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ELSA Wellbeing Calendar 2023

12 x A3 Posters to display with a monthly focus and lots of room to write important dates

ELSA Wellbeing Yearbookmarks

12 BOOKMARKS WITH POSITIVE AFFIRMATIONS IN COLOUR AND THE SAME IN BLACK AND WHITE


ELSA Wellbeing Desk Calendar

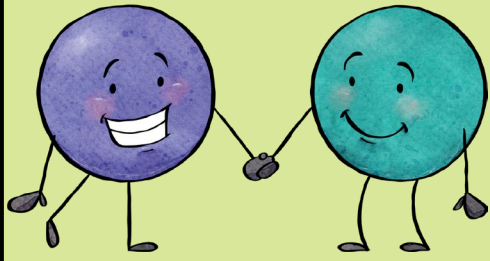


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Wellbeing Year Nurturing November

<p>Monthly focus</p>	<p>To find ways of being more caring to our friends</p>	<p>Resources</p>	<p>Circle time sentence stem. A pot plant if you have one available or pot plan visual. Nurturing my friendships worksheet</p>
<p>Run the group as a circle time. This would work for a small group or for larger groups too.</p>			
<p>Warm up</p>	<p>Circle time activity with the sentence stem – I nurture my friendships by... Talk about what the word nurture means first so the pupils understand it is about protecting and caring for others, for pets and other living things. How do we nurture our friendships? How do we ensure our friends feel cared about and protected? Pass the talking card around the circle and each one say one thing they do to show they care about their friends. – suggestions – kind words, empathy, respecting boundaries, listening attentively, Apologising if wrong, forgiving a friend for a mistake, sharing, co-operation, including your friend, being supportive, celebrating their achievements, standing up for them, and patience.</p>		
<p>Activity</p>	<p>State the learning objective – To find ways of being more caring to our friends</p> <p>Explain how taking care of plants is a little like taking care of your friendships. If you have a plant that you can show them to talk about that would be helpful. If not you can use the visual included.</p> <p>Be Patient and Kind: Just like you wait for a plant to grow, you need to be patient with your friends and be kind to them. It takes time for a friendship to grow too.</p> <p>Stay in Touch: Watering your plant regularly is like staying in touch with your friends. You can call or spend time with them to keep your friendship healthy.</p> <p>Help Each Other: When a plant has problems, you help it. It might be wilting or some leaves might be turning brown. It might look unhealthy. You might water it, take off the dead leaves, put it in a warm place and so on. Similarly, when your friends need help or feel sad, you can be there for them and help them too.</p> <p>Change and Grow: Plants change as they get bigger, and so do friendships. People change, and it's important to understand and accept those changes in your friends.</p> <p>Offer Encouragement: Just as you encourage and support your plant to reach for the sunlight, you can encourage and support your friends to reach for their dreams. Support and motivate them to achieve their goals.</p> <p>Ask pupils to come up with any other ways they can nurture their friendships. Remind them of the warm up they did and all the things they came up with then. Give them a worksheet to fill in.</p>		
<p>Review</p> 	<p>What have you learnt today? Do you think you will be able to nurture your friendships better now?</p>		



**I nurture my
friendships
by...**

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Nurturing Friendships

Taking care of plants is a little like taking care of your friendships.



Be Patient and Kind

Just like you wait for a plant to grow, you need to be patient with your friends and be kind to them. It takes time for a friendship to grow too.



Change and Grow

Change and Grow: Plants change as they get bigger, and so do friendships. People change, and it's important to understand and accept those changes in your friends.

Stay in Touch

Watering your plant regularly is like staying in touch with your friends. You can call or spend time with them to keep your friendship healthy.

Offer Encouragement

Just as you encourage and support your plant to reach for the sunlight, you can encourage and support your friends to reach for their dreams. Support and motivate them to achieve their goals.

Help Each Other

When a plant has problems, you help it. It might be wilting or some leaves might be turning brown. It might look unhealthy. You might water it, take off the dead leaves, put it in a warm place and so on. Similarly, when your friends need help or feel sad, you can be there for them and help them too.

Nurturing My Friendships

What can you do to nurture your friendships? Write some things in the water droplets and then colour in your plant.

