

Wellbeing Resources

For Key Stage 1 and 2



What is in this pack?

This pack is full of wellbeing resources and activities for teachers (or anyone!) to introduce during class time or during outside time.

Particularly relevant for Key Stage 1 and 2, these resources have been recommended - and often tried and tested - by our creative clinical team who work with children and young people to help them build long-term emotional resilience.

Use them as you see best fit and please feedback and let us know what has been particularly enjoyed.

The Kids Inspire Communications Team
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About Kids Inspire



Kids Inspire is a non-profit organisation that supports children, young people and their families with emotional trauma and emerging mental health difficulties in Essex.

Through a range of therapeutic and community activities we promote resilience, self-awareness, and relationship building to empower more positive life choices.

Our qualified, experienced therapists have been trained in a broad range of therapies and work creatively to encourage body and mind reconnection. The focus is on the strengths of the child, their uniqueness, family and other relationships.

To find out more about us and the work we do, please [visit our website.](#)

What is Wellbeing

What makes me 'me' activity

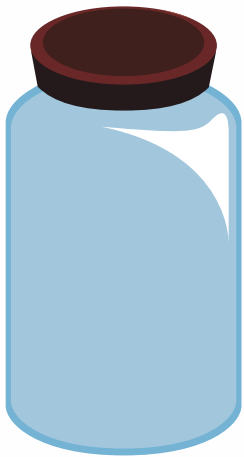
In the middle of a piece of paper, invite students to add something to represent themselves, it could be a picture, a self-portrait or a simple stick figure.

Then invite them to annotate the picture with their:

- Key Milestones
- Key Influences
- Interests and Passions
- Ambitions/Goals
- Support Network
- Skills.



Magic Moments



Give students a jar, a box or an envelope and invite them to decorate it with a variety of materials.

Each day, ask students to write down a positive experience or memory they have had that day or that week and add it to their container (they can either do this at school or take them home after decorating).

Whenever students are feeling down, they can open their "Magic Moments" and remind themselves of their own positivity for a little boost.

A-Z of Wellbeing

Take a look at our ["A-Z of Wellbeing"](#) list for some ideas for your wellbeing and share this with the class.

Start a discussion in class about what makes your students happy and what they do to feel better when they are feeling low.

Activities

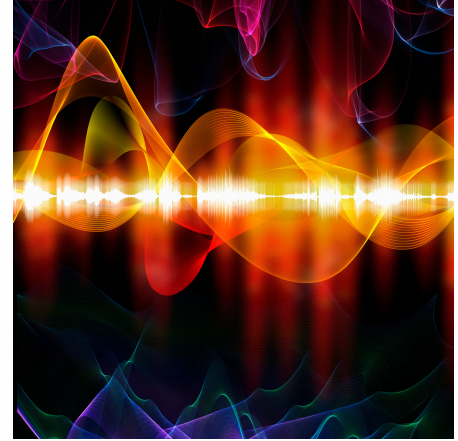
Music

Soundscapes

Using [sound effects](#) invite students to create their own "Chill Track" using an online mixer.

In this [BBC list](#), there is a selection of thousands of sounds from nature, animals, and more.

This is a great resource for students to create a sound that soothes them, centres them, and reconnects them with their bodies.



Extra tip- you could listen to these final tracks as you carry out the Mindfulness exercise, shown on our Dance/Movement pages.



Nursery Rhymes

For younger students, it would be great to go back to basics sing-a-long to their favourite Nursery songs or even write their own.

Row Row Row your boat is a great example of a nursery rhyme which involves action and movement.

Class Playlist

Create a playlist of each of the students favourite songs and ask them to share the reason behind their choice e.g. who showed them this song? where did they first hear it?

Extra tip- let the students listen to the playlist in class while they work or as a reward for good behaviour!

Activities

Dance/Movement

Spinal Roll

This is a great activity to release endorphins and create some energy after a long period of sitting down.

- 1) From a standing position, inhale to lengthen the back of the neck and shift the weight to the ball of the foot
- 2) Exhale and begin to roll your shoulders forwards down towards the floor
- 3) Once fully stretched downwards, inhale and exhale in the full stretch position
- 4) Bend your knees and breath as you roll back up.

Clapping Circle

In a circle, students pass a clap from one person to another, across the group, trying to keep the rhythm the same.

Then try passing a movement rather than a clap, allowing each person to evolve the movement in subtle changes.

Class Dance

As a class, create a playlist of your favourite songs and develop a class dance along with the music.

The class can then do this dance as an energiser and a pulse raiser.

Mindfulness Exercise

Sitting on a chair, ask students to take off their shoes, close their eyes and allow their feet to make a connection to the ground.

Then invite them to gently shift their weight forward, through centre to back, letting the arms rest gently on the thighs. Gently change the direction of the sway side to side.

Ask them to notice how they are breathing, how they are connected to the chair and the temperature of their feet, pressing their heels, little toe and big toe equally into the floor. They should take some deep breaths in and out and then open their eyes.

Activities

Art

Watch Me, Copy Me

Split students up into pairs. One creates an artwork for five minutes about a happy memory whilst the other person watches them quietly, paying close attention to the marks they make, which colours they use and which order it is created.



Once finished the child tells the other child all about what they have made and how it felt to be seen making the work.

The watcher then recreates the image themselves and tells the other child the story that they heard. Then swap.

This improves a child's confidence and ability to share their inner world without judgement.

Mindful Nature Walk

Take small groups of students out on a nature walk to reconnect with themselves, their bodies and release any anxiety and tension.

Set a mission, before the walk, of what the group is going to look for. This could be things that are red, flowers, different shaped leaves or water.

If you have access to a camera or a device with a camera, students can take images of the things they find.



This is a great way to engage creatively with the wonderful energy of nature.

Drama and Play

Building Blocks

Give each student a random assortment of building blocks with different sizes, different colours etc.

Then ask each of them to create a person, creature or animal with the blocks.

Ask everyone to come up with a background for their creation and share with a partner or with the class. What are their names? Where do they live? How are they feeling? etc.



This is a great way for students to express themselves and get creative through play.

Secret Leader

Ask a member of the class to step out of the room whilst the rest of the group chooses a leader.

The leader guides the rest of the group in slow movements, with the idea being that the group move as one, in tune to one another. The person who stepped out has to try to guess who the leader is.

Extra tip- This can also be done in pairs as a mirroring exercise where each moves and the other follows.

Emotional Charades

Create a pile of cards with a different emotion written on each one. Students then sit in a circle and take turns to draw from the pile to act out the emotion written on it. The rest of the group has to try and guess the emotion they are portraying.



This helps to develop emotional expression and an understanding of how our emotions can be perceived differently by others.

Contact Us

We hope this pack will be useful for wellbeing inspiration and ideas.

We are here to help with any other information you may need. Please email communications@kidsinspire.org.uk if there is anything that you need.