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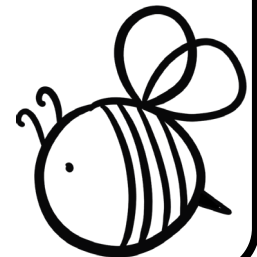
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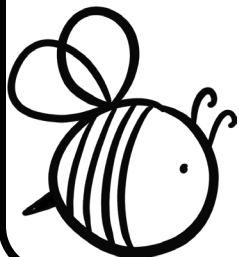


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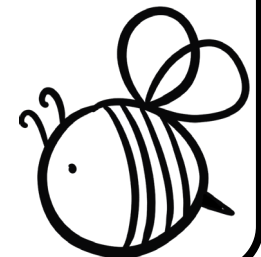
Wellbeing Calendar Bundle

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).

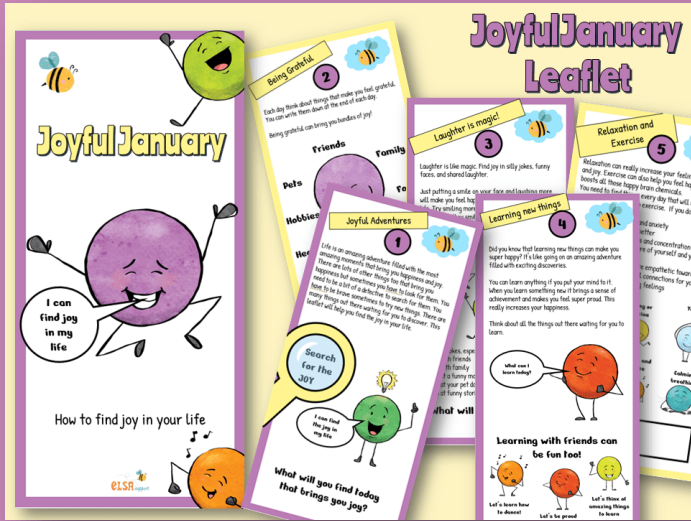


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Resources to Support our whole year themes

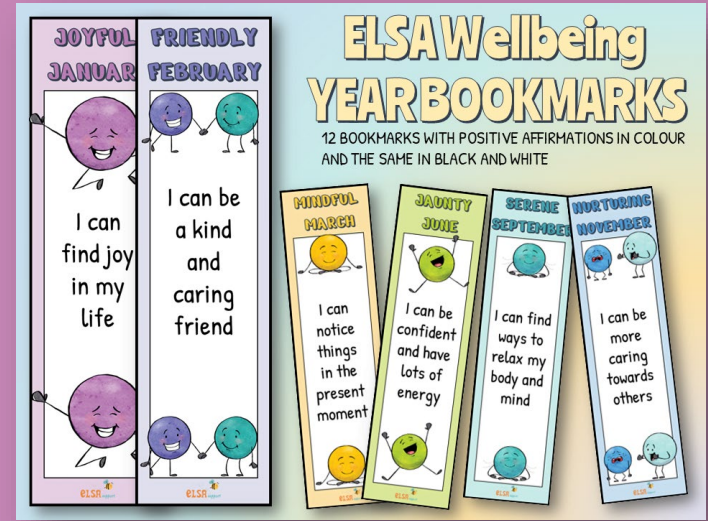
Click the images to take you to the resources



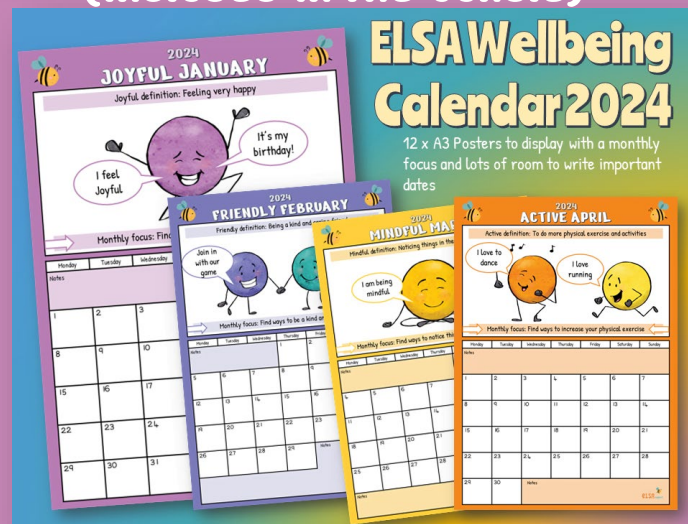
This is our Joyful January Leaflet

This is our Wellbeing Calendar for 2024

(included in the bundle)

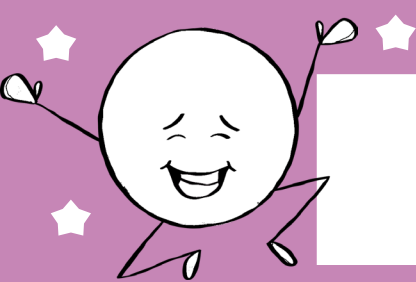


These are bookmarks for the full year with an affirmation for each month (included in the bundle)



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.

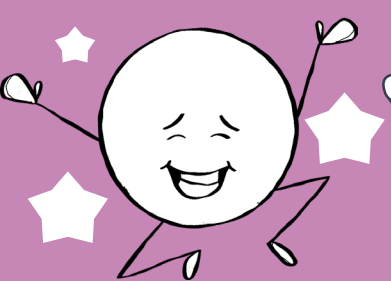
The planning has a feelings check in. Simply print out the free poster and ask pupils how they are feeling today and why.

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.





Joyful January Wellbeing Club

Monthly focus – To find ways to bring joy into your life

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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>As a group talk about things that make them happy. Use the 'Grow your happy' poster to prompt the pupils first.</p> <p>Each pupil to make a 'Happy Sack' and fill it with things that make them feel happy.</p>	<p>As a group talk about being grateful and how that can boost happiness. Have a discussion on things that make them feel grateful.</p> <p>Each pupil to make a 'grateful leaf mobile' to hang up.</p>	<p>As a group talk about how smiling and laughter can boost happiness. The more they smile and find things to laugh at the happier they will feel.</p> <p>Each pupil to make a 'Sunny Smiles Sunshine' They need to add things that make them smile on each of the sun's rays.</p>	<p>As a group talk about self care and getting enough sleep. It's important to be well rested each day and that will impact on how happy they feel. If they are tired it is hard to be happy.</p> <p>Each pupil to make a 'sleepy mobile'.</p> <p>Make sure to share some of the tips for a good night's sleep.</p>
Relaxation	Relaxation	Relaxation	Relaxation
<p>Pupils to practise the 'star breathing exercise' to feel calm and relaxed to end the session</p>	<p>Pupils to use the 'Mindful finger labyrinth' to practise mindfulness and to feel calm and relaxed to end the session</p>	<p>Pupils to practise 'Hot chocolate Breathing'. They can take the sheet away and colour in the cup if they wish.</p>	<p>Pupils to try the superman pose in the 'Brain Break' cards. This will help them feel confident and strong for finishing the session.</p>
Resources	Resources	Resources	Resources
<p>Check in poster Happy Sack Star Breathing Exercise Grow your Happy Poster</p>	<p>Check in poster Grateful Leaf Craft Mindful finger labyrinth</p>	<p>Check in poster Sunny Smiles Sunshine Hot Chocolate Breathing</p>	<p>Check in poster Sleepy Mobile Brain Break Cards</p>