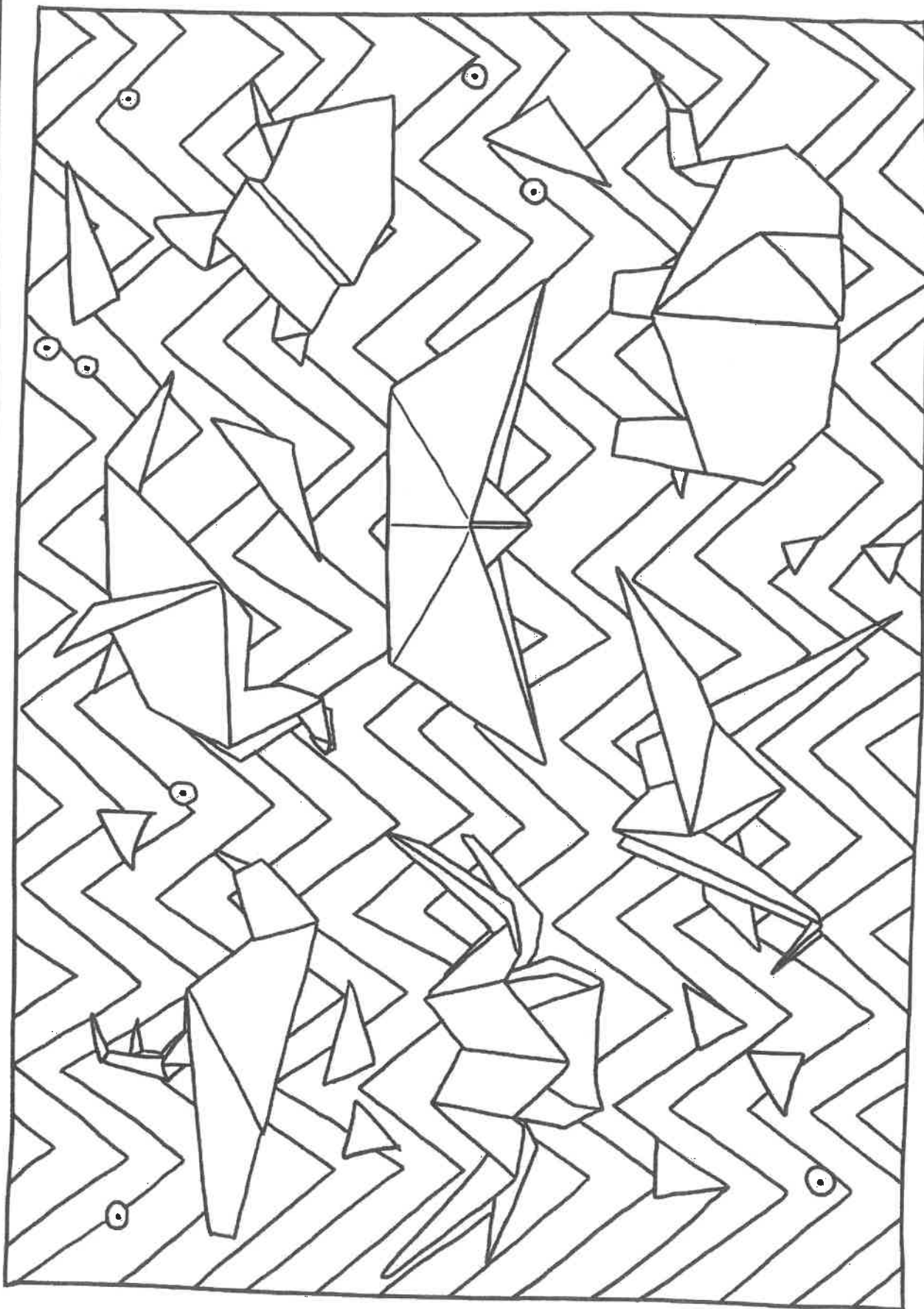








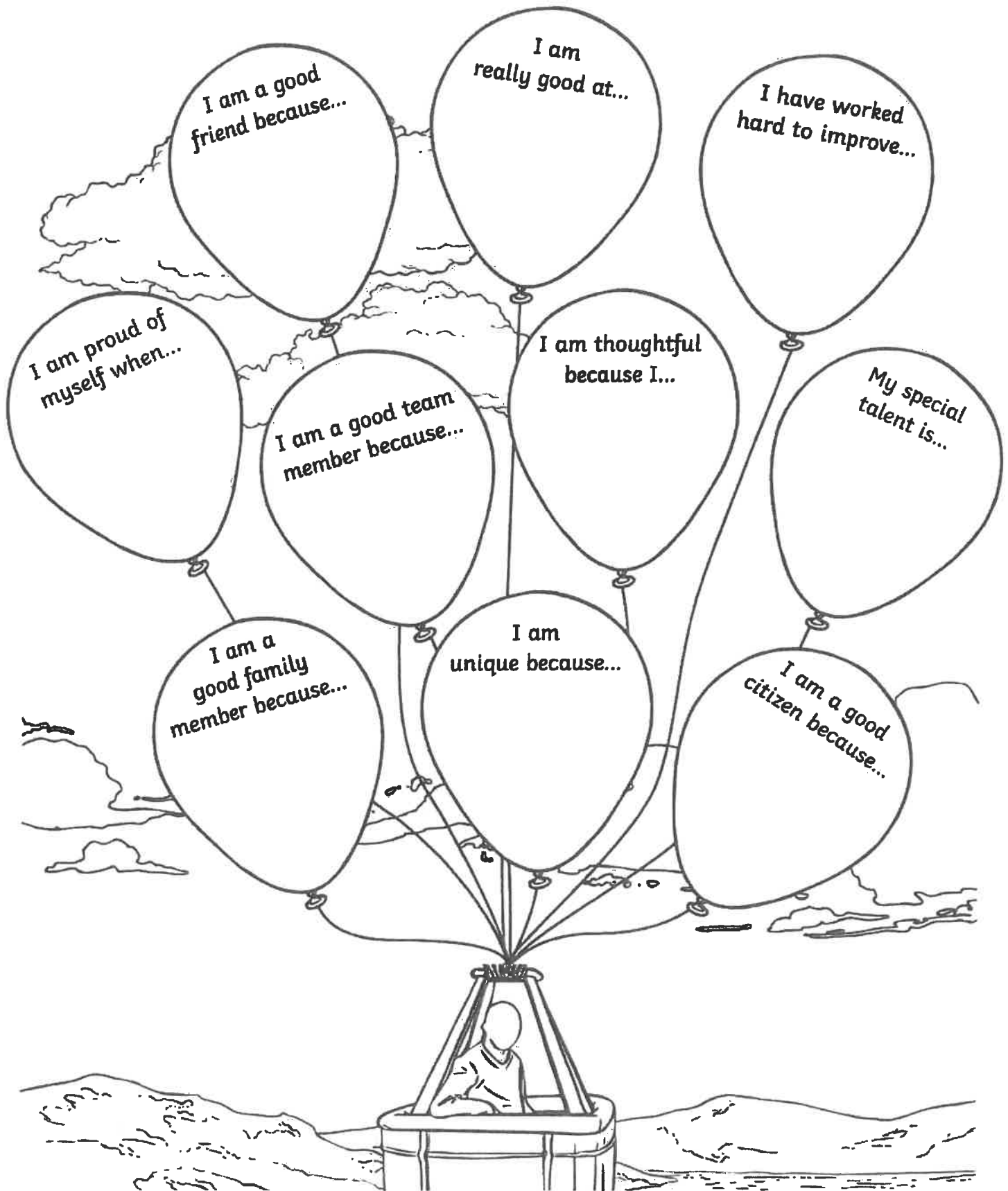






I Am an Amazing Person!

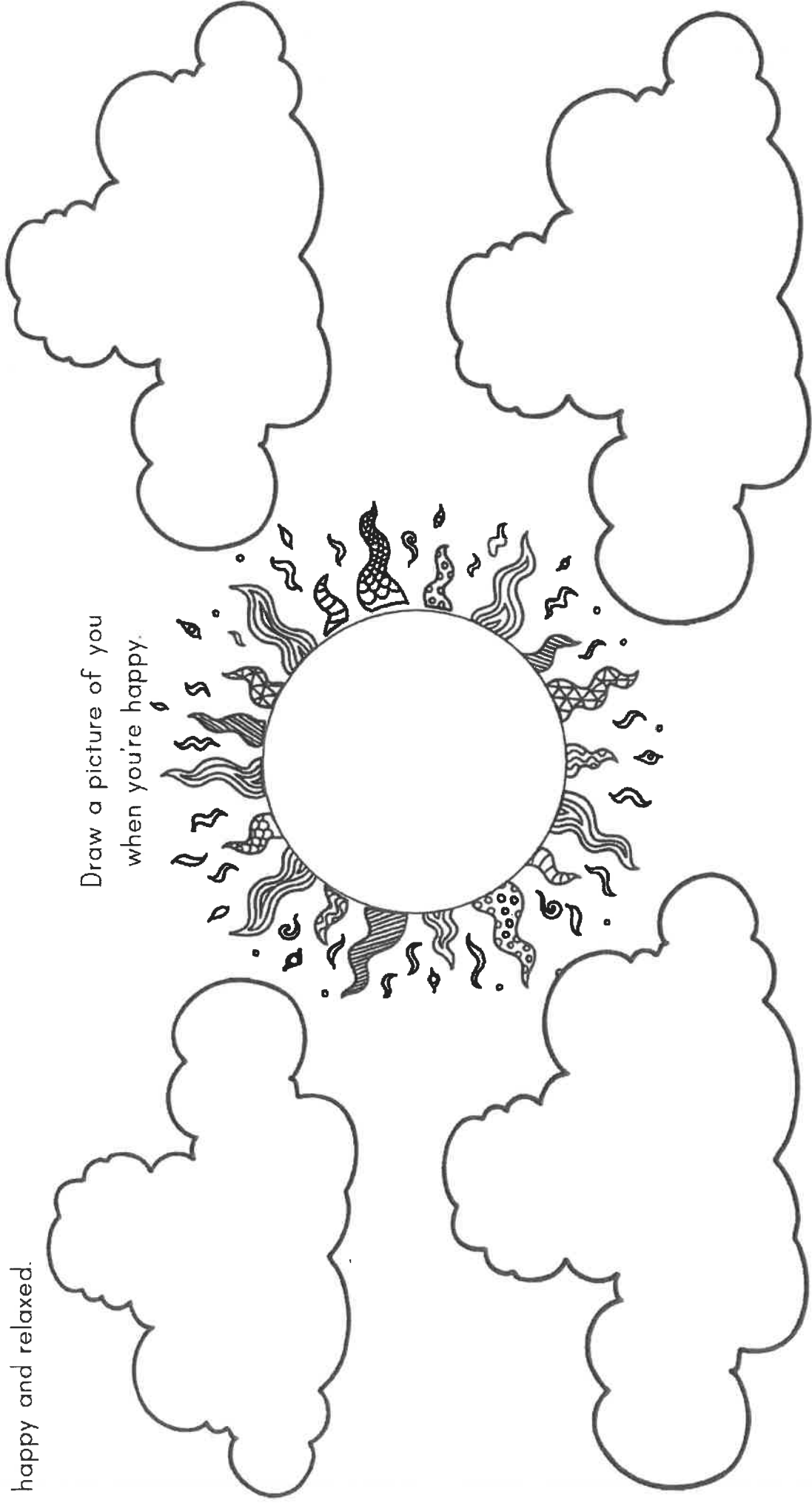
Read and finish the sentences in the balloons below.



I am happy when...

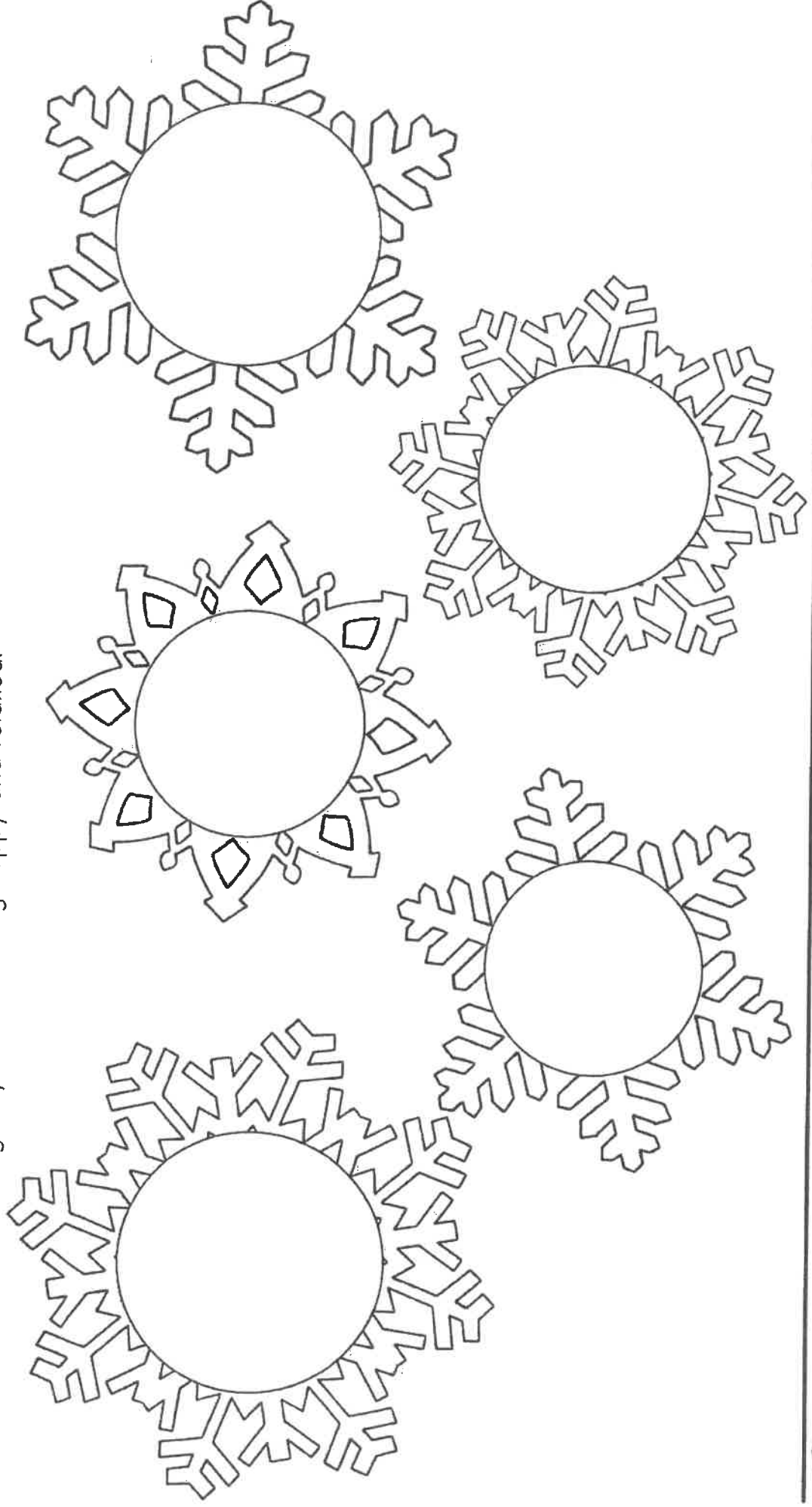
Draw a picture of something that makes you happy in each cloud. As you draw, feel yourself floating with the clouds, happy and relaxed.

Draw a picture of you
when you're happy.



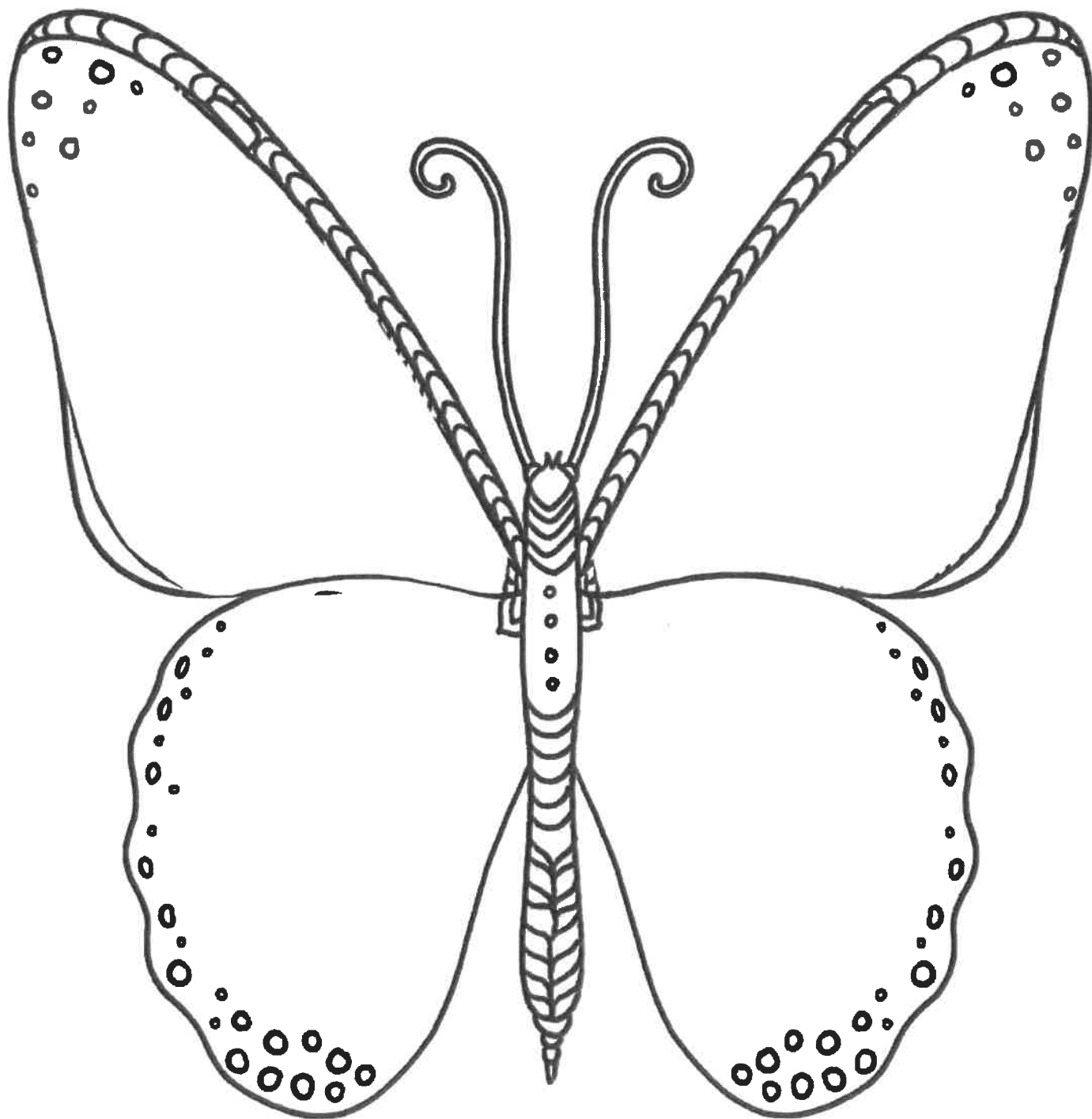
Let it Go!

Draw or write something that makes you angry in each snowflake. Imagine that your anger is melting away as each snowflake falls down. Imagine yourself feeling happy and relaxed.



Don't Worry, Be Happy!

Think about things that make your worry. Write the things that make your worry in the butterfly and think about your worries flying away. As you write, think about things that make you happy. What can you do to make yourself happy? Imagine yourself without worries, happy and smiling.



I Am Amazing

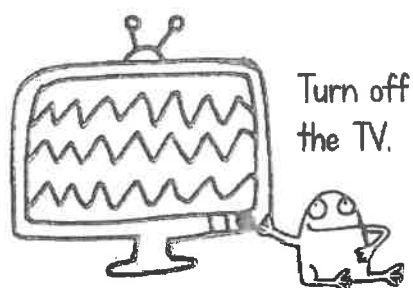
Write something amazing about yourself in each of the sun's rays. As you color the sun, think about all the incredible things that make you special.



BRAIN BREAK!

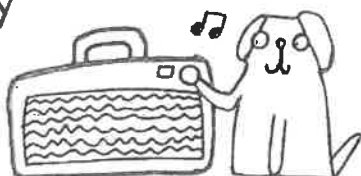
To listen to your emotions and feelings you need to quiet your mind. To do this you need to give your brain a break by switching off from the every day things which buzz around cluttering up your head.

The first thing to do is to get rid of the noise around you and learn to like silence. It may feel uncomfortable at first, but here's what you need to do:



Turn off any video games.

Turn off any radios or stereos.

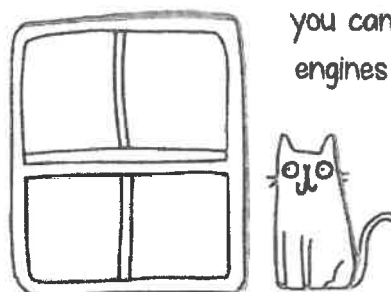


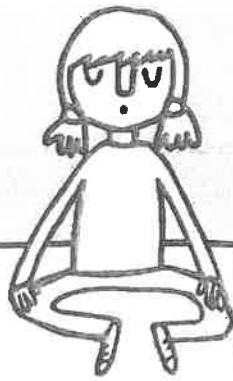
Put smart technology, phones, tablets etc away.



Take yourself away from people talking.

Close windows to the outside world so you can't hear car engines and sirens.





Once you've done this...

Sit still in a comfortable position,
close your eyes and concentrate on
breathing in and out, in and out.

Now, in this quiet, calm
state ask yourself how
you are feeling.

Give yourself the chance
to recognize any underlying
feelings of anger, sadness,
worry or unease, and
give yourself permission
to feel that feeling.

For example say,

"I am feeling SAD.
I feel SAD because I had
a bad day at school.
I will not always feel SAD,
but right now I feel SAD
and that is OK."

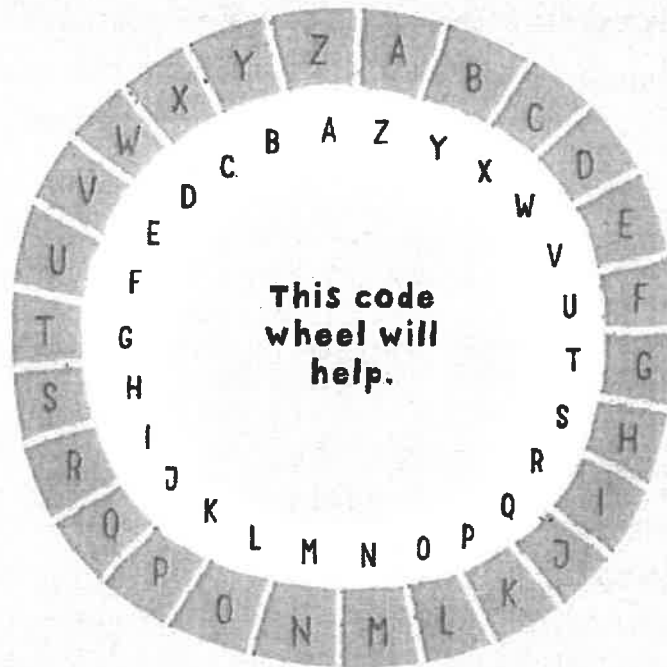


Repeat this several times.

BRAIN PUZZLES

Have a go at all the puzzles on this page.
Keep your brain focused on these, rather than on worries.

Crack this code to work out what the message says.



VEVIBGSRMT

RH

TLRMT

GL

YV

LP

Look for all these
unworry terms:

calm

Unwind

Relax

Unworry

Mindful

Breathe

Laugh

Rest

The words might be
across, up, down or
backwards.

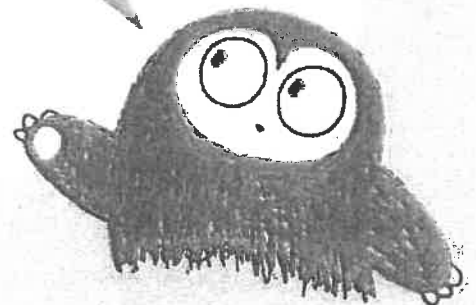
WORDSEARCH

T	E	S	B	C	L	A	M	R	G
S	C	A	L	M	A	T	I	R	N
E	E	X	A	X	U	N	N	W	O
R	X	U	N	W	I	N	D	H	E
W	D	R	R	R	E	L	F	X	H
X	A	L	E	R	C	O	U	N	T
B	R	A	T	H	F	O	L	E	A
N	U	C	L	A	U	G	H	R	E
U	N	W	O	R	R	Y	L	E	R
C	A	M	M	I	N	D	O	K	B

How many words can you make using the letters of

Relaxation

Only use each letter as
many times as it appears
in 'relaxation'. What's the
longest word you can make?



Find the answers on page 98.

MY BEATING HEART

Take some time to get to know your heart rate. Take your pulse by holding the two fingers nearest your thumb to your neck or to the underside of your wrist.

Like all emotions, anger releases chemicals in your brain, which then cause changes in your body that you can feel. One of these changes is an increased heart rate.

TRY TAKING YOUR PULSE WHEN YOU HAVE...

JUST WOKEN UP

RUN ON THE SPOT FOR 3 MINUTES

HAD A ROW WITH SOMEONE

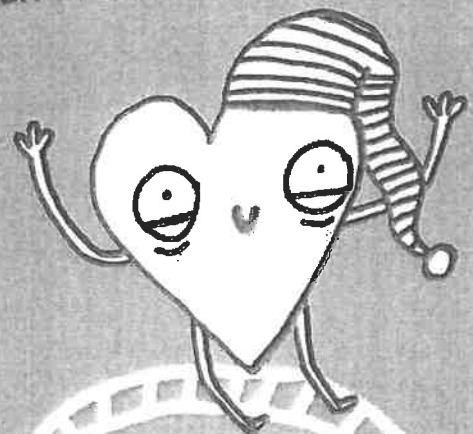
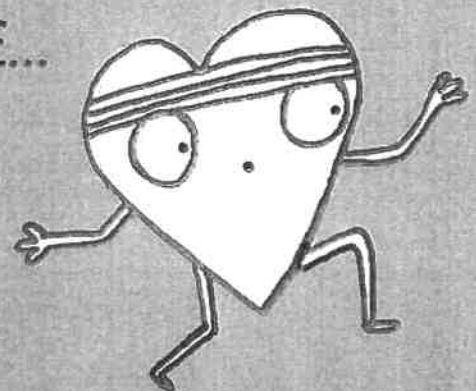
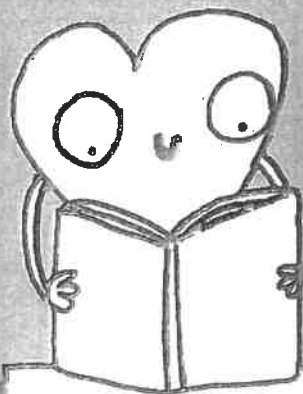
EATEN A BIG MEAL

JUST BEGUN A PIECE OF HOMEWORK

READ A CHAPTER OF A BOOK

BEEN FOR A WALK

Write down the beats per minute for each of these.



REMEMBER! Anger can be positive. Many people have made good changes in the world because they felt so angry about something they used the anger to spur them on to positive action. What makes you angry in the world? How could you make a difference?

DID YOU KNOW?
Your heart rate will also increase when you are stressed or afraid.

LIMERICKS

Keep your brain busy and make yourself chuckle by writing some humorous poems called LIMERICKS. Limericks work like this:

The first, second and fifth lines rhyme, and each of these lines has 8 or 9 syllables.



- 1 An elderly fellow called Keith
- 2 Had mislaid his set of false teeth.
- 3 They'd been left on a chair,
- 4 He forgot they were there.
- 5 Sat down - and was bitten beneath.



The third and fourth lines are shorter, and have their own rhyme.

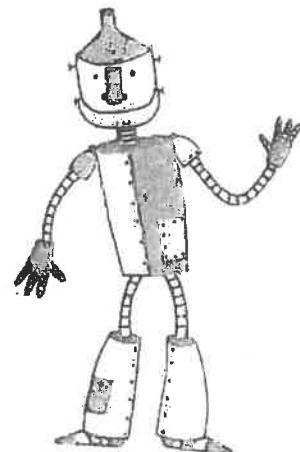
Each of these lines has 5 or 6 syllables.



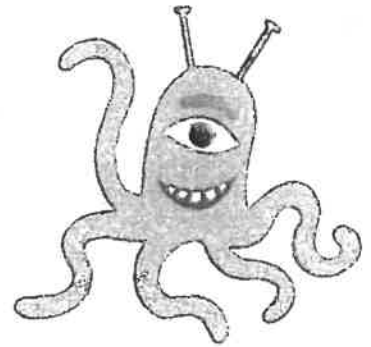
Limericks are often silly and funny.

Try finishing off these limericks.
Use a pencil so you can change it if you want to.

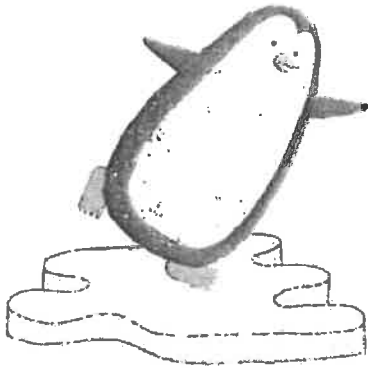
There was a young man made of tin,




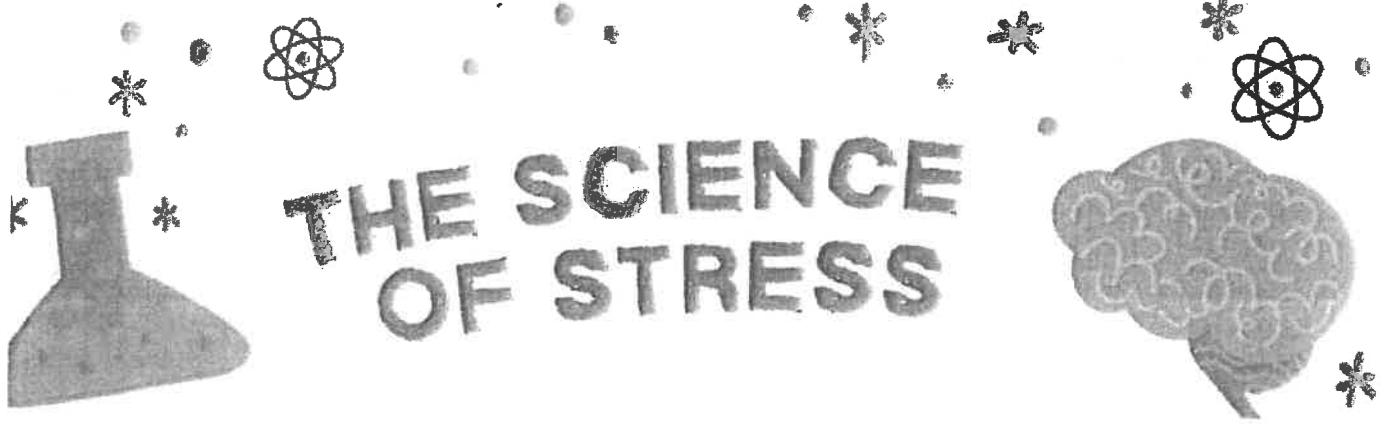
There once was an alien called Zars,



An old penguin was skating on ice,



Try a whole limerick
with your own first line: 



THE SCIENCE OF STRESS

Worrying causes a lot of physical changes in your body. When you get stressed, your body releases chemicals called **HORMONES**.

The most famous worry hormone is **ADRENALINE**.
Adrenaline gets your body ready for what scientists call...



the FIGHT OR FLIGHT response.

In prehistoric times adrenaline prepared people to **FIGHT** dangerous animals, or **FLEE** from them, in order to save their lives. This is how it works...

Making your heart beat faster. This gets more blood flowing around your body to deliver vital stuff your muscles need to GO.

Making you breathe in short shallow gasps. It's trying to get more oxygen into your blood quickly, to **FUEL** the running or fighting.

Making you very **ALERT, AWARE** and **ON EDGE**, so you can respond really fast.



After a few minutes, or sometimes hours, adrenaline **GOES AWAY** - levels of the hormone go back down, and you feel normal again.



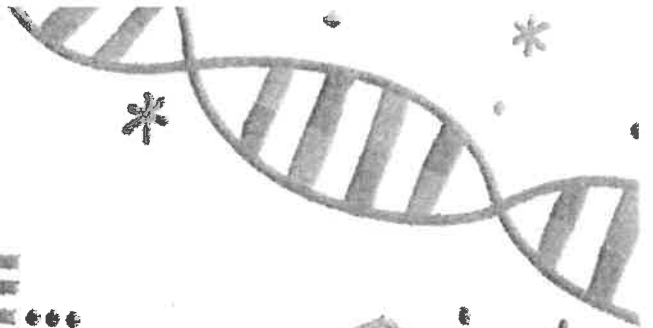
3

!



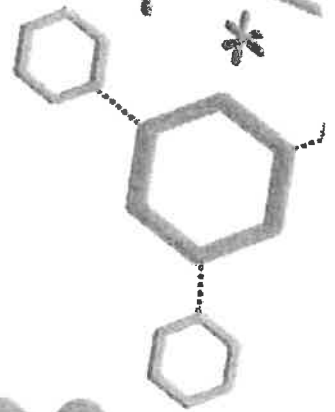
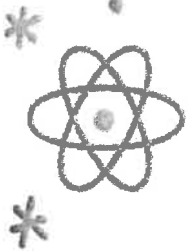


AND BREATHE...

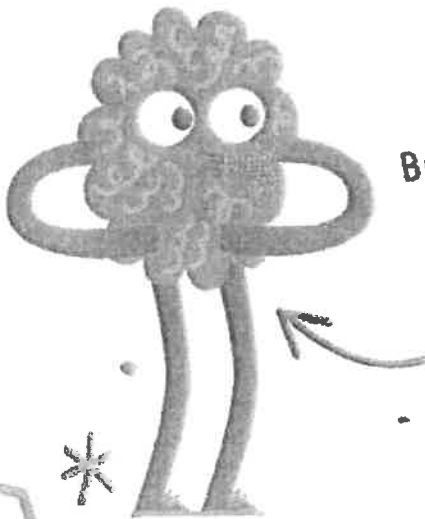


Once you know what worry does to your body,
it's easier to make yourself feel better.

Adrenaline makes you want to breathe in
QUICKLY. This makes you more and more
stressed, as if you're running out of air.



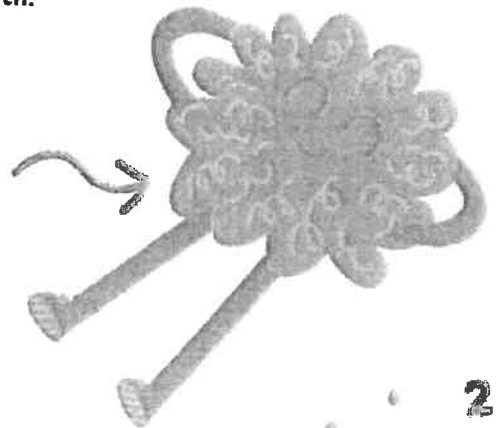
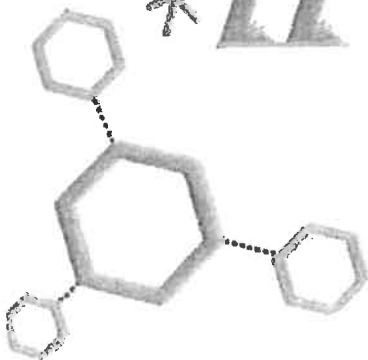
Keep both feet on the floor,
shoulder-width apart.
This is called **GROUNDING**, and it
makes you feel instantly more
calm, reassured and in control.



Breathe in through your nose for **3** seconds,
RIGHT INTO YOUR CHEST.

Breathe out for **3** seconds
through your mouth.

Keep going until your breathing
feels steady, your heart slows
down, and you feel relaxed.



RELAX

Try this relaxation exercise:

1. Lie down on a rug or carpet and close your eyes.

2. Begin by breathing in through your nose. Hold your breath for a few seconds, then breathe out. Take another deep breath through your nose. Imagine your tummy is a balloon filling with air and then as you breathe out, imagine all the air escaping.

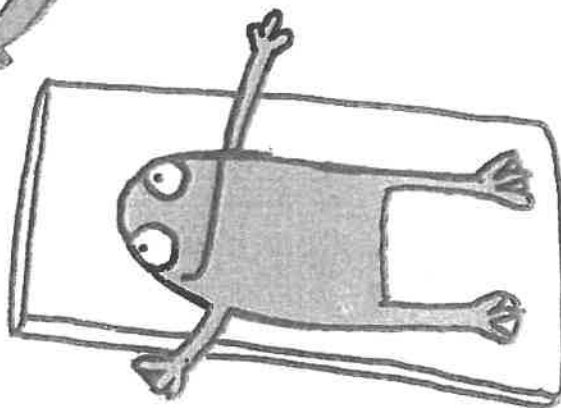
3. Stretch out your legs in front of you, pointing your toes. Stretch out your arms either side of you, stretching all the way through to your fingertips.

4. Now start to tense all the muscles in your body. Begin with your toes. Curl them over so they're clenched. Then think about tensing the muscles all the way up your legs and through your tummy. Imagine something is about to step on your tummy and you want to make it into a hard wall.

5. Tense your arms as well, so your arms are by your sides and even your fists are clenched. Bring your shoulders up around your ears.

7. Now, make your body go limp again. Let your legs and arms go limp. Relax your shoulders by bringing them down. Imagine yourself as a floppy rag doll.

8. Take a deep breath in through your nose and breathe out again. Notice how relaxed and calm you feel and then, when you're ready, open your eyes.





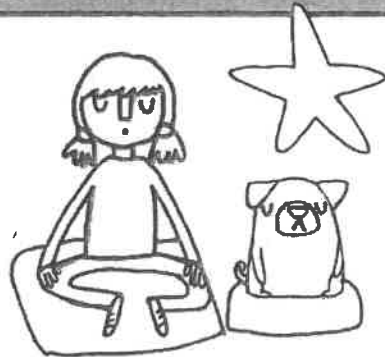
TAKE A BREATH!

Try this breathing exercise to help you relax.



STEP 1

Make sure you are sitting comfortably in a quiet and safe place. When you feel ready, close your eyes. Notice your breathing. Think about how it feels breathing in and breathing out. Try to breathe in through your nose and out through your mouth.



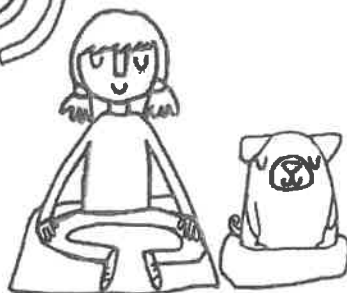
STEP 2

Place your hand on your tummy and focus on the feeling of your stomach rising and falling with each breath. When you breathe in, quietly say 'in' to yourself, and when you breathe out, quietly say 'and out' to yourself.



STEP 3

Concentrate on nothing but your breathing and try to let go of any other thoughts you may have.



When you've had lots of practice at the breathing exercise, see if you can think about a happy memory at the same time. This way, your happy memory will take up all the space in your brain, and there won't be any room for the worries.

DO THIS FOR 2 MINUTES

TIME TO LEARN

When we're angry we're not always thinking straight. It can be useful to learn some techniques to help you feel calmer.

BUDDY BREATHING

Lie down somewhere quiet and calm. Place your favourite cuddly toy on your tummy. Breathe in deeply to the count of 2 and then out to the count of 2. Watch as your cuddly friend rises and falls with your breath. Repeat this for 2 minutes.

STOP, DROP, CURL, BREATHE

A good technique to distract yourself from angry feelings is the 'Stop, Drop' action. In the middle of an angry episode you should tell yourself to stop, drop down to the floor, curl up in a ball and focus on your breathing. This may seem weird, but if you can crack it, it can really help.

ARGUING IN FUNNY VOICES

Practise some funny voices or mimic your favourite cartoon characters or celebrities. Next time you're mid argument, try switching to that voice and see what happens.

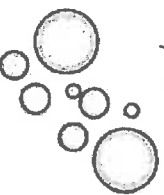
KITES

Try imagining sad memories which make you feel angry as kites on strings. Think about how they may tug at you from time to time but you have the power to control them. Or, if they are too much, you could simply release the string and let them fly away. Practise seeing these memories in this way.

Brain Break Breathing

Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



Brain Break Breathing

Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

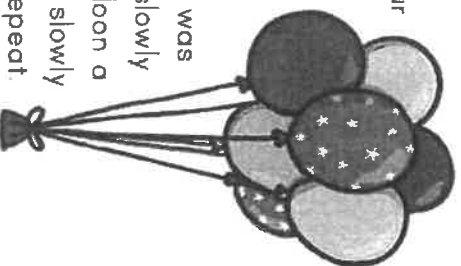
Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



Brain Break Breathing

Balloon Breaths

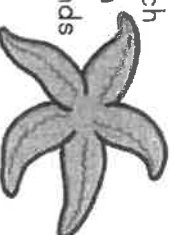
Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



Brain Break Breathing

Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



Brain Break Breathing

Butterfly Breaths



Sit on the floor with the bottom of the feet touching and the knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.

Brain Break Breathing

Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Brain Break Breathing

Sun Breaths



Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.

Brain Break Breathing

Waves on the Ocean Breaths

Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.

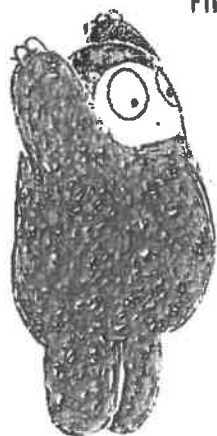


STRETCH AND BREATHE

Have a go at this sequence of yoga poses. While you're doing it, focus on BREATHING steadily and deeply, in, and then out, to unwind gently and relax. Be MINDFUL - think about your body, how it's moving, and what you can feel under your hands and feet. As you do it, let any worries drift off.

This circular sequence is called a SUN SALUTATION.

START and
FINISH here.



11

Breathe IN. Stand up tall and raise your hands above your head.



1

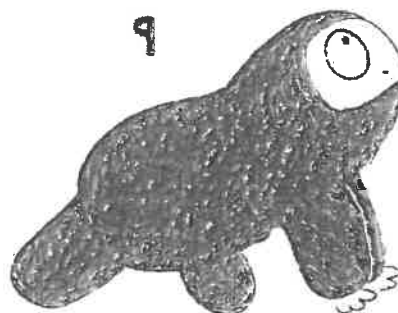
Stand up tall.

2

Breathe IN, and raise your hands above your head.



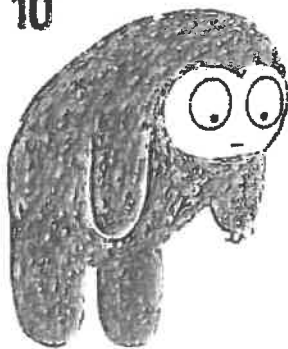
9



Breathe IN. This time bring your left foot forward.

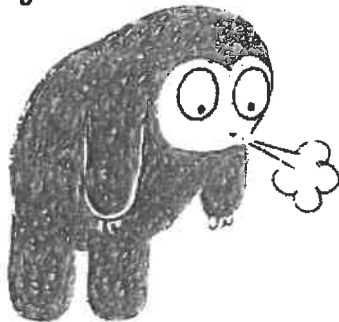
10

Breathe OUT. Bring your right foot forward and stand up, keeping your chest close to your knees.



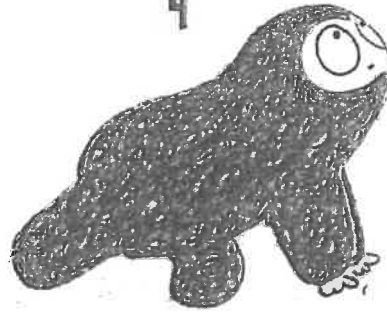
3

Breathe OUT, and
bend right over.



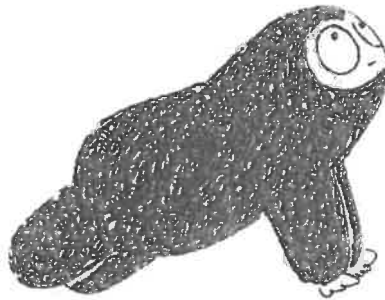
4

Breathe IN. Put your
right foot back, and
your left foot out in
front of you. Place
your hands on the
floor. Breathe OUT.



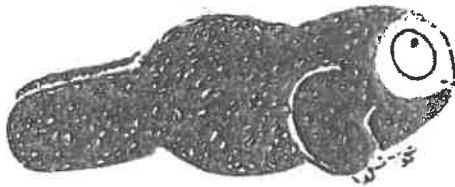
5

Breathe IN. Bring
your left foot back.
Keep your legs and
back straight.



6

Breathe OUT. Bend your elbows
and slowly lower yourself till your
legs and chest are on the floor.



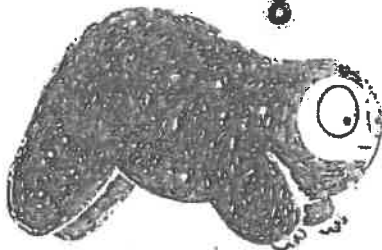
7

Breathe IN. Raise your
chest off the floor.



8

Breathe OUT. Lift your
bottom straight into the
air, so you're a v-shape.



The more you do this the easier it'll be.

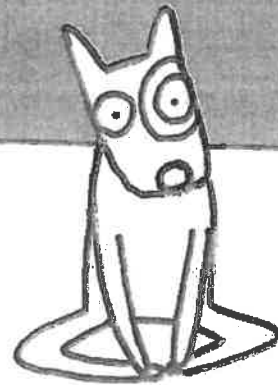
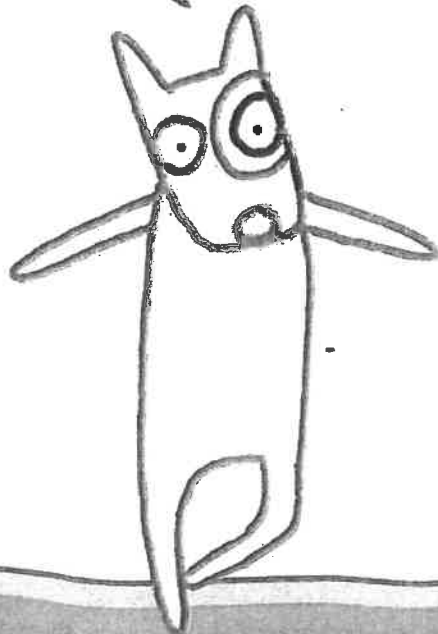
YOGA POSE

Try these poses before bedtime
or when you want to feel calm.

TREE POSE

Rest your foot on your ankle or
above your knee and balance.
Then change to your other leg.

SAY "I AM BALANCED"



BUTTERFLY POSE

Sit on the ground, press your
feet together, and roll your
shoulders back.

SAY "I AM SAFE"

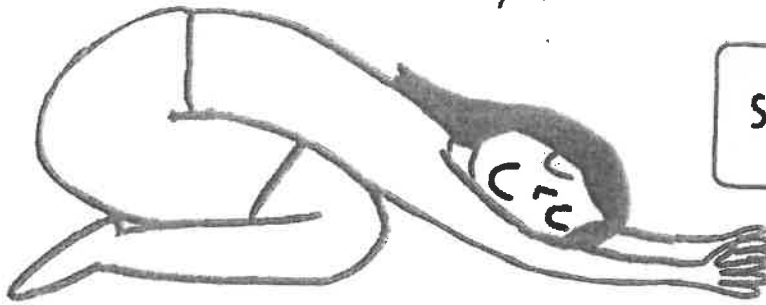
LADYBIRD POSE

Bend your knees, roll your
shoulders back, and press
your hands together.

SAY "I AM HAPPY"

CHILD'S POSE

Bend your legs, fold your body on to your thighs and either rest your arms by your sides or extend them in front of you, whichever feels more comfortable.

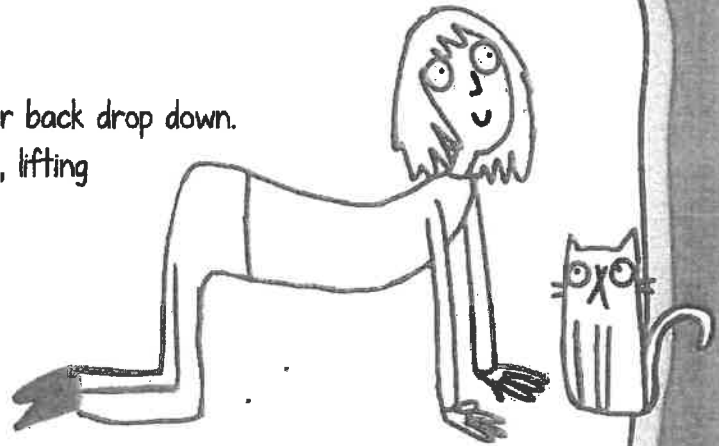


SAY "I AM AT REST"

CAT POSE

Breathe in and look up, letting your back drop down.
Breathe out and tuck in your chin, lifting
your back in a high arch.

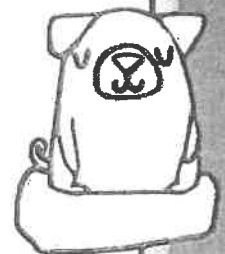
SAY "I AM AT EASE"

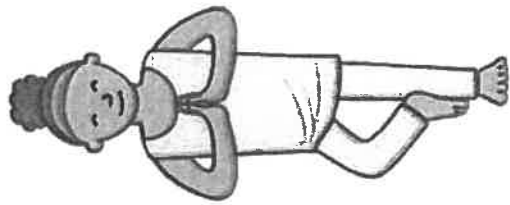


SLEEP POSE

Lie on your back and take slow breaths. Close your eyes if you want.
Try to empty yourself of thoughts.
If your mind wanders away, notice
where it goes, then bring your
attention back to your breathing.

SAY "I AM AT HOME"

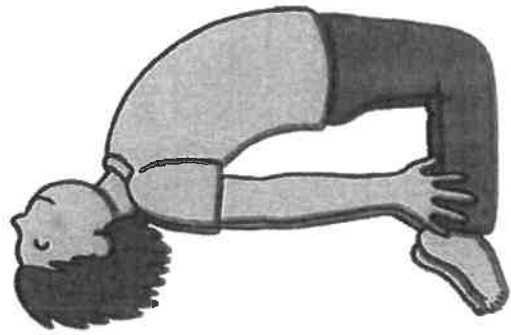




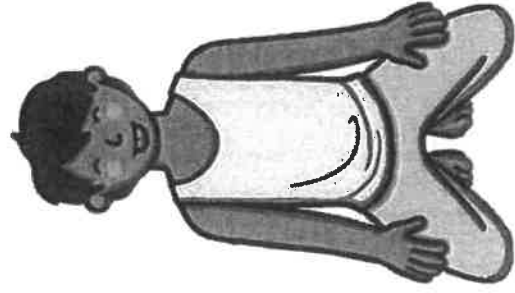
tree pose



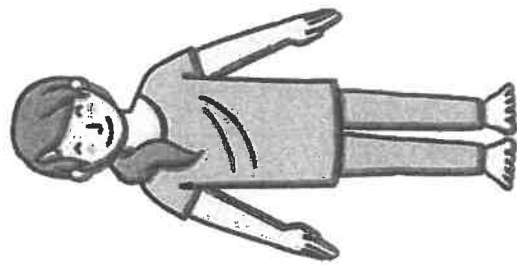
cobra pose



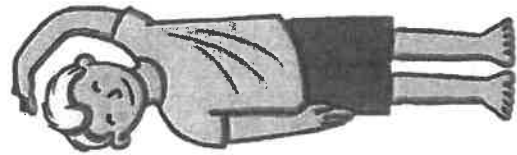
camel pose



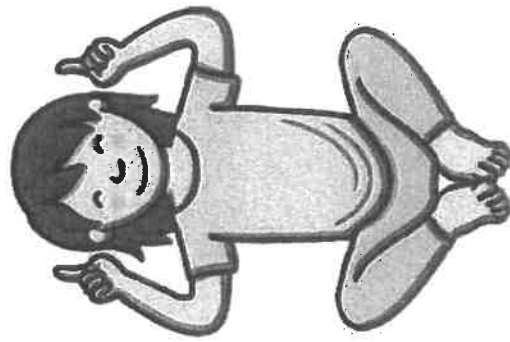
lion pose



mountain pose



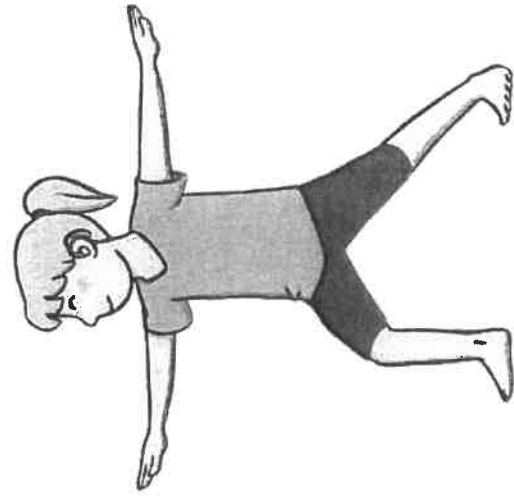
flamingo pose



butterfly pose



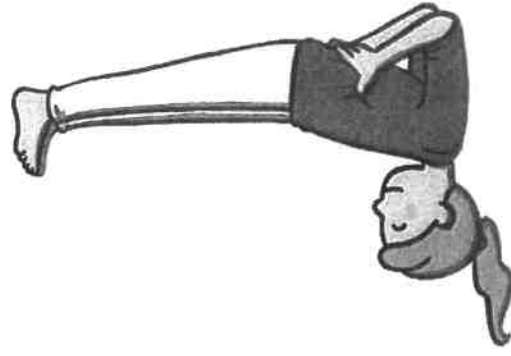
elephant pose



warrior pose



cow pose



shoulder stand pose



downward facing dog pose

FEELING ACTIVE

Exercise can help make you feel better. Try doing one of these exercises every day.

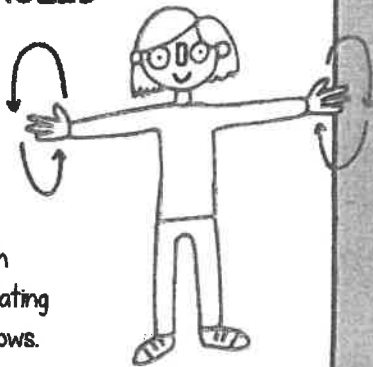
20 JUMPING JACKS

Stand tall with your feet together and your hands at your sides. Quickly raise your arms above your head while jumping your feet out to the sides. Then immediately bring your arms back down to your sides and jump so your feet are together again.



30 ARM CIRCLES

Stand up straight with your arms stretched out on either side of your body. Slowly move your arms in circles without rotating your wrists or elbows.



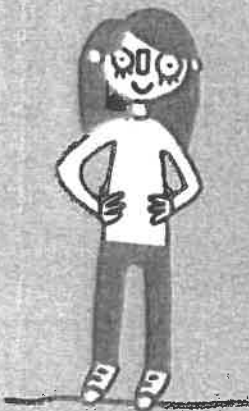
8 SQUATS

Stand with your feet hip-width apart, hands on your hips, and slowly sink down, bending at your knees and hips. Make sure your back is straight, and sink as low as possible without letting your knees go past the ends of your toes. Then slowly rise back to standing position.



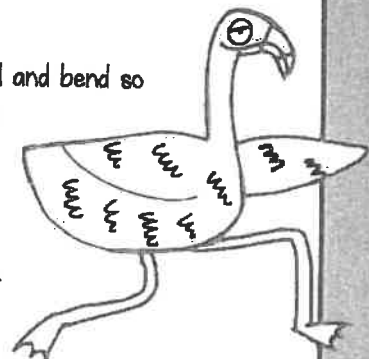
10 CALF RAISES

With your feet spaced hip-width apart, place your hands on your hips and lift your heels off the ground. Standing on tip-toe count to eight, slowly lower back down, then return your feet to the floor.



10 LUNGES

Take a step forward and bend so that your back knee touches the floor. Make sure your front knee doesn't bend past your toes.



Cut out this chart and put it on your wall.

Tick off when you
have completed any
of these exercises.



20 JUMPING JACKS

30 ARM CIRCLES

8 SQUATS

10 CALF RAISES

10 LUNGES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MOVE IT, MOVE IT!

Being active releases chemicals called **ENDORPHINS** in your brain. Endorphins are feel-good chemicals that give you a big **BOOST**.

Here are some ideas for getting active that are quick and easy to do at home, or out and about. They may sound obvious and perhaps a bit silly, but don't worry - just **GO FOR IT**.



DANCE

Put some music on and **DANCE** for a few minutes.

Make your
dance as...

BIG

SMALL

FUNKY

or

WILD

...as you like.

Just move!

JUMP

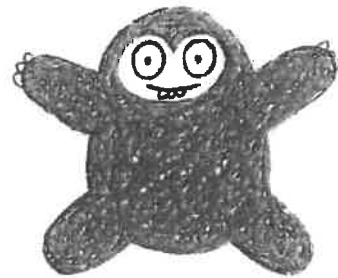


Big
jumps

Hop jumps



Star jumps



Long jumps



STEP



Find some stairs and walk up
and down them a few times, until
you're out of breath.

Scientists have
shown that being
PHYSICALLY active can improve
your **MENTAL** wellbeing. It can
also improve your **SELF-ESTEEM** and
give you a sense of **ACHIEVEMENT**, and
provide a great **DISTRACTION**.

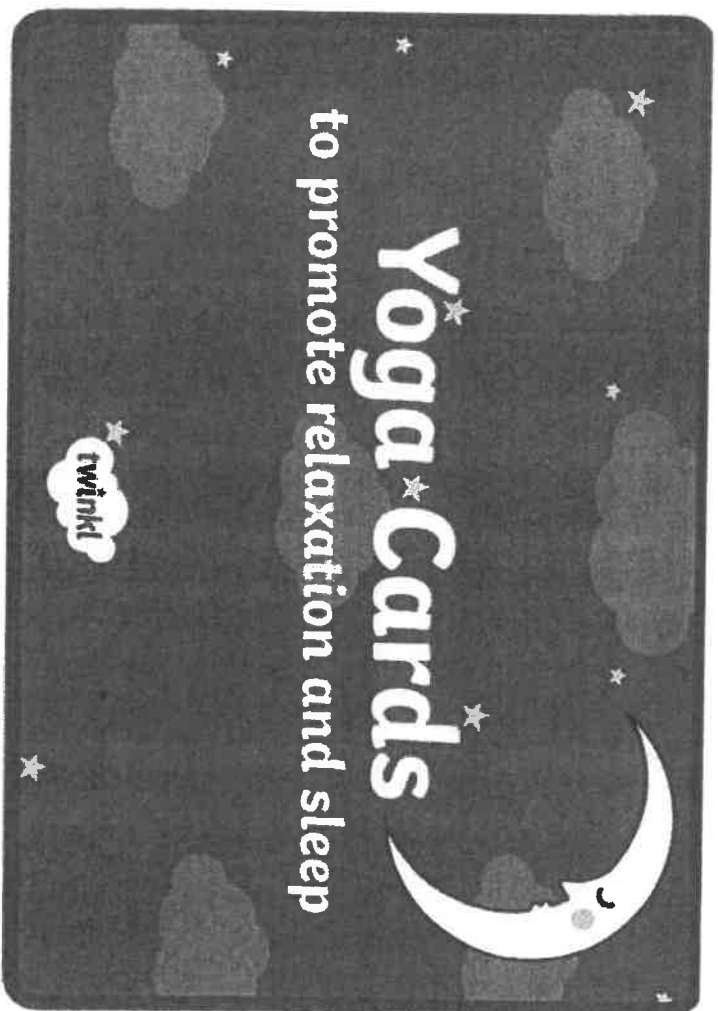
DOWN

Phew!

DOWN



More moving = less worrying,
so get to it!



Yoga Cards

Preparation and Safety

Time

Can be adapted to any setting or time frame.

Preparation

Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.

Safety

Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. Hold each pose for at least two breaths and always change sides when instructed to. Keep breathing, move slowly into the pose, never overstretch and if any pain is felt stop immediately.

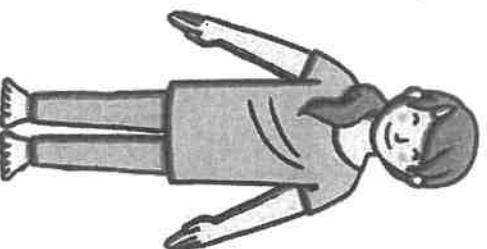
Yoga Cards

Mountain Pose - Tadasana

Benefits

Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



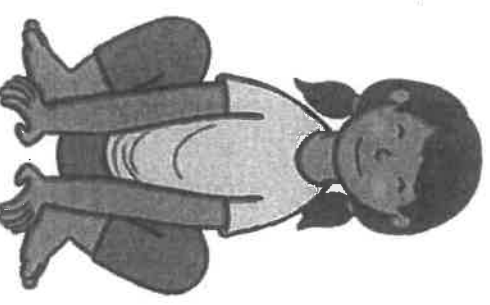
Yoga Cards

Frog Pose - Bhekasana

Benefits

Tones legs; increases hamstring flexibility.

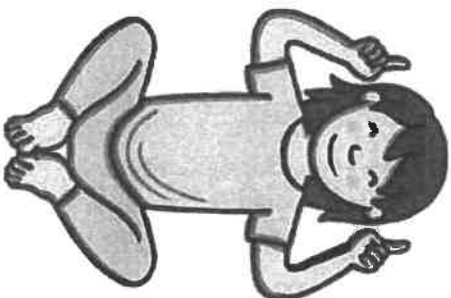
- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
- 2 Look up and inhale.
- 3 As you exhale, straighten your legs and lower your head toward your knees.
- 4 Return to squatting position, then repeat.



Butterfly Pose

Calms the body and mind,
Benefits helps relieve stress, headaches
and fatigue.

- 1 Begin by sitting with soles of feet together.
- 2 Touch fingers to the side of your head like antennae.
- 3 Gently bounce your knees to flap your butterfly wings.
- 4 Exhale, and slowly lower your hands back to your lap.



Child's Pose - Balasana

Benefits Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

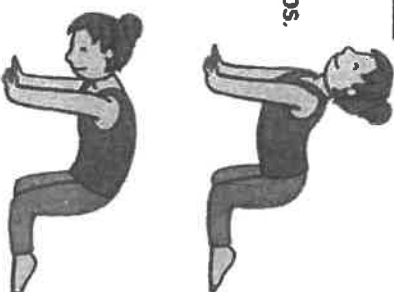
- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down, and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.



Cat Cow Pose - Marjaryasana Bitilasana

Benefits Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
- 2 Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
- 3 Exhale, round your back towards the ceiling and look at your belly.
- 4 Repeat.

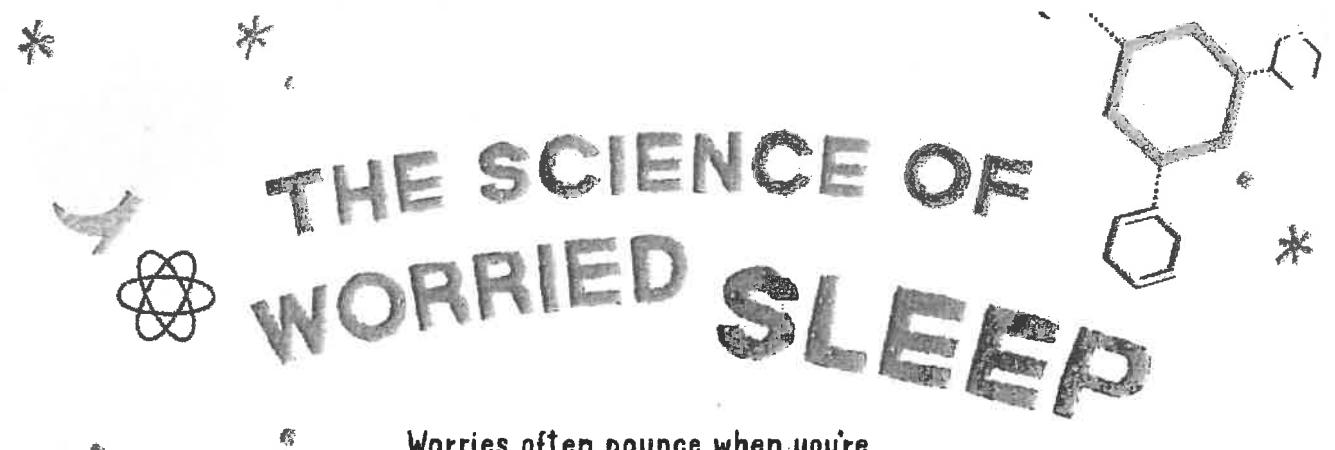


Corpse Pose - Savasana

Benefits Calms the body and mind; helps relieve stress, headaches and fatigue.

- 1 Lie down on your back, with arms next to your body and legs slightly apart.
- 2 Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.





THE SCIENCE OF WORRIED SLEEP

Worries often pounce when you're trying to get to sleep. They can make it hard to switch off, and sometimes give you nightmares.

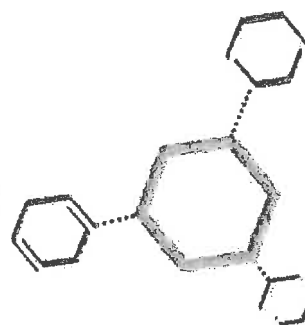
Scientists still don't know exactly

HOW or **WHY**

people dream, but they think that bad dreams are your brain's way of trying to work out exactly what you are worrying about.



While you sleep, your brain digests and processes complicated thoughts and concerns, and that can turn into nightmares.



SLEEP TIPS

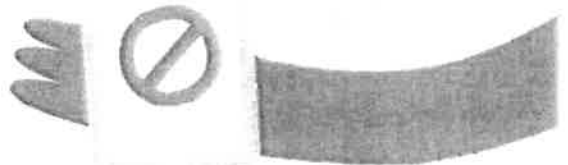
Sleep is really important for unworrying.
During sleep, your brain clears and sorts out
thoughts and worries that build up in the day,
making you feel better in the morning.

Here are some tips for a calm, unworried night's sleep.

AVOID SCREENS

Try not to look at a TV, phone, computer or
tablet before you get into bed.

The light of a screen **STIMULATES** your
brain, and websites, messages and social
media can feed worries you have.



GET WORRIES OUT

If particular worries pop into your head
as you try to sleep, **WRITE THEM DOWN**.
Then you can let them go until morning,
or forget them completely.



Turn the page
for a place
to put
night-time
worries.

WIND DOWN

RELAX before you settle down. A warm bath
or shower, or milky drink, can help calm
your body down and get it ready to sleep.
You could also try smelling something
scented with calming lavender.

