

# Winter wellbeing toolkit: Secondary and FE



The festive season is usually associated with joy, happiness and celebration, but for some it may not always be a positive time.

The shorter days, colder temperatures and the pressures associated with this time of year can negatively impact our wellbeing, and it can be easy to forget to look after ourselves.

This toolkit contains lesson plans and supporting activities to help students to look after their wellbeing, as well as to understand the importance of self-care and connections with others.

The toolkit also includes a resource for staff on building good mental wellbeing, as well as information on seeking further support.

## Resources



### Resources for use with students

#### [Tips for coping with seasonal affective disorder](#) - YoungMinds

A blog from a young person, sharing their experiences with seasonal affective disorder and what has helped them.

#### [Self-care form time activities](#) - PSHE Association

A series of activities for Key Stage 3 and 4, introducing them to a range of self-care techniques. You could run these activities in the last week of term ahead of the break.

#### [Finding our connections to feel less lonely](#) - Mental Health Foundation

A lesson plan, assembly plan, and guidance for KS3 students, exploring what loneliness is and strategies for connecting with others.

#### [My self-care plan: secondary and FE](#) - Mental Health Foundation

This resource walks young people through a series of steps, helping them to create a detailed self-care plan that works for them. Students could complete this before the break and refer to it over the holidays.

## Resources for use with staff

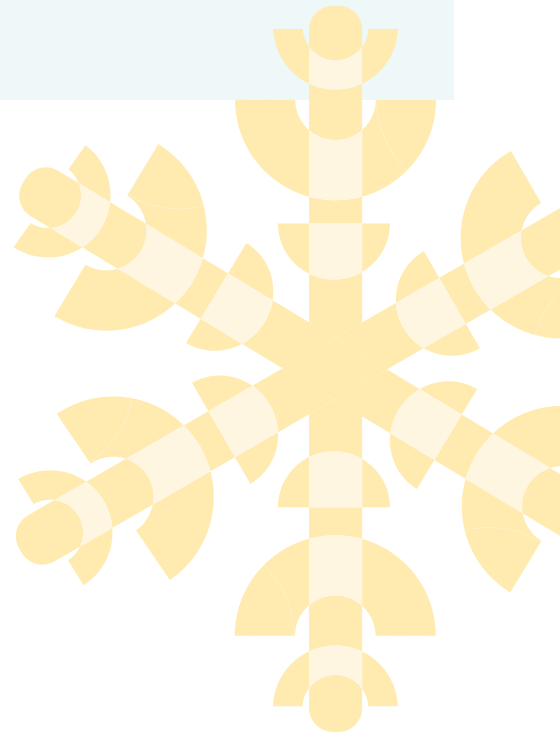
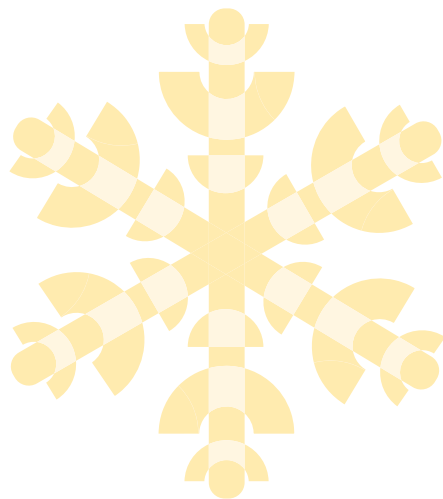
### [Building blocks of good mental wellbeing](#) - Education Support

This guide outlines the benefits of creating healthy habits and a lifestyle that supports positive mental wellbeing.

It covers the importance of exercise, eating well and good-quality sleep, and explains how each of these can help prevent and ease symptoms of poor mental health. The guide also looks at potential barriers to each of these areas and offers advice on how staff can overcome these.

[Education Support](#) is a charity supporting the mental health and wellbeing of teachers and education staff in schools and colleges.

If you need more direct support, you can call the **Education Support helpline on 08000 562 561**.



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**Anna Freud**  
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