



PSHE Short Course: Challenge 1A6

Free resources pack



PSHE Short Course

Module 1 Emotional wellbeing

Challenge 1A6

Outcome

Explain activities that can promote positive emotional wellbeing

Physical and mental health are linked and there are many physical things we can do to support positive emotional wellbeing (eg exercise, time outdoors, interacting with others).

How to approach this challenge

Create a wellbeing timetable to schedule in activities throughout the week that will promote positive thinking, mindfulness and reduce stress.

My wellbeing timetable

Name:

Date:

PSHE Short Course: Module 1 Emotional wellbeing

Challenge: 1A6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Wellbeing stickers

Name:

Date:

PSHE Short Course: Module 1 Emotional wellbeing

Challenge: 1A6

Use these stickers and activity ideas to start filling in your wellbeing timetable or make your own.

<p>Today I have been:</p>	 <p>Mindful</p>	 <p>Productive</p>	 <p>Reflective</p>	 <p>Active</p>	 <p>Focused</p>	 <p>Positive</p>
	 <p>Positive</p>	 <p>Focused</p>	 <p>Productive</p>	 <p>Mindful</p>	 <p>Active</p>	 <p>Reflective</p>
						
<p>Close your eyes and take five deep breaths</p>	<p>Choose a relaxing yoga pose and hold for 2 minutes (eg child's pose)</p>	<p>Get some fresh air (eg open a window, spend time in the garden)</p>	<p>Write a positive mantra and keep it somewhere you can see it (eg My feelings are valid)</p>	<p>Brainstorm 5 things that boost your mood (eg being around animals, favourite drink or food)</p>	<p>Write down some triggers that lead to negative thought patterns</p>	<p>Listen to some music you find calming and relaxing</p>