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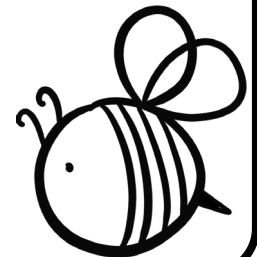
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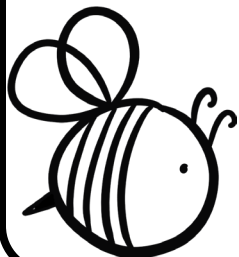


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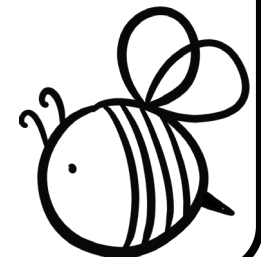
Wellbeing Calendar Bundle

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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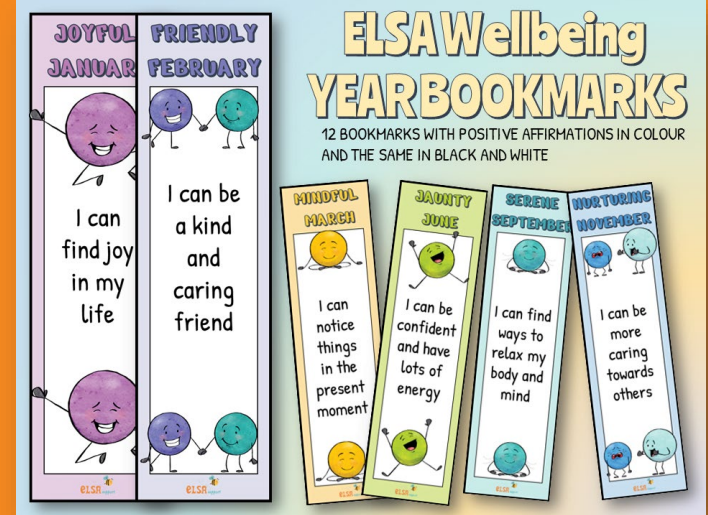
Resources to Support our whole year themes

Click the images to take you to the resources

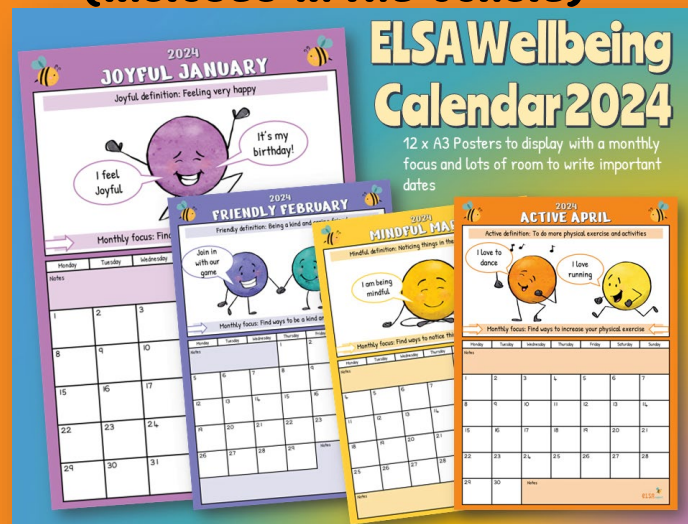


This is our Wellbeing Calendar for 2024

(included in the bundle)



This is our Active April leaflet



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



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.

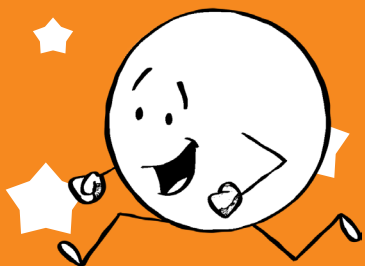
Each session should last approximately 30 minutes but you can either save time or add more time by using the black and white versions of some of the resources so pupils can colour in. Use the colour versions to save time.




Active April Wellbeing Club

Monthly focus – To find ways to increase your physical exercise

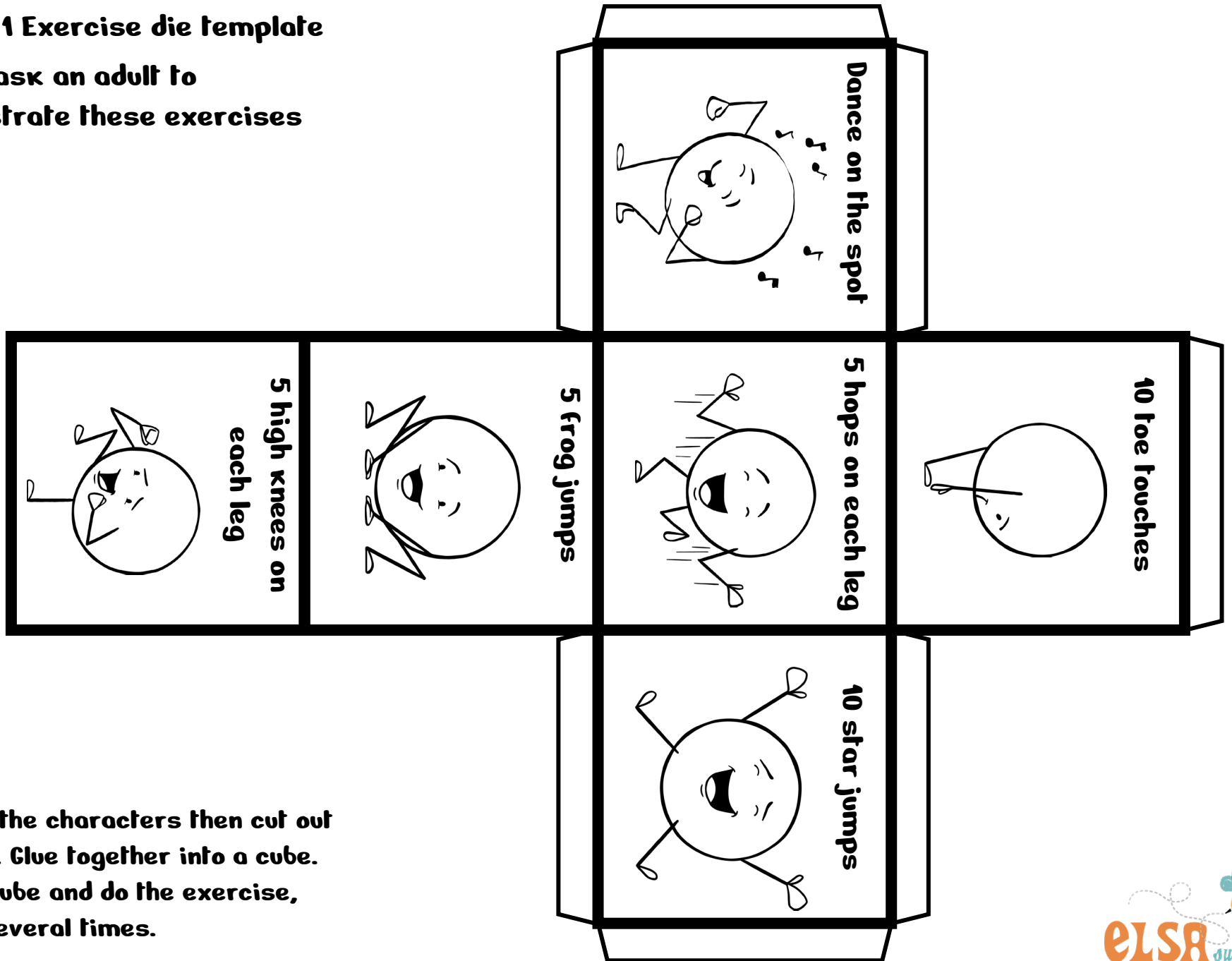
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Week 1	Week 2	Week 3	Week 4
Welcome and feelings check in	Welcome and feelings check in	Welcome and feelings check in	Welcome and feelings check in
Activity	Activity	Activity	Activity
<p>Explain how physical exercise has many benefits to your body and mind.</p> <p>Pupils will colour and make an exercise die. They will then practise some of the exercises.</p> <p>For next time ask them to research other exercises they could do.</p>	<p>Ask pupils if they practised their exercise die? How did it make them feel to do more exercise?</p> <p>Did they find any other exercises they could do?</p> <p>This time pupils can draw or write their own exercises down and make a new die using the blank template.</p>	<p>Explain how Spring has arrived now, and the pupils can do more outside. Ask them to think of all the activities they can do outside during spring. Might be jumping in puddles, running, playing at the park and so on.</p> <p>Pupils to colour in the Active April Poster.</p>	<p>Explain how dancing is great fun and a great activity for increasing physical exercise.</p> <p>Ask the pupils if they know any dance routines. Can they show you?</p> <p>Ask pupils to create their own Dance storyboard. They can use stick figures to show the routine. The pupils can practice some of the routines to music.</p>
Relaxation	Relaxation	Relaxation	Relaxation
<p>Imagine you are a seed in the ground, and you are about to start growing. Curl into a ball and then start stretching upwards towards the sun. Use your breathing to feel calm and release tension.</p>	<p>Give each pupil a piece of paper and a pencil. Imagine you can see a vibrant and beautiful flower in your mind. Can you draw your creation? Focus on your breathing and the soothing act of drawing.</p>	<p>Lay down and close your eyes. imagine transforming into a butterfly, fluttering gracefully through a sunlit meadow. Feel the warmth of the sun on your wings as you explore. Feel the peace and tranquility.</p>	<p>Close your eyes and imagine standing in a gentle spring rain shower. Feel the cool droplets on your skin and listen to the soothing sound of raindrops falling. Breathe slowly and calmly.</p>
Resources	Resources	Resources	Resources
<p>Check in poster</p> <p>Exercise die template included in the pack</p> 	<p>Check in poster</p> <p>Blank die template included in the pack.</p>	<p>Check in poster</p> <p>Colouring poster included in the pack</p>	<p>Check in poster</p> <p>Dance storyboard included in the pack</p>

Lesson 1 Exercise die template

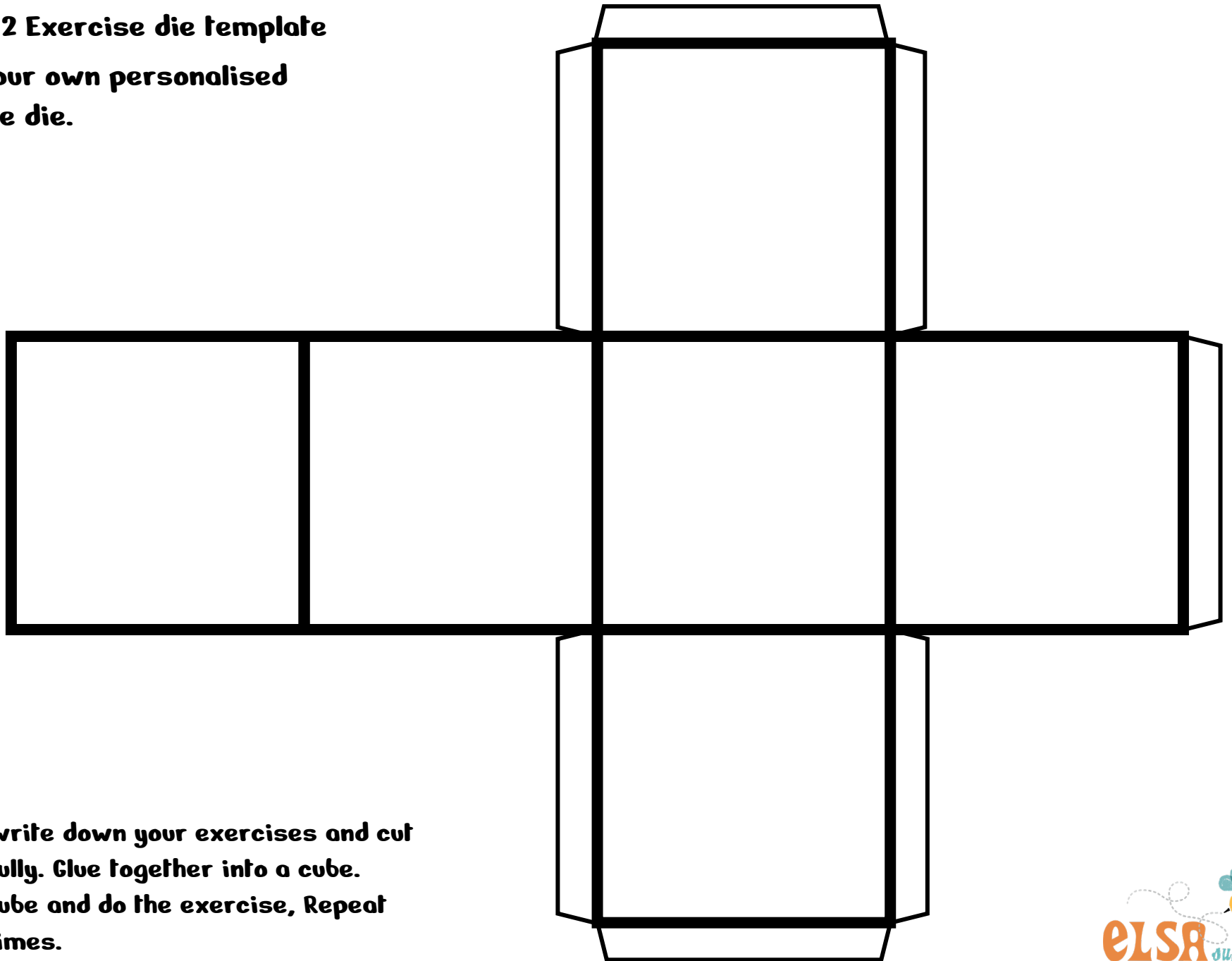
Please ask an adult to demonstrate these exercises



Colour in the characters then cut out carefully. Glue together into a cube. Roll the cube and do the exercise, Repeat several times.

Lesson 2 Exercise die template

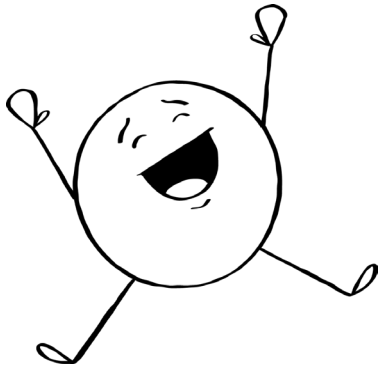
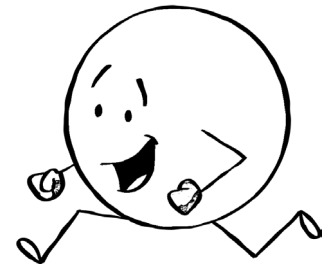
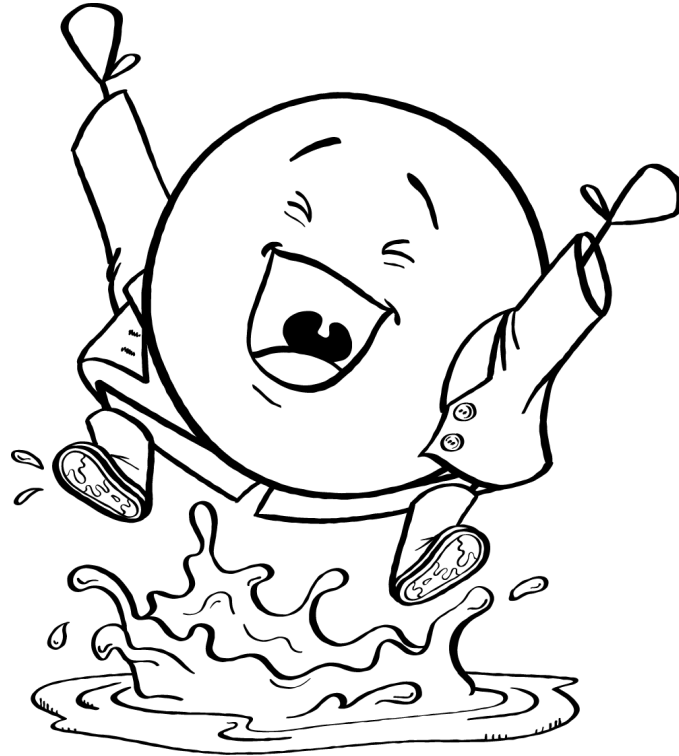
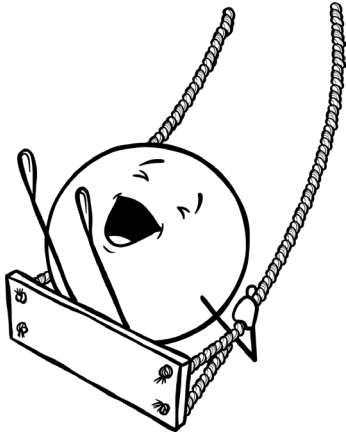
Make your own personalised exercise die.



Draw or write down your exercises and cut out carefully. Glue together into a cube. Roll the cube and do the exercise, Repeat several times.

Active April

Being active feels great!



Dance Storyboard



Make your own dance routine using stick figures and simple instructions. When finished practise your routine with a friend.

1	2	3	4
5	6	7	8

