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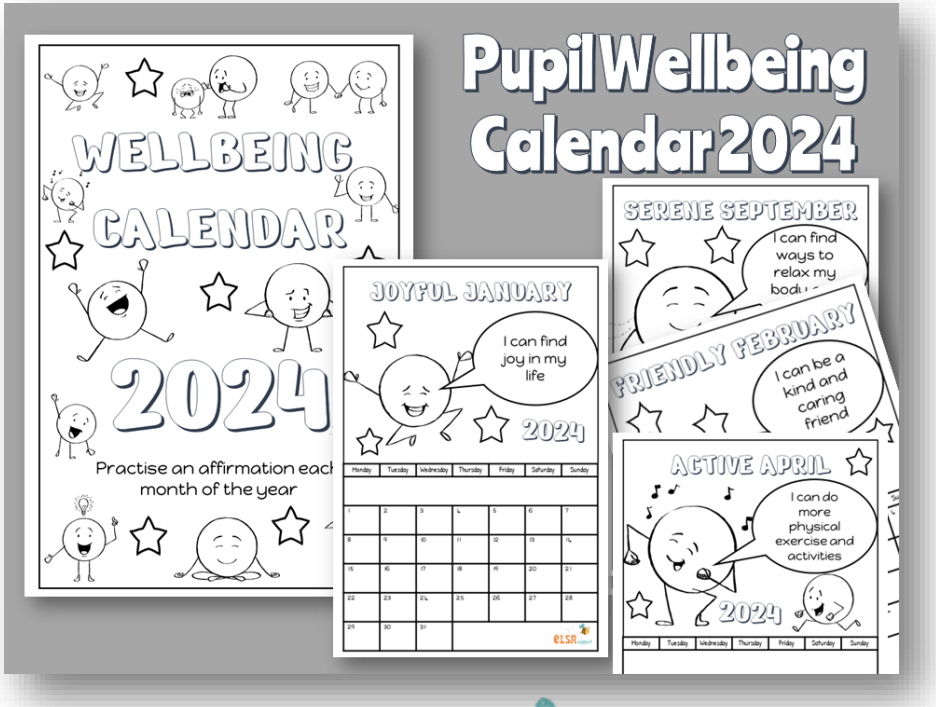

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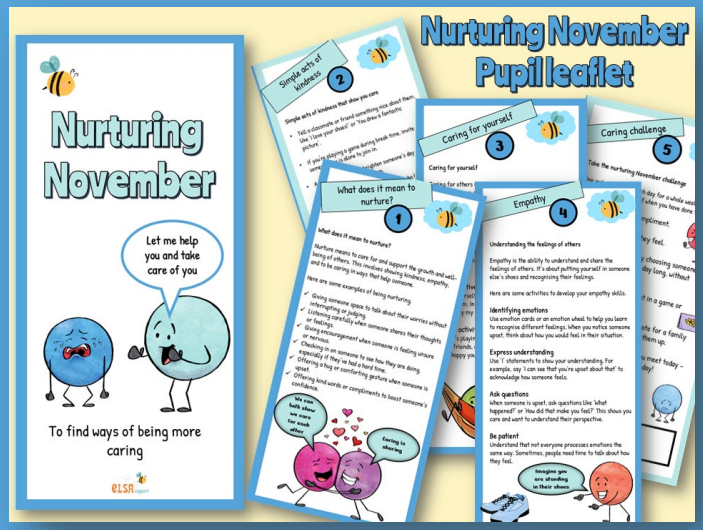
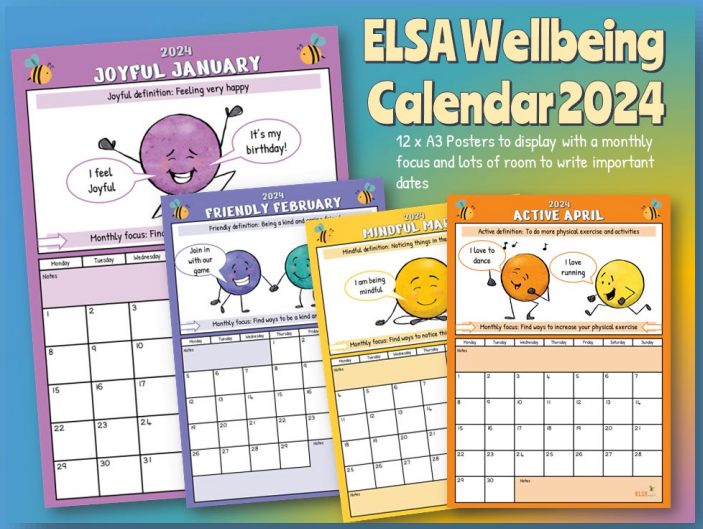
Resources to Support our whole year themes

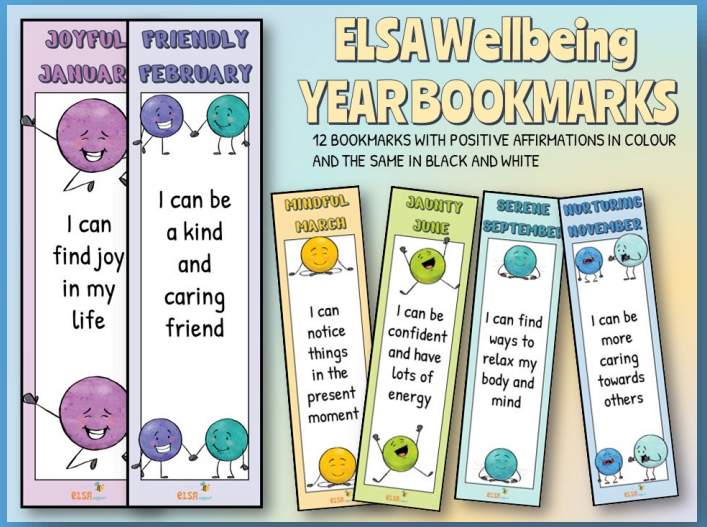
Click the images to take you to the resources



This is our Nurturing November leaflet

This is our Wellbeing Calendar for 2024 and 2025 (included in the bundle)





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

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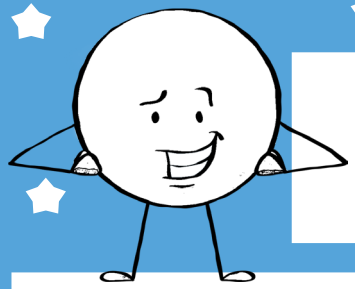


Wellbeing Group Planning

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.

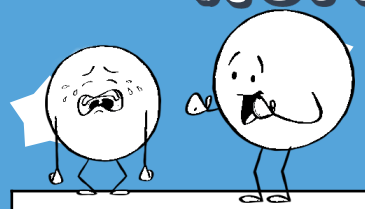
The planning has a feelings check in. Simply print out the free poster and ask pupils how they are feeling today and why.

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.

Nurturing November Wellbeing club



Monthly focus – To find ways of being more caring

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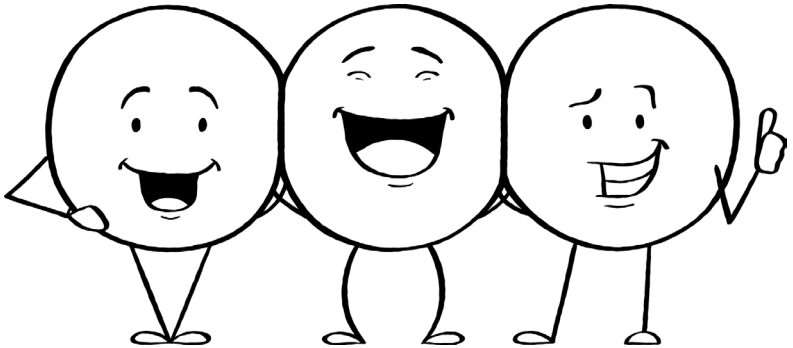
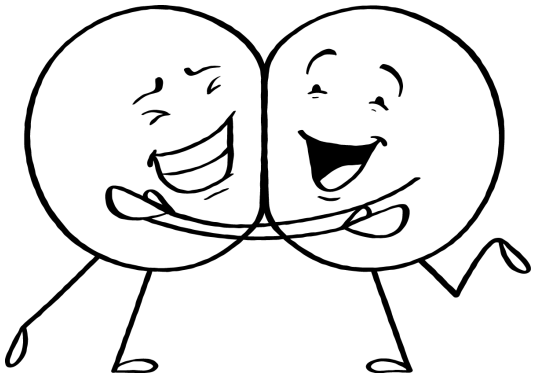
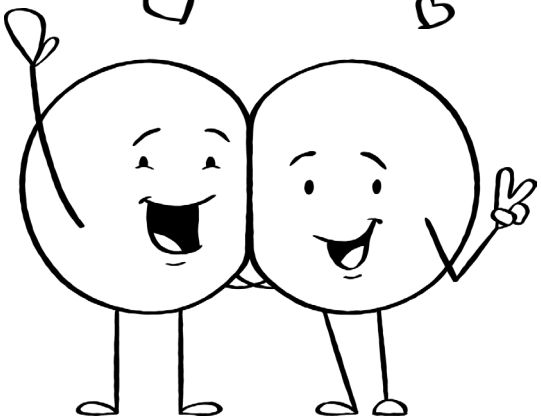
Week 1	Week 2	Week 3	Week 4
Welcome and feelings check in	Welcome and feelings check in	Welcome and feelings check in	Welcome and feelings check in
Activity Explain what it means to be nurturing. 'Nurturing means to care for and support the growth and well-being of others. This involves showing kindness, empathy, and to be caring in ways that help someone.' Discuss ways of nurturing friendships by doing kind and caring things for your friends. Pupils to make the nurture jar.	**Activity** Last time you looked at lots of different ways of nurturing friendships and you filled in a Nurture jar. This time you are going to pick one of those ideas and make some bunting to decorate our area. You need to pick one thing you would do to show your friends how you care for them. Decorate your bunting piece.	**Activity** Explain how this time they are going to show good co-operation and sharing skills. They are going to work together colouring in a picture. They will work in pairs to colour the picture. Remind them of all the things they looked at in the last two sessions. Can they share? Be kind, caring and both colour the picture together?	**Activity** Ask pupils if it is important to care for animals too. Why is it important to nurture and care for animals and other living things? How do you show you care for your pets or any animals? Talk through the five freedoms for animals poster. Pupils can now design their own poster on how to care for a pet or animal.
Relaxation Close your eyes. Picture someone you care about standing in front of you. With each breath, imagine sending them waves of warmth and love. Visualise them smiling, feeling supported by your kindness and surrounded by a glowing, gentle light.	**Relaxation** Visualise a friend in need of comfort. As you exhale, imagine wrapping them in the warmth of your care, nurturing your bond with each breath. See them smiling, knowing your friendship provides strength, love, and unwavering support.	**Relaxation** Picture yourself offering a friend words of encouragement. As you exhale, see them feeling uplifted by your care and compassion. Each breath strengthens your friendship, nurtured by understanding, patience, and the simple act of being there.	**Relaxation** Visualise holding a small animal in your hands, nurturing them with love. As you exhale, imagine your calm energy flowing into them, making them feel safe, warm, and cherished, as you gently care for their needs.
Resources Check in poster Nurture jar included	**Resources** Check in poster Bunting piece included	**Resources** Check in poster Nurture your friendships colouring included	**Resources** Check in poster 5 freedoms poster Caring for pet poster included

Nurture Your Friendships

BFF







Think about all the ways you can nurture your friendships.
Draw lots of different ways in your jar.
Here are some ideas to get you started.

- ❑ Listening without interrupting
- ❑ Sharing something special or meaningful
- ❑ Including friends in activities
- ❑ Offering help when they need it
- ❑ Celebrating their successes
- ❑ Comforting them when they're sad
- ❑ Giving genuine compliments
- ❑ Respecting their feelings and opinions
- ❑ Spending time together doing things they enjoy
- ❑ Encouraging them when they feel down

Choose one thing that you do to make sure you show your friends how much you care about them.

You can write your own title.

You might draw a picture of you comforting a friend when they are sad.

You might draw a picture of you helping your friend do a hand stand.

You might draw a picture of you complimenting your friend – you can draw a speech bubble and write what you are saying to your friend.


5 Freedoms
for animal welfare
1 Freedom from
Hunger and Thirst
2 Freedom from
Discomfort
3 Freedom from
Pain, Injury and
Disease
4 Freedom to express
Normal Behaviour
5 Freedom from
Fear and Distress
ELSA support

Caring for a pet

Create a poster showing ways in which you can care for a pet.