

Winter wellbeing toolkit: Primary



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 pupils 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 pupils

[Wellbeing activities: being kind to yourself](#) - British Red Cross

A set of activities to help pupils recognise and manage difficult emotions, and to understand how our connections with others can support our wellbeing.

[Building connections](#) - Public Health England

A lesson plan for Year 6 pupils to help them understand loneliness, and the importance of building connections with family, friends and their communities.

[Managing difficult emotions](#) - YoungMinds and Beano

Lesson packs for pupils aged 3 to 11, helping them to recognise negative emotions and develop simple strategies for managing those emotions.

[My self-care plan: primary](#) - Anna Freud

This self-care plan walks children through a series of steps, helping them to create a simple self-care plan that works for them. You could complete this with pupils in the days leading up to the Christmas break.

Resources for use with staff

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

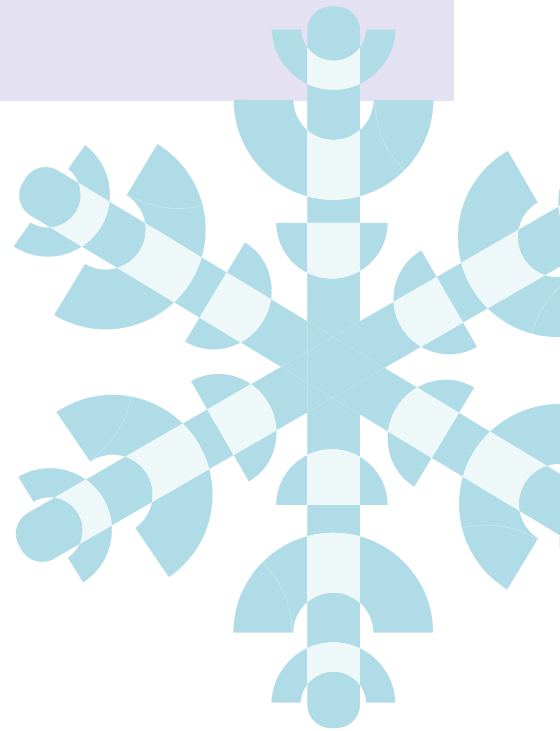
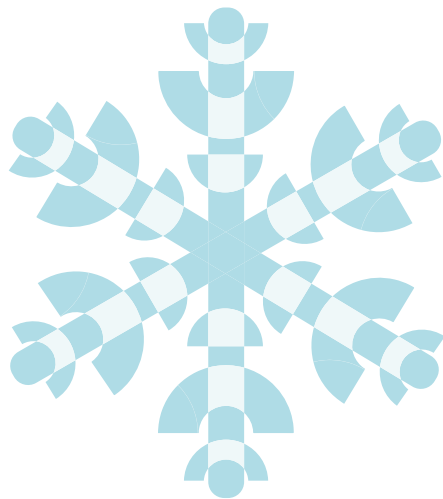
This guide outlines the benefits of creating healthy habits and a lifestyle that supports positive mental wellbeing.

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
Mentally Healthy Schools