

End of term toolkit

The last weeks of term are upon us!

Because of the less formal timetable at this time of year and the end of exam season, it can be a good time to run some wellbeing activities with your students.

The resources in this toolkit share activities to teach young people simple relaxation and mindfulness techniques, that they can continue to practice throughout the summer and around exam results time.

With the warm, sunny weather, the final weeks of term also lend themselves to spending some time outside in nature. We have also included some relaxation activities in this toolkit that are linked to the outdoors.

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Anna Freud
National Centre for
Children and Families



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Resources

5 ways to connect to nature to improve our wellbeing - WWF

A guide from the WWF sharing simple ways that we can get out in nature and improve our general wellbeing.

Go to resource



Mental health and nature video – Mind

In this video, Sir David Attenborough talks about the links between mental health and nature. Schools could play this to students as part of an end-of-term wellbeing lesson.

Go to resource



Mindfulness relaxation exercise script – Meditation in Schools

A script for staff to follow to guide students through a simple relaxation exercise.

Go to resource



Catch it, check it, challenge it, change it: CBT technique – NHS Oxford

An activity designed to help young people reframe negative thoughts, which could be particularly useful around exam results time.

Go to resource



Self-care strategies library – Anna Freud Centre

A library of different self-care strategies, suggested by young people themselves. Staff could use these suggestions to generate discussion amongst students about what works for them.

Go to resource



Self-care summer

Don't forget to practise self-care this summer! We have created free packs for young people and staff, sharing simple suggestions to boost your wellbeing over the holidays.

[Go to resource](#)



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