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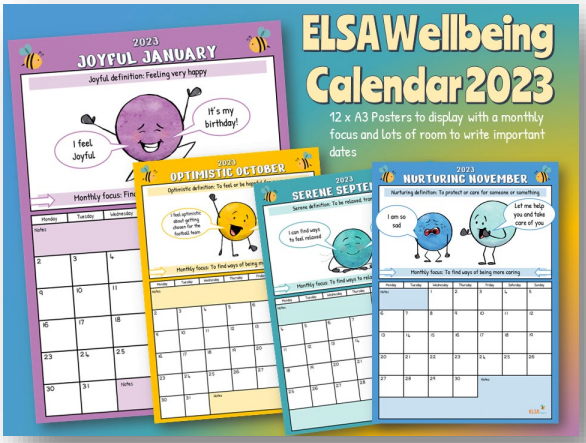

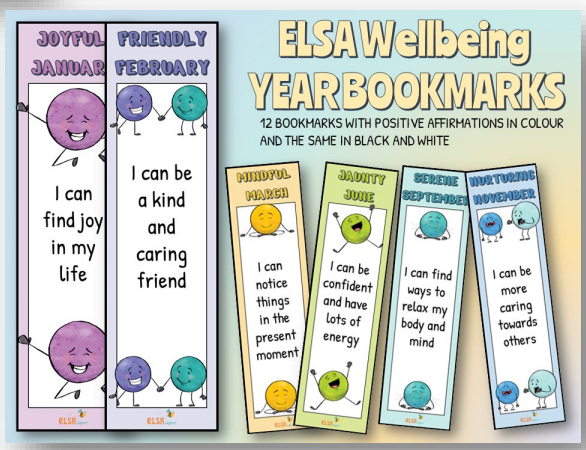

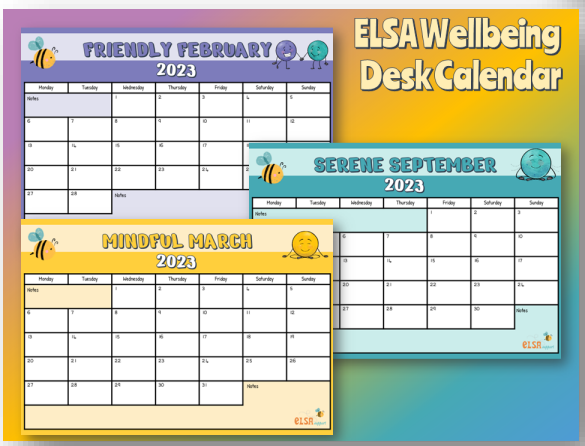

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Wellbeing Year Jaunty June

Monthly focus	Being lively, energetic and full of confidence.	**Resources**	What gives me energy card to pass around the circle. Energy boosters and energy drainers
Run the group as a circle time. This would work for a small group or for larger groups too.			
Warm up **Pass Brave Dot Dube**	Pass the energetic Dot Dude around the circle and pupils to answer the question 'What gives me energy?' – answers could be 'sleep, eating healthy food, exercise, relaxation and resting etc.		
Activity	This month's focus is on being energetic and confident. It's difficult to be confident when your energy levels are low and you feel tired all of the time. What sort of things drain your energy? Answers could be 'worrying about things, getting stressed, not sleeping properly, too much time on the computer, not getting enough exercise and so on. Make a list together of things that drain your energy and remind them of people's answers during circle time where people talked about things that boosted their energy levels, Ask the pupils to fill in the worksheet with things that boost their energy and things that drain their energy.		
Review	What have you learnt today? Do you think you can do more energy boosters and less energy drainers?		

What gives me energy?

Print out and cut out. Laminate if you want to reuse for other activities

Energy boosters and energy drainers

Do more of these

Do less of these