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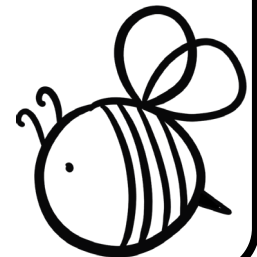
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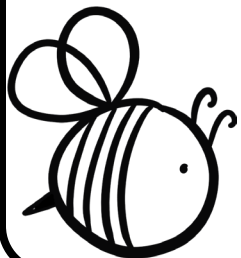


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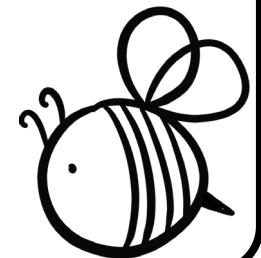
Wellbeing Calendar Bundle

Resources for the whole year

- Wellbeing Calendar A3 posters to display and talk about
- Wellbeing Calendar Bookmarks with affirmations for pupils
- Wellbeing Calendar A4 Pupil version in black and white with affirmations and mindful colouring
- Wellbeing Calendar A4 landscape desk option for YOU
- All of our FREE lesson plans in one easy downloadable folder (included in the Wellbeing Calendar A3 Posters pack).

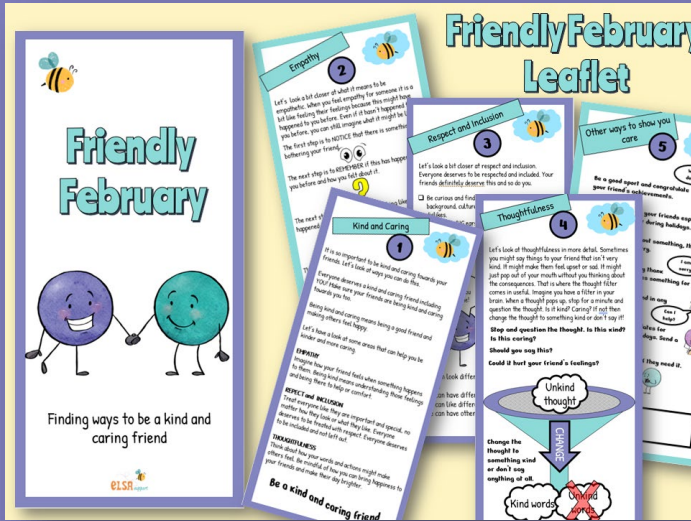


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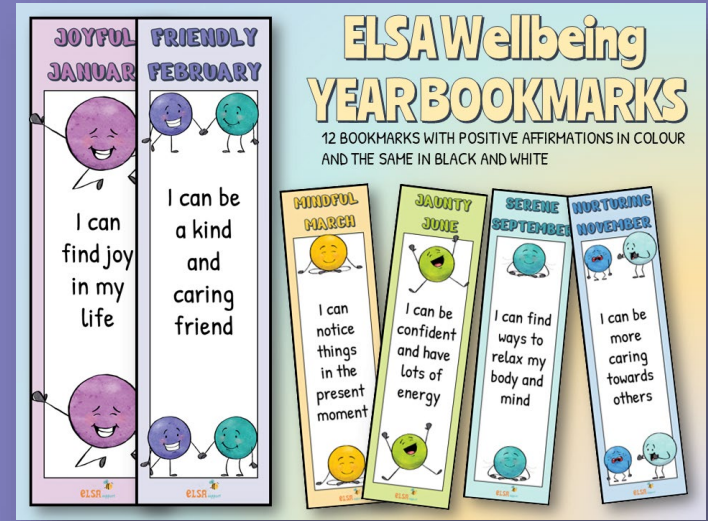
Resources to Support our whole year themes

Click the images to take you to the resources



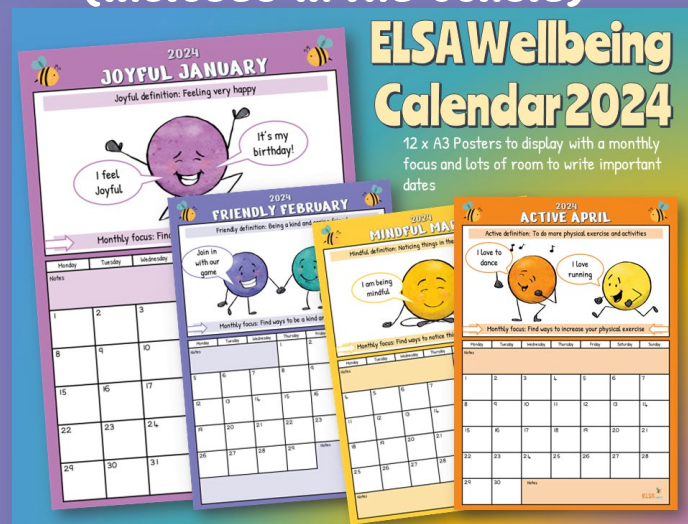
This is our Wellbeing Calendar for 2024

(included in the bundle)



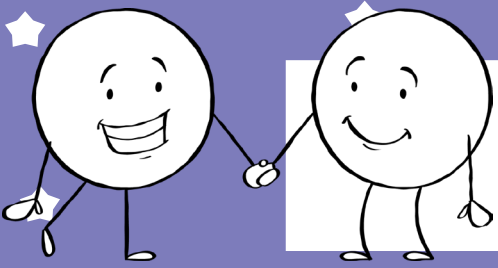
These are bookmarks for the full year with an affirmation for each month (included in the bundle)

This is our Friendly February Pupil Leaflet



ELSA Wellbeing Calendar 2024

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



Wellbeing Group Planning



This is our Wellbeing Club Group Planning. Many of you are running wellbeing groups at lunchtimes and after school. You will find lots of resources to help you do this from our free resource section.

Each month I will release a month's worth of planning with links to resources that you can use. The planning is simple and easy for you to follow and the resources can simply be printed from our website.

You will find the resources hyperlinked in the planning so just click the link in the PDF to go to the website to download.

The planning has a feelings check in. Simply print out the free poster and ask pupils how they are feeling today and why.

This follows with a main activity which is usually crafty, drawing or colouring.

The session ends with a relaxation type activity.

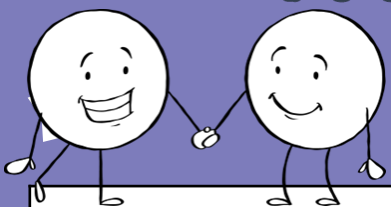
Each session should last approximately 30 minutes but you can either save time or add more time by using the black and white versions of some of the resources so pupils can colour in. Use the colour versions to save time.



Friendly February Wellbeing Club

Monthly focus – To find ways to be a kind and caring friend

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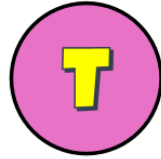


Week 1	Week 2	Week 3	Week 4
Welcome and feelings check in	Welcome and feelings check in	Welcome and feelings check in	Welcome and feelings check in
Activity	Activity	Activity	Activity
<p>Talk about how an umbrella can protect us against the rain. Ask how they can protect and care for their friends who are feeling sad. What words or phrases might they use? Each pupil to make an empathy umbrella. They need to colour in the umbrella, and write something in the speech bubble to show empathy and caring towards their friend.</p>	<p>Explain how it's important to be respectful and inclusive of friends. They might be different and have different opinions but that is ok. Ask each pupil to design and colour in a sock. They can then talk about their sock and they can pair up with someone else to show an odd pair of socks and how they are fab together.</p>	<p>Explain how important it is to be thoughtful towards friends. Sometimes words that are said can cause upset and hurt. Giving a little thought to your words can really be helpful in showing caring and kindness to friends.</p> <p>Pupils to make a THINK poster in pairs. See next page for ideas.</p>	<p>Explain how there are lots of ways of being a kind and caring friend. Remembering your friend's birthday and sending a card is one way. Do they have to buy a card though or would making one be more thoughtful? Discuss.</p> <p>Pupils to make a card for a friend with a heart felt message inside.</p>
Relaxation	Relaxation	Relaxation	Relaxation
<p>Imagine you are sleepy cat. Curl tightly into a ball. Little by little start to stretch your body slowly until you are standing tall.</p>	<p>Imagine you are blowing bubbles. Breathe in through your nose and blow out through your pursed lips to blow a steady stream of bubbles. Repeat 5 times.</p>	<p>Stand tall and imagine you are a strong tree. Breathe in through your nose and imagine your roots growing and grounding you. Now breath out through your mouth as all your branches relax.</p>	<p>Crossing the midline. This is a useful exercise to do to help reset the brain when panic or anxiety strikes. Practise one of the exercises.</p>
Resources	Resources	Resources	Resources
<p>Check in poster Empathy Umbrella</p>	<p>Check in poster Odd socks (cut out the socks from the sheet and give one sock to each pupil)</p>	<p>Check in poster THINK Poster (next page) A3 Paper and pens</p>	<p>Check in poster Crossing the midline A4 card for making birthday cards. Colouring pens/pencils</p>

Help your pupils to make THINK posters to pin up around school. Talk through the different steps with them. You can cut this out and show them as an example

THINK BEFORE YOU SPEAK

IS IT



RUE?

IS IT



ELPFUL?

IS IT



NSPIRING?

IS IT



CESSARY?

IS IT



IND?