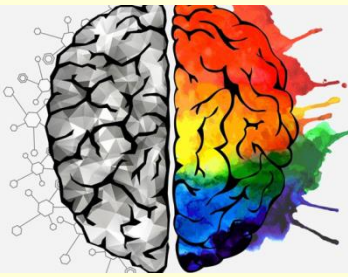




# What do we mean by wellbeing?

## Why is wellbeing important?



## Signs of Wellbeing



### ACTIVE

- Am I a confident and skilled participant in physical activity?
- How physically active am I?



### RESPONSIBLE

- Do I take action to protect and promote my wellbeing and that of others?
- Do I make healthy eating choices?
- Do I know where my safety is at risk and do I make right choices?



### CONNECTED

- Do I feel connected to my school, my friends, my community and the wider world?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others, in local and global contexts?



### RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?
- Do I believe that with effort I can achieve?



### RESPECTED

- Do I feel that I am listened to and valued?
- Do I have positive relationships with my friends, my peers and my teachers?
- Do I show care and respect for others?



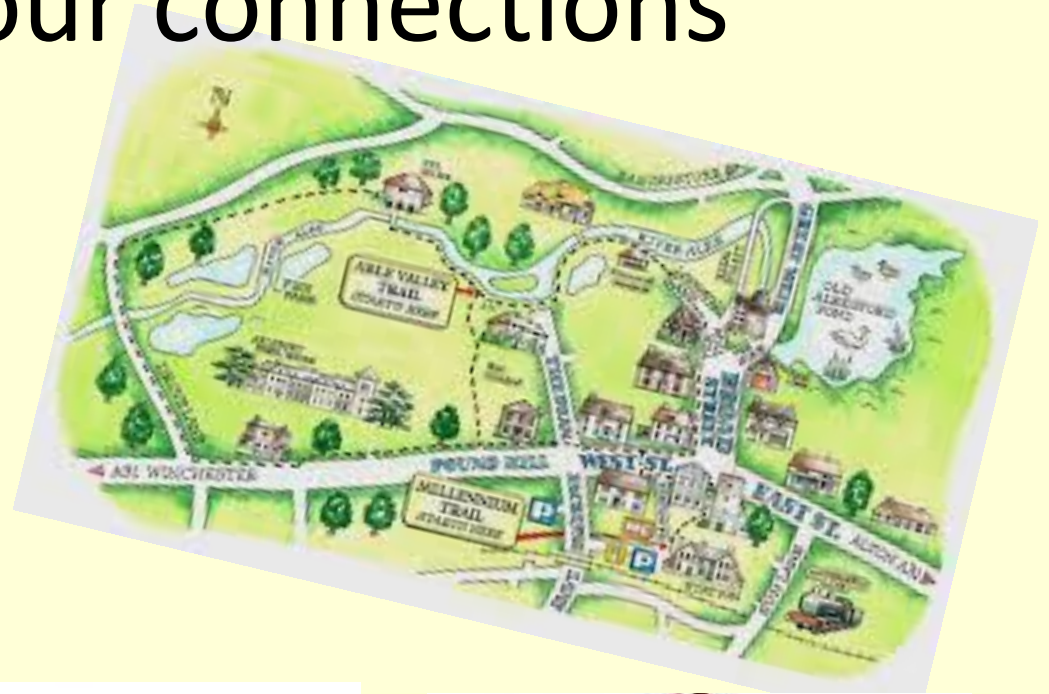
### AWARE

- Am I aware of my thoughts, feelings and behaviours and can I make sense of them?
- Am I aware of what my personal values are and do I think through my decisions?
- Do I understand what helps me to learn and how I can improve?

# Signs of Wellbeing

- **ACTIVE**
- Being **RESPONSIBLE** for myself and others
- Being **CONNECTED** to other people, near and far
- Being **RESILIENT** to cope
- Being **RESPECTED** myself and Respecting others
- **AWARE** of my thoughts, feelings and behaviours

# Well in our connections



# Key Considerations about being Connected



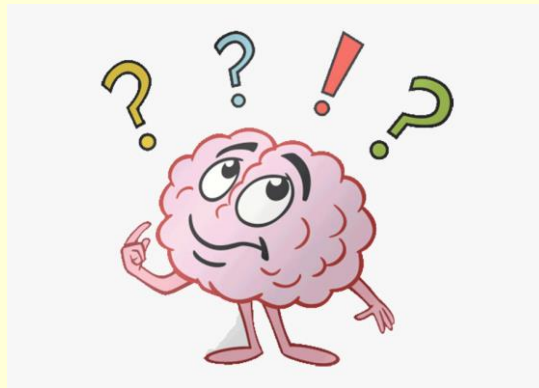
- Do I feel connected to my school, my friends, my community and the wider world?
- Do I have ways which help me feel connected?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others – both near to me and far away.



# Being connected at the moment



- What are some of the challenges of feeling connected at the moment?
- How have these challenges made us feel?
- Which connections have been most effected?





# We are learning about what is important in friendships and family relationships



## We will be able to:

- ✓ identify the qualities of positive friendships and family relationships
- ✓ explain how friends and family show they care for and value each other
- ✓ describe what is most important in a friendship or family relationship
- ✓ recognise that friendships and family relationships may change for different reasons and how to manage this



# What's our starting point?



## Draw and write

**Draw or write** about what is most important in a friendship or family relationship?







# Special people



**Think** about the special people in your life (people you know well).

What do they do that makes them special to you?

**Make a brainstorm, mind-map or word cloud about special people.**



You don't have to name anyone, but think about your own special people as you do this activity.



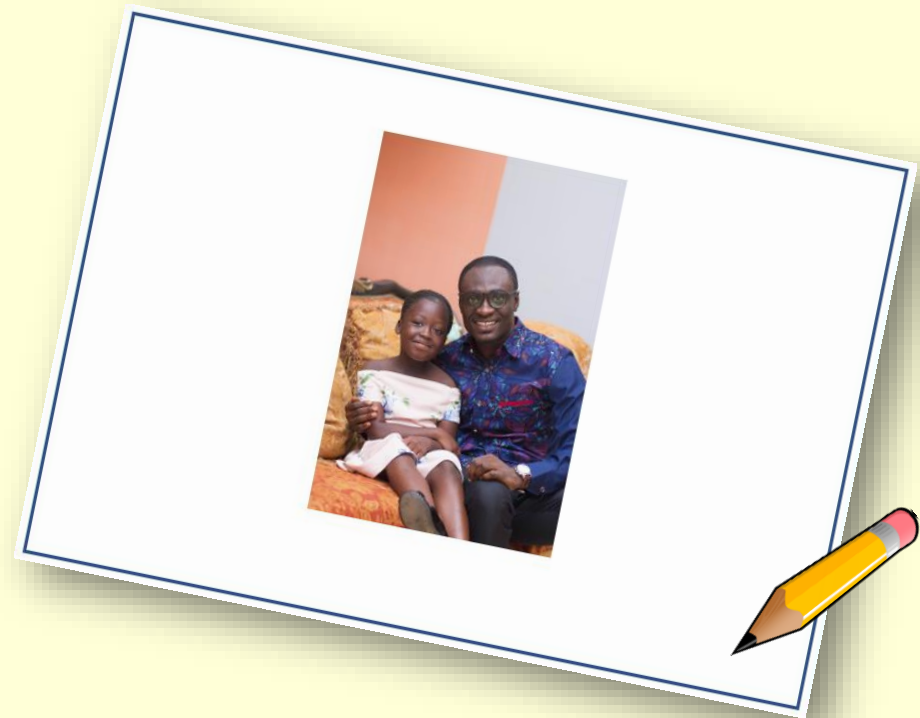
# Your special people



Draw a picture of you with your special person (or use a photograph if you have one). Around the outside of the picture write down all the 'qualities' of the relationship e.g. trust, loyalty...

Repeat this activity twice more. Choose a different special person each time.

Are there similar qualities in each relationship?





# Features of friendships



Complete the grid about the features of positive friendships and family relationships.

Features of positive friendships and family relationships			
Friends and family members...	Always	Sometimes	Never
...like doing all the same things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...help each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...hug each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...get cross with each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...look out for each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...cheer each other up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...listen to each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...have fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...speak kindly to each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...stay in touch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write your idea here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write your idea here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tick all the relevant boxes.





# What is most important?

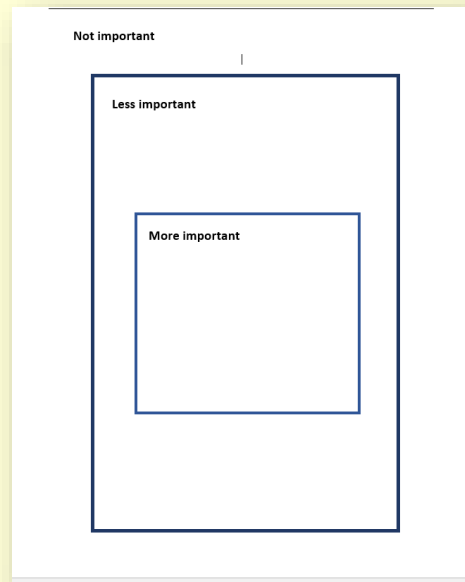


Now look at the zone of relevance activity.

What is most important in a positive friendship or family relationship?

**Sort the statements.**

Put the things you think are most important for you in the centre square and the less important things in the outer square.



Giving presents

Making each other laugh

Being kind



# Friends, family and change



Sometimes things happen that mean a friendship or family situation changes. This might also mean that people don't see their special people as often, or as much, as they



**Read** the friend and family scenarios.

What could the characters do to let their special people know how much they miss them and still care about them?

Think of some ideas to help them.



# Missing someone special



When we can't see our special people as often as we would like, it can make us feel sad or we might feel worried or concerned for them.

If you miss seeing someone special a lot or you feel worried about somebody you don't see very often, remember to talk to an adult you trust – your mum, dad or the person who looks after you.

If you feel you don't have anyone to talk to, you can always call ChildLine on 0800 1111 where trained counsellors can give you advice.





# Special People – Friends and Family



Now go back to the ‘What’s your starting point?’ activity.

**Draw or write** about what is most important in a friendship or family relationship.



- Is there anything you would like to change?
- Is there anything you would like to add?





# Staying Connected to Friends and Family



## Give me 5!

If someone (a special person) is far away or we don't see them that often, what are some fun ways to let them know we still care?

**Think of five different ideas!**







# Key Considerations about being Connected



- Do I feel connected to my school, my friends, my community and the wider world?
- Do I have ways which help me feel connected?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others – both near to me and far away.