

# Building healthy habits in 2022 toolkit

With the start of the new year, there will be lots of talk about new year's resolutions. Whether it's taking up a new hobby, getting fit or eating healthier, our resolutions can often start off strong but may become difficult to sustain as the year goes on.

With this toolkit, we want to help you and your pupils develop healthy habits around mental health and wellbeing that you can continue all year long.

We're sharing tools and activities full of simple wellbeing strategies that will help develop good mental health habits in both children and adults – for a happier, healthier 2022.

## Resources for pupils

### Hope clouds activity – Young Minds

This activity fits well with the beginning of the new academic year and is a good way to encourage staff and pupils to think about their aspirations, especially in relation to mental health and wellbeing.

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### **Self-care resource for primary pupils - Anna Freud Centre**

This resource walks children through a series of steps, helping them create a simple self-care plan that works for them. By using this plan, children can identify activities that they can use to support their mental health throughout the year.

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### **AyeMind check in – AyeMind**

This simple exercise gives children a tool to check in on their own mental health, to notice changes in their mood and to find grounding and routine.

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### **Mindfulness calendar – Mentally Healthy Schools**

Why not start the new term with two weeks of mindfulness activities, laid out in this calendar? Children will learn simple techniques they can continue throughout the year.

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### **Good sleep in kids and teens video - Adiaha Franklin**

Practising good sleep hygiene is a great habit for children to cultivate and can have a hugely positive impact on their wellbeing. This short video introduces the topic and suggests some good sleep habits to try.

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### **Superhero me - Mentally Healthy Schools**

These printable templates, split up by age, are a great activity for the start of a new year. The resources use the concept of superheroes to encourage children to explore their own superpowers, qualities and talents.

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# Resources for staff

## Reframing thoughts activity for school staff – Mentally Healthy Schools

Being able to reframe negative thoughts is a really useful tool to help us reduce feelings of distress or anxiety. If you find that you are often thinking negatively at work, using this tool can help to build a habit of reframing those thoughts.

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## Managing anxiety - Education Support

Tips and practical calming strategies for education staff who may struggle with anxiety at work.

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## Education staff wellbeing charter – Department for Education

This charter is a way for schools to demonstrate their commitment to the wellbeing and mental health of everyone working in education. You could present and discuss this in your first staff meeting of the new academic year.

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