



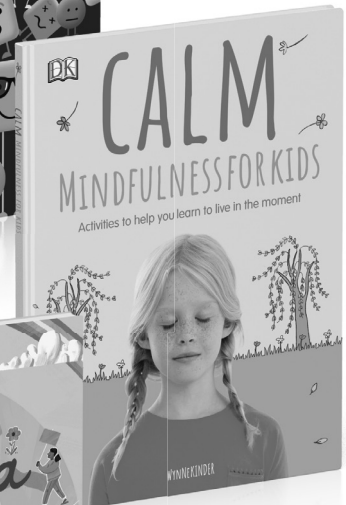
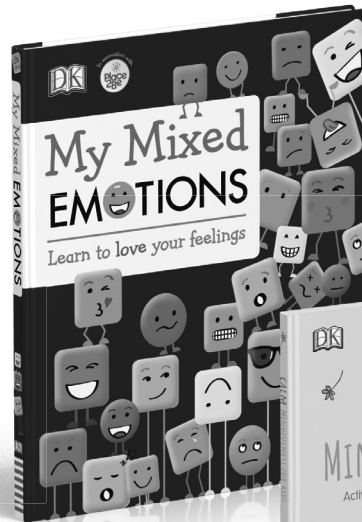
DK curriculum resources

WELLBEING

Activity pack for ages 7+

The aim

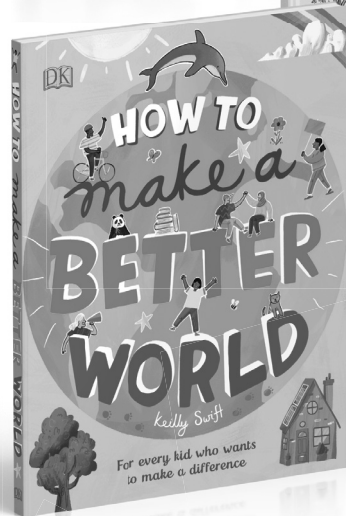
This Activity Pack can be used with children either at home or in the classroom. It includes five activities, one for each day of the week. Children can dip in and out and complete as many activities as they like. The focus of the pack is for children to explore the issue of wellbeing. In doing so, children will learn about identifying emotions and strategies for dealing with them, as well as friendship, identity, and community in lots of interesting, fun and educational ways.



The DK Wellbeing Library

Many of the activities in this pack focus on the DK book, *How to Make a Better World*; however, there are some suggestions below for other titles in our DK Wellbeing Library which cover similar themes for children:

- **How to Make a Better World**
- **Calm: Mindfulness for Kids**
- **My Mixed Emotions**





DK curriculum resources

WELLBEING

Educational Objectives & Outcomes



Activity 1: Identifying Emotions

Curriculum Links: Identifying a range of different positive and negative emotions; reflecting on what causes these emotions and how they affect our wellbeing.

Outcomes: A colour-coded list of emotions; a 'Rollercoaster of Emotions' diary.

Activity 2: Strategies for Dealing with Emotions

Curriculum Links: Understanding why it is important to look after ourselves; exploring different methods of self-care that can help us deal with difficult emotions.

Outcomes: A list of self-care strategies and a discussion about them; a table evaluating useful strategies for the future.

Activity 3: Friendship

Curriculum Links: Knowing what qualities and behaviours make a good friend; recognising how friendships can have a positive impact on our wellbeing.

Outcomes: A set of 'great friend' reflections; a letter showing your appreciation for a friend.

Activity 4: Identity

Curriculum Links: Understanding what heritage means and its significance; exploring important aspects of what makes up your identity.

Outcomes: A conversation with an older relative about your heritage; a Mood Board that reflects the different parts of you.

Activity 5: Community

Curriculum Links: Identifying the different communities you are a part of; explaining what you have to look forward to within your communities.

Outcomes: A table detailing how communities improve your wellbeing; a labelled Communities Map.



ACTIVITY ONE: IDENTIFYING EMOTIONS

[How to Make a Better World / page 16-17]



Note for teachers and parents: this task is designed to get children thinking about the different emotions they've experienced before they delve deeper into exploring strategies to deal with them. It encourages them to explore which emotions they associate with positive and negative feelings.

Did you know?

If we can identify our emotions, we can then find ways to deal with them. This stops them getting too big and overwhelming and gives us a sense of wellbeing. i.e. feeling comfortable, content, and healthy.

*"During the course of each day, you will probably feel a whole range of emotions."
[page 17]*

Close your eyes and think about all the different emotions you have felt recently. Which of these emotions would you describe as positive? Which of them feel more negative? Make a note of them and colour-code the more positive emotions in bright colours e.g. yellow or bright green, and the more negative emotions in darker or duller colours e.g. deep red or grey.

Find Out!

Read over the different emotions on this page. Do you see any emotions you didn't write down on your list? With a partner or in the mirror, act out or create a facial expression for each emotion. Think about or discuss which emotions could be described as both positive and negative depending on the situation. Shade in these new emotions with a new colour.

CONFUSED

EXCITED

DISGUSTED

EMBARRASSED PROUD SHY

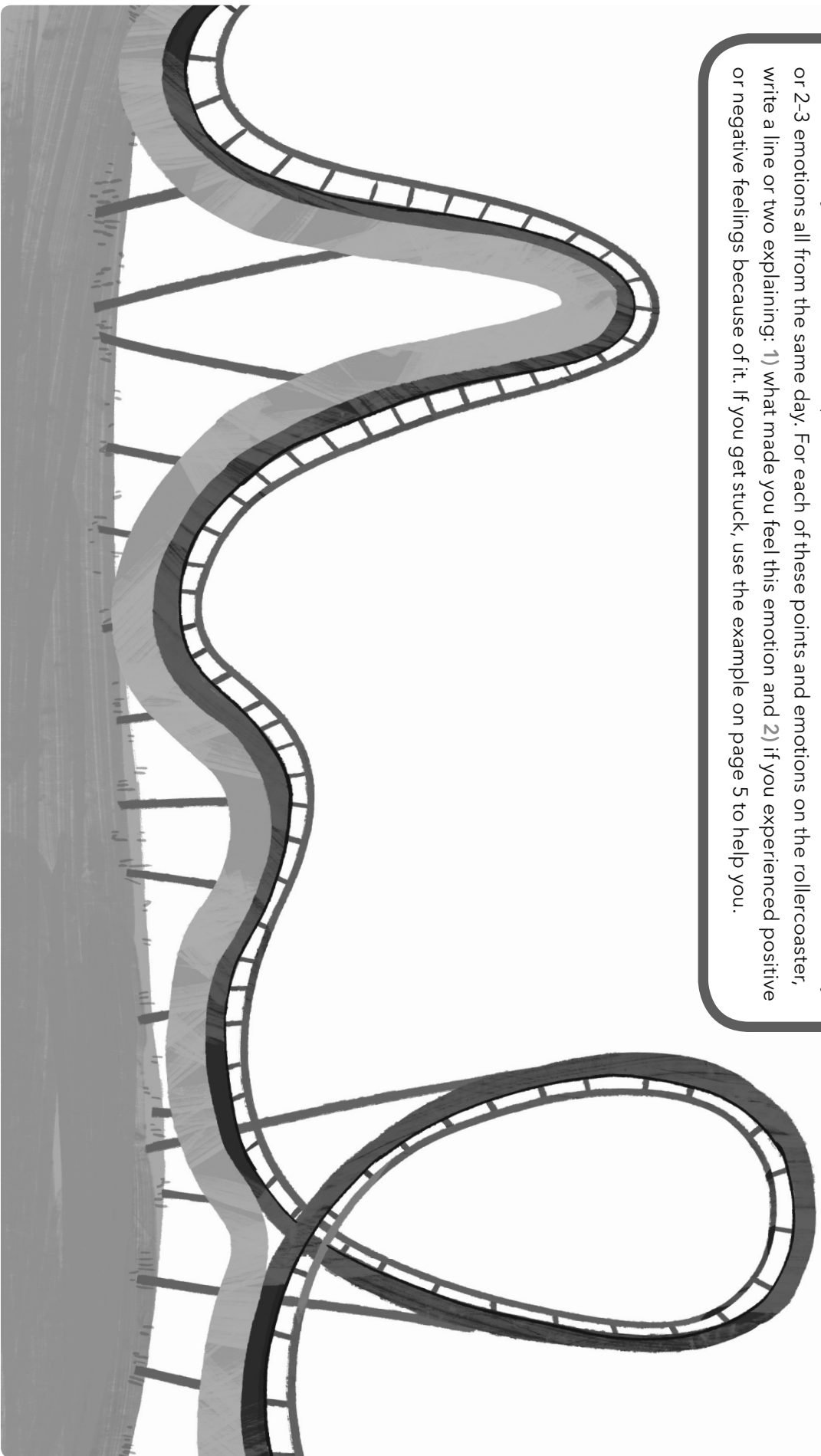
STRONG SAD UNCERTAIN

HAPPY GRATEFUL ANXIOUS

ANGRY SURPRISED BORED

Final Task

Life is full of ups and downs. Use the 'Rollercoaster of Emotions Diary' to note down at least 6 emotions that you have felt over the past week. You could include one main emotion from each day, or 2-3 emotions all from the same day. For each of these points and emotions on the rollercoaster, write a line or two explaining: 1) what made you feel this emotion and 2) if you experienced positive or negative feelings because of it. If you get stuck, use the example on page 5 to help you.



Feeling life's ups and downs

During the course of each day, you will probably feel a whole range of emotions. Learning to recognise your feelings is a useful skill. What emotions have you felt today?

Scared
Fear can make your breathing and heart rate faster. You might tremble or sweat more.

Embarrassed
When you feel ashamed, you might look down and your face may get red and feel hot.

Sad
Sad feelings can be overwhelming. They might come with tears, a tight chest, or "a lump" in your throat.

Disgusted
Disgust is often described as a sick feeling deep in your stomach.

Proud
Hold your head high! It feels great to achieve something you set out to do.

Angry
Anger can make you feel hot and shaky, and like you want to shout or cry.

Surprised
If something happens unexpectedly (good or bad), your body tenses in preparation for action.

Happy
Happiness can range from contentment to joy. What makes you happy?

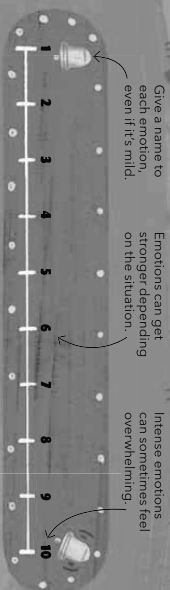
Excited
When anticipating something fun, you might feel jittery and your heart might beat fast.

Emotions are like a roller coaster... they go from high to low or do a loop!

Sometimes you feel many emotions at once.

Noticing the strength of your emotions can be helpful.

Strength of emotion
Work out how strongly you feel an emotion by rating it on a scale of 1 to 10. Strong emotions can be hard to handle, but it's okay to feel them.



ACTIVITY TWO: STRATEGIES FOR DEALING WITH EMOTIONS

[How to Make a Better World / page 12-13]

Note for teachers and parents: the aim of this activity is to encourage children to engage with the idea of self-care and to try new strategies that may help them deal with difficult emotions in the future. Not all strategies will be applicable or useful for every child, but the aim is to get them confident in exploring their feelings and what works or feels right for them.

Did you know?

Self-care is all about finding ways to manage or deal with our emotions so that they don't get on top of us.

"Before you can help others, you need to make sure you're looking after yourself."
[page 12]

Find Out!

With a partner or family member, talk about how your body feels when your emotions get too big and overwhelming. What about your mind, how does that feel? Read over the self-care strategies below and tick off which of them you already use and find helpful in dealing with difficult emotions.

Practise mindfulness

Focusing on what you can see, hear, smell, or taste in the present moment promotes calmness and wellbeing.

Fill up on healthy foods!

Keep your body running well by aiming for seven portions of different-coloured fruit and veg every day. Don't worry if you have the occasional day that's less healthy - everyone does! It's what you do most of the time that matters.

Get active

Exercise strengthens your body, gives you energy, and makes you feel great! The trick is finding something you enjoy, whether it's joining the football team, swimming laps, or walking with your family.

Get good sleep

Getting enough quality sleep is vital for good health. Kids need around ten hours every night. A regular bedtime and winding down before you sleep can help to make sure you catch enough Zzzzzs.

Find Out!

Can you think of 3 other strategies that might be useful to you? Note them down.



Strategy 1	Strategy 2	Strategy 3

Final Task

It's time to experiment with some new strategies! Have a go at some of the self-care strategies you have looked at today. Use the table to reflect on which you find most useful and could use again in the future to improve your wellbeing.

Strategy	How I Felt Before	How I Felt Afterwards	Was It Useful? Could I Use This Again?

ACTIVITY THREE: FRIENDSHIP

[How to Make a Better World / page 30-31]

Did you know?

Our friends can have a big impact upon our wellbeing.

"Strong friendships help us through bad times, and make the good ones even better." [page 30]

Find Out!

Look over the 'How to be a Great Friend' qualities below, then reflect on and note down why each one is so important on the following page.

Respect

your friends' differences

Celebrate the things that make your friend unique and special, from their culture and heritage to their hobbies and interests.

Help friends feel

appreciated

Send a handwritten note or just have a chat.

Support and listen to each other

Whether it's talking through a problem or just taking their mind off things by having fun.

Make people feel

included

It's nice to be part of a group, but check that no one's feeling left out or ganged up on. You'll make a bond with someone who will then be sure to look out for you, too.

Friendship

fallouts

Even the best of friends have times they don't get along perfectly. Use these tips to get your friendship back on track. You might find it becomes stronger than ever.

Talk it through.

Be prepared to say sorry.

Lend a hand

when you can

A tricky job takes far less time when it's shared. Then there's more time for playing.

Help Friends Feel Appreciated:

Make People Feel Included:

Respect Your Friends' Differences:

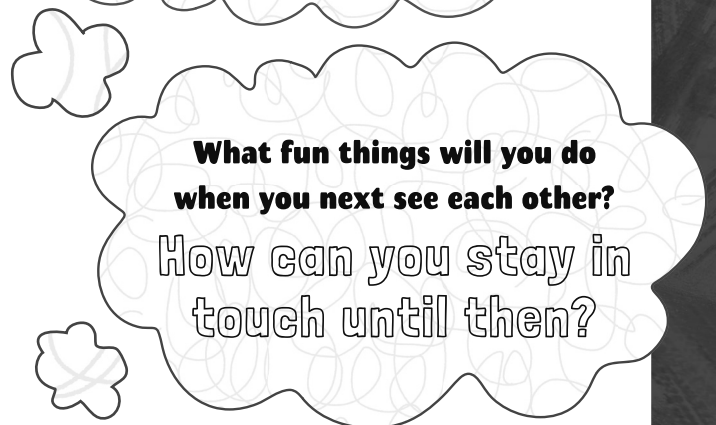
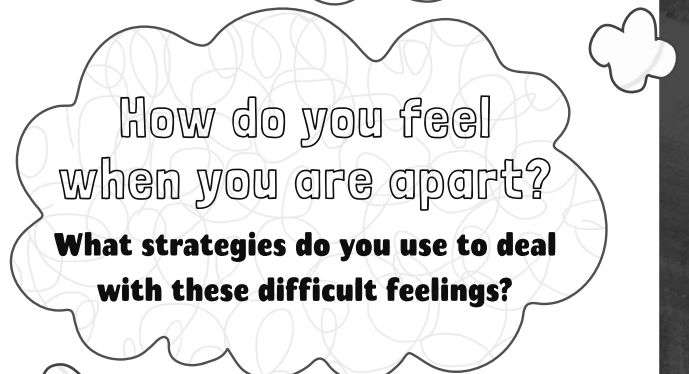
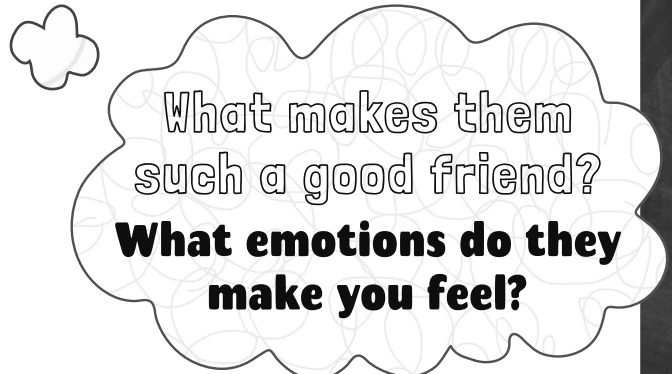
Support And Listen To Each Other:

Lend A Hand When You Can:

Can you think of any other qualities that make a strong friendship? Make a note of them.

Final Task

Now it's your chance to help a friend feel appreciated by writing them a letter. The purpose of your letter is to thank them for being such a good friend. Plan your letter using the ideas below to help you.



You could put this letter through your friend's letter box, post it, or even type it up and email it if it's someone you're not able to see at the moment! Ask your friend to write back if they can so that they also get the chance to show you how much they appreciate your friendship too!

ACTIVITY FOUR: IDENTITY

[How to Make a Better World / page 32-33]



Did you know?

Lots of different things contribute towards a person's identity!

"Heritage is something that's passed down through generations, in families and communities. People share and celebrate their heritage through old traditions and shared memories." [page 32]

Find Out!

Have a conversation with an older relative about your heritage (this can be done with a parent at home or other relative over the phone). Take notes during your chat with this relative, writing down anything you learn about your family history, community, culture, traditions, shared memories, or anything else you find interesting.

Final Task

You are now going to create your own Mood Board!

"A mood board is a collection of pictures, words and ideas with a theme. Try putting one together to reflect the different parts of you." [page 22]

Use the Mood Board example on the following page and the headings below to help you think about what to include.

Design your Mood Board making it as colourful as possible, sticking, sketching, and painting as many different elements as you like.

Present your work in a 'Show and Tell' to a family member, and look back on it when you have difficult emotions to remind you how awesome you are and all the brilliant things and people you have in your life!

If you need inspiration, check out the example on page 11.

Your Pets And Favourite Animals

Things You
Have Created

**A Letter To
Future You**

Your Hobbies

People You Admire

Your Heritage

Important People
In Your Life

A mood board of me!

A mood board is a collection of pictures, words and ideas with a theme. Try putting one together to reflect the different parts of you.

Get arty

Whether you use a pinboard or stick your items into a scrapbook, you can get as creative as you like with your mood-board display.

Your creativity

Add pictures of things you've created that make you proud. They could be poems, artworks, costumes, or crazy cakes!

Your pets and other favourite animals

Add photos of beloved pets, your top five animals, or cute critters doing funny things!

Your hobbies

Capture the ways you spend your free time, whether it's doing yoga, playing for a team, or going to a book club.

People you admire

Are you a fan of a particular singer, band, author, activist, or sportsperson? Add a photo of them in action, or write out one of their quotes in gorgeous handwriting.

A letter to future me!

Have you ever thought about what you might be like in the future? Picture yourself in five or ten years' time and try writing yourself a letter. Write about you and your life now, the things you've learned, what you hope for, and any advice you have for future you.

Important people in your life

Remind yourself of the people you care about with photos of parents, grandparents, and siblings (even if they annoy you sometimes!).

ACTIVITY FIVE: COMMUNITY



[How to Make a Better World / page 28-29]

Did you know?

Being part of a community contributes towards your wellbeing and is a great way to make friends!

"A community is a group you belong to, from the wider community you live in to smaller groups that have things in common." [page 28]

Find Out!

With a partner or family member, talk about the different communities you belong to. Are there any you are both a part of? What does each community give you in terms of your happiness and wellbeing? Identify the positive impact that these communities have upon your life by filling in the table below.

Communities I Belong To	How They Make Me Happy And Improve My Wellbeing (Give Examples)

Final Task

Create a Community Map sketching and labelling at least 3 communities that you are a part of and are important to you. They could be across your town, city, country, or even the world! Label each one, noting down what you are most looking forward to about your next meet up with that particular community. Remember, thinking positively and looking ahead to exciting things is great for your wellbeing!

