

## SPHE

This week for SPHE we are going to focus on your well being. The focus of these activities is to help you build a portfolio of your thoughts and reflections.

These activities will hopefully help you develop a strong sense of wellbeing. Please remember though, they will only be a worthwhile activity if you genuinely put your best into it.

You can print out these pages, write on them and then take a picture and post it. Or you can just draw out the activities on a blank page and post them.

Finally, you may feel that some of these reflections are a bit personal. That is okay. Share what you want to, keep private everything else.



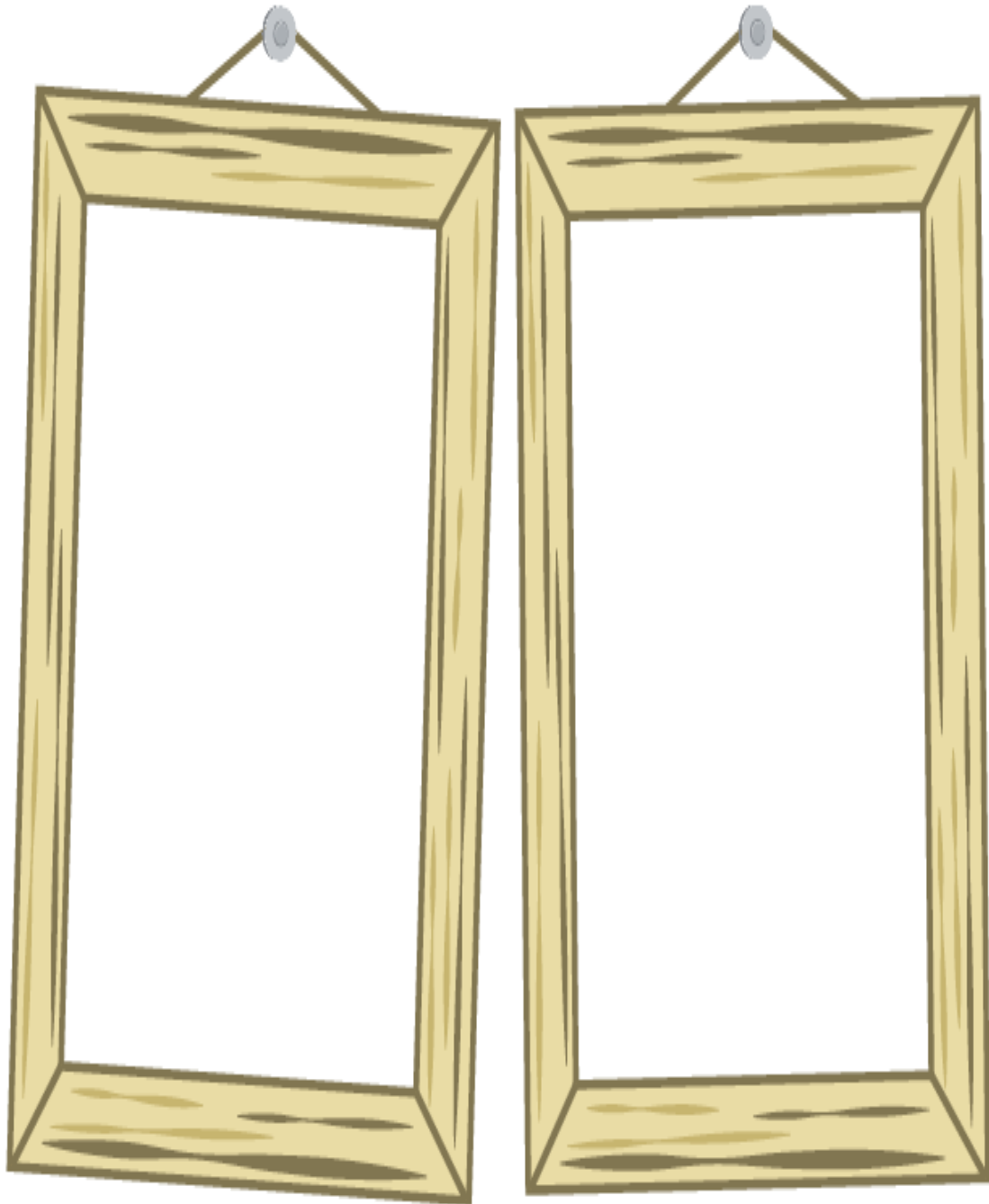
### **LET'S REMIND OURSELVES WHAT WELL-BEING MEANS AND FEELS LIKE:**

Well-being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and disappointments of life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!

Activity 1:

## MY WELL-BEING ACTIVITIES

Think of all the things you enjoy doing and which help you to feel happy. Then **draw** two pictures of these in the frames below:



Activity 2:

## **FEELING POSITIVE EMOTIONS!**

Complete each of the sentences about all the things that make you have/feel positive emotions. Make sure that you do some of these every day! Then decorate the frame around it!

I feel calm when...

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I feel proud when...

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I feel grateful when...

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I feel amazed when...

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I feel interested when...

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Activity 3:

## FEELING POSITIVE EMOTIONS! - CONTINUED

Complete each of the sentences about all the things that make you have/feel positive emotions. Make sure that you do some of these every day! Then decorate the frame around it!



I feel inspired when...

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I feel loved when...

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I feel joy when...

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I feel like laughing when ...

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#### Activity 4:

### **KIND MIND!**

Did you know that we are sometimes very mean to ourselves? We often say things to ourselves that we would never say to anyone else, especially if we haven't done well at something or if we are worried about something. Maybe you've said things like 'I'm so stupid' or 'Why am I not as good as -----'. This is very bad for our well-being as it can make us feel bad about ourselves? We need to say kinder things to ourselves instead! Here are some kind things that we can say to ourselves:

**My best is good enough.**

**I don't have to be, or feel, amazing all of the time.**

**I don't need to compare myself to anyone else.**

**I don't need to have everything figured out right now.**

**Aim for progress, not perfection.**

**I'm stronger than I feel right now.**

**I don't need to beat myself up over this!**

**Pause, breathe, keep going!**

**Nobody has it all figured out!**

**I can cope with my strong feelings.**

**What can I do right now to help myself to feel better?**

## **KIND MIND!**

Now draw a 'Kind Mind' selfie on the mobile phone below and write some of the phrases from page 8 all around it, or make up some of your own!

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Activity 5:

**LIGHT UP THE WORLD WITH KINDNESS CHALLENGE!**

Kindness makes the world a brighter and better place! We can light up the world with kindness every day by trying to do three kind things for others every day! Try it for a week and see what happens!

Here are some ideas for kind things you can do.  
Write your own ideas in the rest of the light bulbs!

