

# THE WELLBEING TOOLKIT - MOVING ON TO HIGH SCHOOL

## Be Calm

Remember back to the exercises that have learned. Use these when you are feeling stressed or worried.

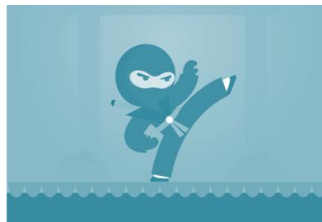
## **Calm Breathing**

Our emotions can change how we breathe, but we learned how to calm our breathing down. One of the techniques was breathing slowly as we drew around our hand with our fingers.



## **Relaxation Exercises**

We also learned how we can relax all our muscles to help us to feel calm.



Warrior Squeeze- hands  
Warrior Stretch- arms  
Warrior Hunch- shoulders

Warrior Belly- stomach  
Warrior Squish- legs and feet  
Warrior Scrunch- nose

## **Relaxing Activities**

We talked about the different activities that we can do to help us to relax.

*Write down a few activities here that help you to relax:*

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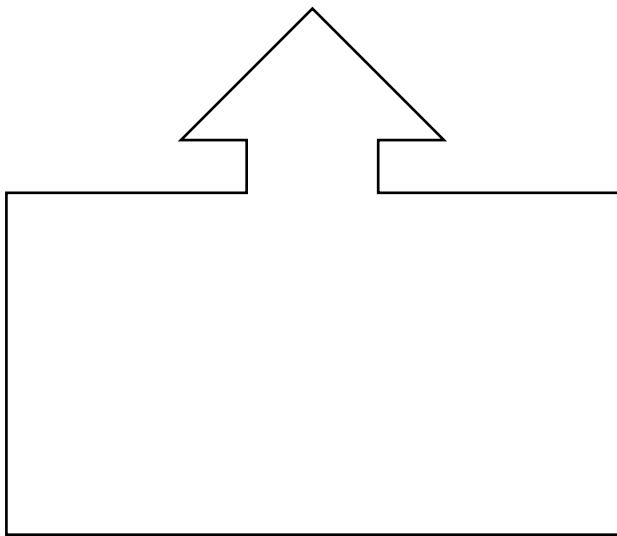
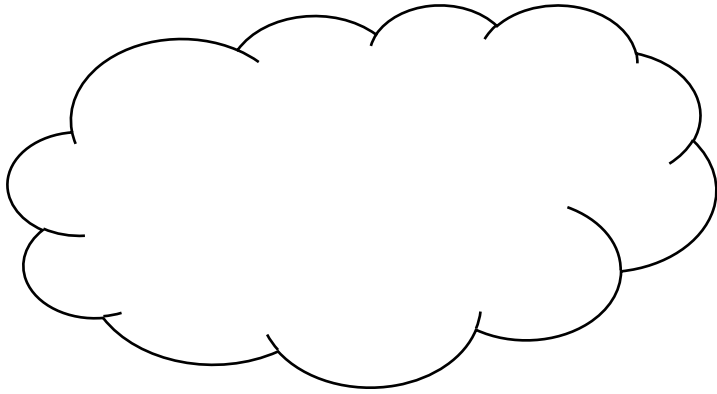
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## Understanding Emotions

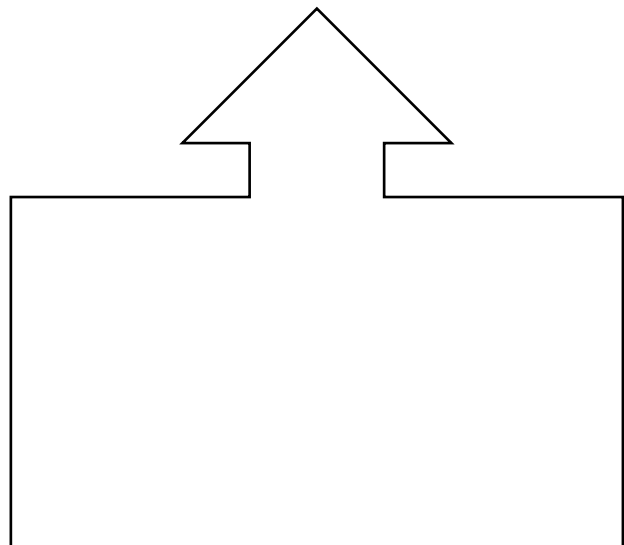
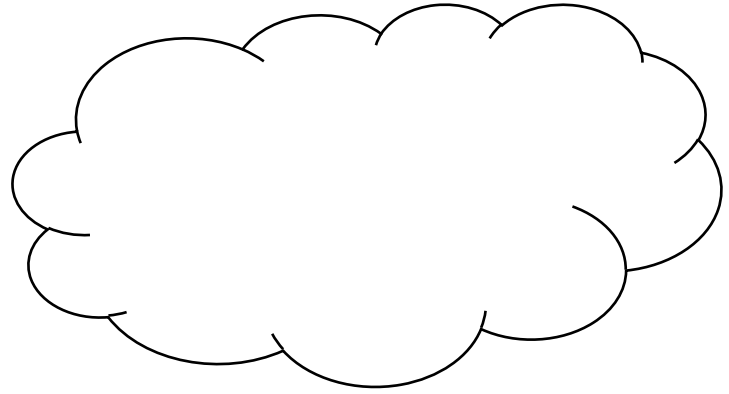
Think about the move to High School, how do you feel?

### WORRIES



How will you help yourself with these worries?

### HAPPY



How will you stay happy?

## Be Healthy- Eating

Have you thought about what you will eat at break times and lunchtimes? Remember to 'Be Healthy' and try to eat 5 portions of fruit and vegetables a day!

Where can you eat?	What is on the menu?	What food choices will you make?	Why is it important to do this?

## Be Healthy- Be Active

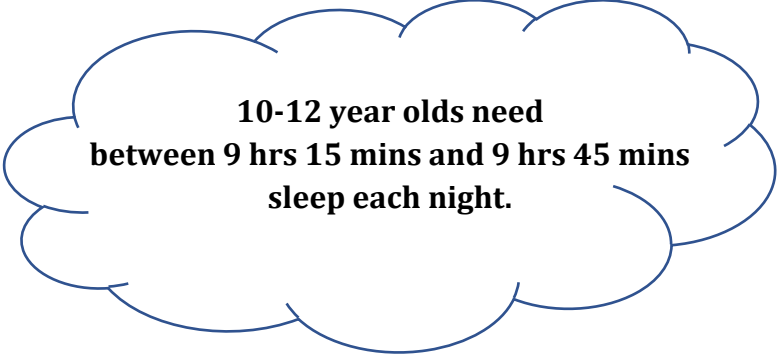
List two activities that you sit down to do and how much time you have spent doing these. Now change these and instead do a physical activity that you enjoy and that makes you feel happy!

Remember you could always do the 'Energiser Activity' that we did in class!

<u>Sitting Activity</u>	<u>For How Long?</u>	<u>New Activity</u>	<u>For How Long?</u>

## Be Healthy- Sleep

Another part of keeping our bodies healthy is to make sure we have enough sleep. Can you remember how much sleep we need, and why it is so important?

A blue-outlined cloud-shaped callout box containing text.

**10-12 year olds need  
between 9 hrs 15 mins and 9 hrs 45 mins  
sleep each night.**

## Why is it important?

There are lots of important things that happen in your brain when you are sleeping

- our brain releases hormones to help us grow
- stores memories, learns and solves problems

## How can you help yourself get some more sleep?

- Go to bed at the same time
- Do not use screens an hour before bed

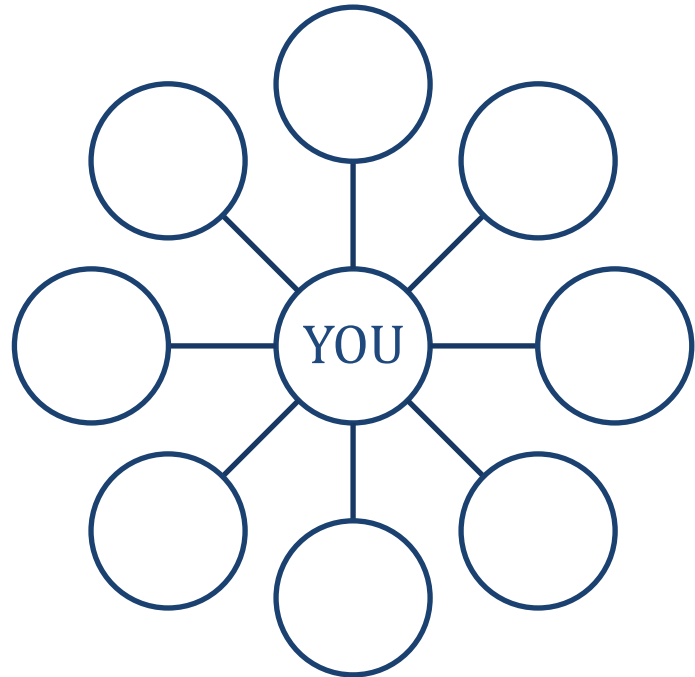
*Now think of a few more.....*

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## Connect

*Connecting with others is important for our wellbeing and can lift our mood.*

Write down all the different people that you make positive connections with. This could be a family member or a friend.



## Making a Connections Plan

Choose 1 person from your Connections Map who you could speak to if you have any worries about moving to High School.

Write the person's name here: \_\_\_\_\_

How could you let them know that you are feeling worried?

Write your ideas here:

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If you need to, make a plan to CONNECT with them and try it out.

Do you know anyone that you can CONNECT with who will be at the same High School as you?

Write the person's name here: \_\_\_\_\_

How could you CONNECT with this person before you start at High School?

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And remember you are never alone. If you need any other support, remember you can call, chat or email *Childline*.

Telephone: 0800 1111

Online: <https://www.childline.org.uk/get-support/>

Studies have shown that if we are kind to people, it not only makes them happy, but it can make us happy too. When there is a big change coming up, like moving to High School, it is even more important to be kind and to look out for other people who might be having a difficult time.

*Write down 3 acts of kindness that you can do today or this week for someone.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*How did it feel to be kind to others?*

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## Be a Good Friend to Yourself

Sometimes it can be harder to be kind to yourself than to be kind to someone else.

- Do you give yourself a hard time if you get something wrong?
- Do you spend lots of time thinking about the things you don't like about yourself?

Remember, every single person has things they are good at and things they find more difficult. We all make mistakes sometimes. It is ok to make mistakes.

It is important to be kind to yourself, especially if you have had a difficult day or are feeling worried about something.

*Write down 3 things you can do to be kind to yourself this week. This could be to read a book or to go for a nice long walk.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*How did this make you feel afterwards?*

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