



WORKING ON YOUR WELLBEING

THE WELLBEING TOOLKIT - VOLUME 1

#1 Kickstarting your mindfulness journey

Here's a list of 15 such apps that can help kids deal with anxiety and stress and become more mindful:

Breathe, Think, Do Sesame

Stop, Breathe, and Think Kids

DreamyKid

Kids Yoga Deck

Breathing Bubbles

Positive Penguins

Smiling Mind

Headspace: Guided Meditation and Mindfulness

Super Stretch Yoga

Calm Counter

Take a Chill

Relax Melodies

Emotionary

Calm

#2 Body scan activity

The purpose of a body scan is simply to notice and be aware of your body and where the stress or tense feelings may be.

- 1 Lie down on your back somewhere comfortable.
- 2 Keep your body still.

Is there anything else touching this part of your body (like clothes, or furniture)? What does it feel like?



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- 3 Take three deep breaths in and out and then gently close your eyes.
- 4 Slowly breathe in through your nose and count 1, 2, 3 in your head.
- 5 Hold your breath for 1, 2, 3.
- 6 Slowly breathe out through your mouth and count 1, 2, 3 in your head.
- 7 You are going to start at the lower end of your body and work your way up.
- 8 Focus on your feet and your toes for 10 seconds. Ask yourself:
 - How does this body part feel?
 - Wiggle your toes - how does this feel?
 - Can you feel this part of your body touching the floor? Which parts are touching and which parts are not?
 - Does this body part feel cold or warm?
 - Does this body part feel relaxed or tight?
 - Does this body part feel heavy or light?
- 9 Next ask the same questions about your ankles, then knees, then legs - all the way up your body until you reach your head.
- 10 If a body part feels tight or heavy, slowly breathe in through your nose and count 1, 2, 3 in your head.
- 11 Hold the breath for 1, 2, 3.
- 12 Slowly breathe out through your mouth and count 1, 2, 3 in your head.
- 13 Repeat this until the body part feels relaxed.



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- 14 When you have reached the top of your head, gently open your eyes. How does your body feel now? Do you feel more relaxed?

#3 Template wellbeing routine

	Monday	Tuesday	Wednesday	Thursday	Friday
Before Learning Day	5 minute mindfulness activity (e.g. body scan, mindful breathing)	5 minute mindfulness activity (e.g. body scan, mindful breathing)	5 minute mindfulness activity (e.g. body scan, mindful breathing)	5 minute mindfulness activity (e.g. body scan, mindful breathing)	5 minute mindfulness activity (e.g. body scan, mindful breathing)
Morning	Mindfulness (e.g. mindful eating, mindful walking)	Physical Activity	Mindfulness (e.g. mindful eating, guided imagery)	Physical Activity	Mindfulness (e.g. sensory jar, superhero senses)
Afternoon	Physical Activity	Mindfulness (e.g. mindful eating, mindful exploring)	Physical Activity	Mindfulness (e.g. mindful listening, small the flowers)	Physical Activity
After Learning Day	Check-in and Gratitude Activity	Check-in and Gratitude Activity	Check-in and Gratitude Activity	Check-in and Gratitude Activity	Check-in and Gratitude Activity