



Green Lane C.E.  
Primary School  
Wellbeing  
Resource Pack

A very warm welcome to you all. We recognise at this very difficult time that the children will have many concerns and worries about not attending school. They will be missing their friends and teachers. Adjusting to our current situation could be challenging for them to understand.

Mental Health and Wellbeing is very important to all of our 'Green Lane Family'. We hope this resource pack will give you some ideas of how to look after your child's mental health and wellbeing. Please take time out of home learning to have fun and look after yourselves.

If I can be of any help please contact me on our special Wellbeing Helpline weekdays between 1pm and 3pm on 07928812316

Stay Home  
Stay Safe  
Keep Smiling  
Thinking of you all

Mrs Linsley

*All things are difficult before they are easy.*  
Thomas Fuller

*If you see someone without a smile give them one of yours!*  
Dolly Parton

*How you make others feel about themselves says a lot about you.*  
Anon





# Kindness Postcard

Write a message on the postcard to someone you think needs a kind thought.

<p>Dear _____</p>	<div data-bbox="1243 633 1339 748" style="border: 1px solid black; width: 60px; height: 51px; margin-left: auto; margin-right: 0;"></div> <hr/> <hr/> <hr/> <hr/> <hr/>
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# Compliment Cards

Use the compliment cards below to write kind messages or draw pictures to share with your friends or family.

<b>Compliment Card</b> 	<b>Compliment Card</b> 
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<b>Compliment Card</b> 	<b>Compliment Card</b> 
<b>Compliment Card</b> 	<b>Compliment Card</b> 

# This Week...

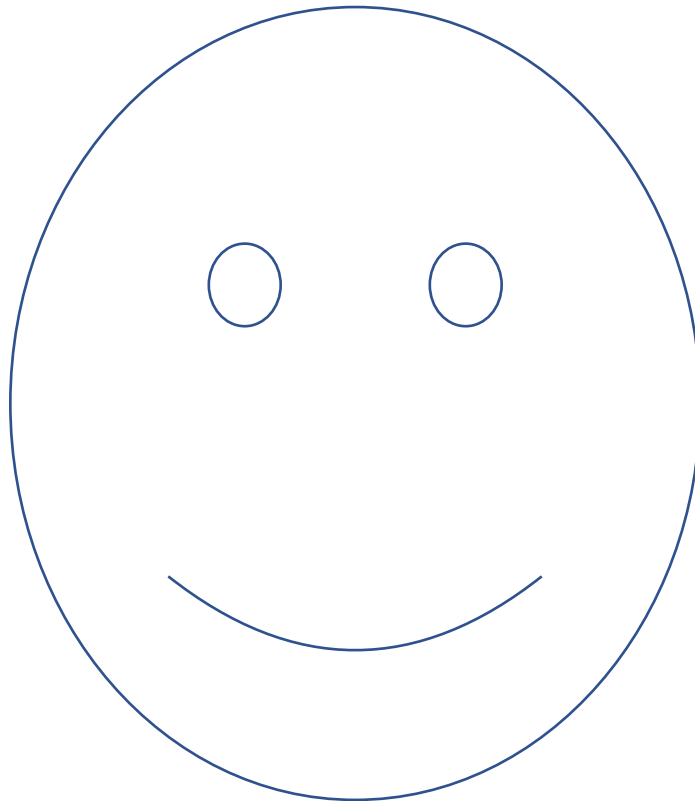
Write something good that has happened to you each day

<b>Monday</b>
<b>Tuesday</b>
<b>Wednesday</b>
<b>Thursday</b>
<b>Friday</b>
<b>Saturday</b>
<b>Sunday</b>

# My Feelings Face

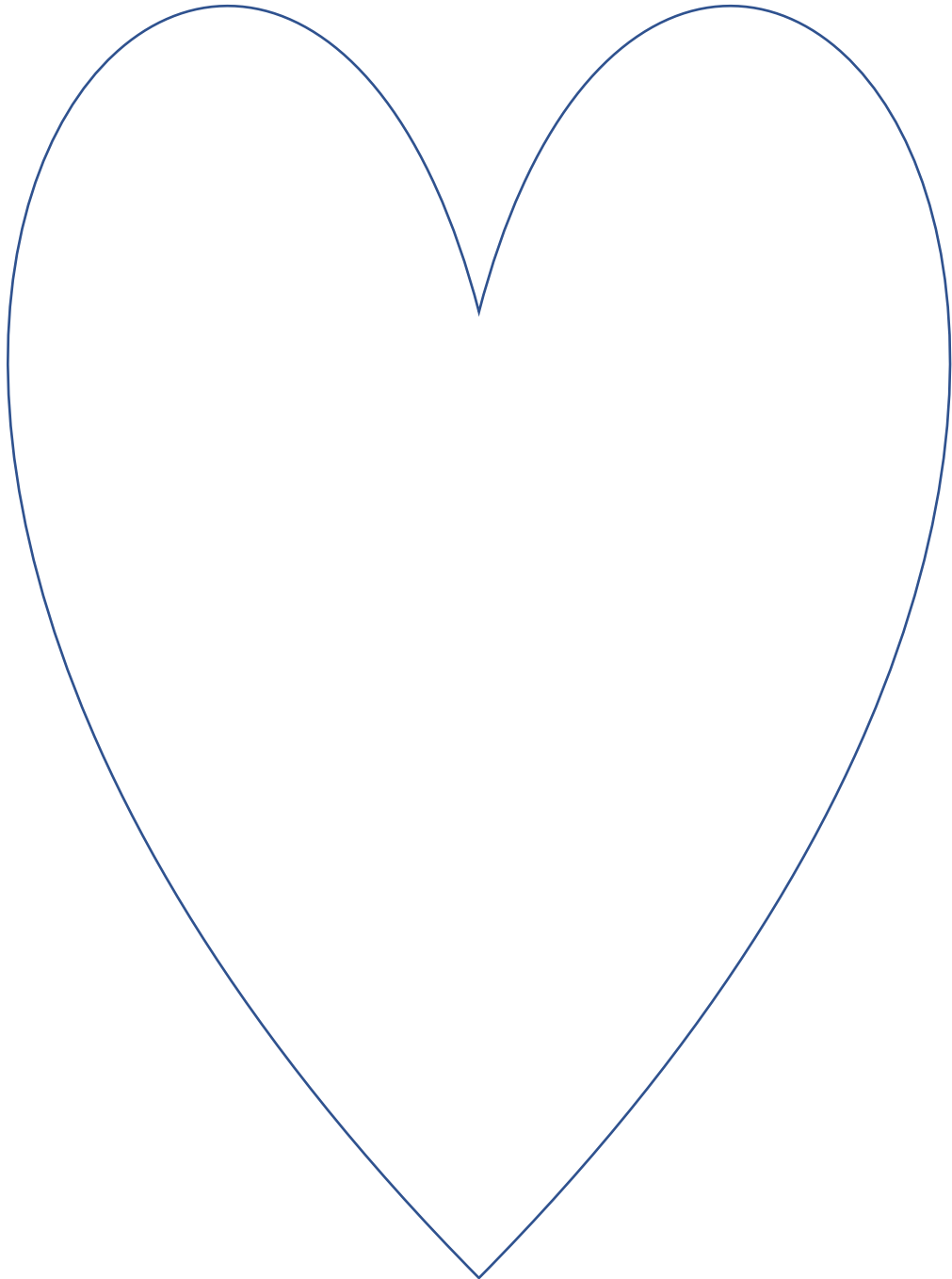
Colour the face to show how much of each emotion you are feeling right now.

Colours: Yellow = happy, green = excited, blue = sad, red = angry,  
purple = scared, brown = surprised, orange = nervous



# Things I love

Draw pictures in the heart of things you love



# Things I love

Write or draw things that you love




# Dragon Breathing

- 1. Sit up straight.**
- 2. Breathe in all the way.**
- 3. Stick your tongue out.**
- 4. Breathe out like a dragon.**



# How do you feel today?

Use words to describe how you are feeling each day

**Examples- Happy, excited, brave, strong, positive, sad, angry, annoyed, anxious, cross, confused, lonely, scared, surprised, nervous.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

# The Skittles Game

Share a packet of Skittles and play this game. Choose a sweet and follow the instructions below:

<b>Purple</b>	<b>Tell me something that make you HAPPY</b>
<b>Orange</b>	<b>Tell me something that makes you SAD</b>
<b>Green</b>	<b>Tell me something that makes you EXCITED</b>
<b>Red</b>	<b>Tell me something that makes you ANGRY</b>
<b>Yellow</b>	<b>Tell me something that makes you LAUGH</b>

# Gratitude Scavenger Hunt

1. Find something outside you enjoy looking at.
2. Find something that is useful for you.
3. Find something that is your favourite colour.
4. Find something that you know someone else will enjoy.
5. Find something that makes you happy.
6. Find something that smells amazing.
7. Find something that makes you feel safe.
8. Find something that makes you smile.
9. Find something that makes you laugh.
10. Find something that reminds you of the people you love.
11. Find something that begins with the first letter of your name.
12. Find some sticks, stones, grass and make a happy picture.

## Other ideas to share...

<b>Idea</b>	<b>Instructions</b>
<b>Build a Worry Monster</b>	Draw a picture of a monster and colour it in. Cut it out and stick it on a lollypop stick. When you are feeling worried tell the monster your worries. Keep him under your pillow at night.
<b>Glitter Jar</b>	Wash an empty jar. Fill it with water. Add glitter. The glitter represents your worries. Shake the jar and watch all your worries floating around. When the glitter stops floating watch your worries resting at the bottom of the jar. Your worries are still. Sit and relax and practise breathing slowly. Your worries will float away.
<b>Make a Fairy Garden</b>	Fresh air is really important. Find a tray or shoe box and create a fairy garden using outdoor resources.
<b>Make a kindness paper chain</b>	Make a paper chain using pieces of paper linked together. Before you stick your links together write a kind message on each link to create a kindness paper chain.
<b>Stone Painting</b>	Paint stones with kind thoughts and messages or happy pictures such as rainbows, sunshine and smiling faces.
<b>Lego Stamping</b>	Dip your Lego in paint and use it as stampers to create pictures.
<b>Balloon Tennis</b>	To make the tennis racket decorate a paper plate with kind thoughts and pictures. Stick a lollypop stick on to the paper plate this will be the racket handle. Use a balloon as the tennis ball and have lots of fun playing balloon tennis.