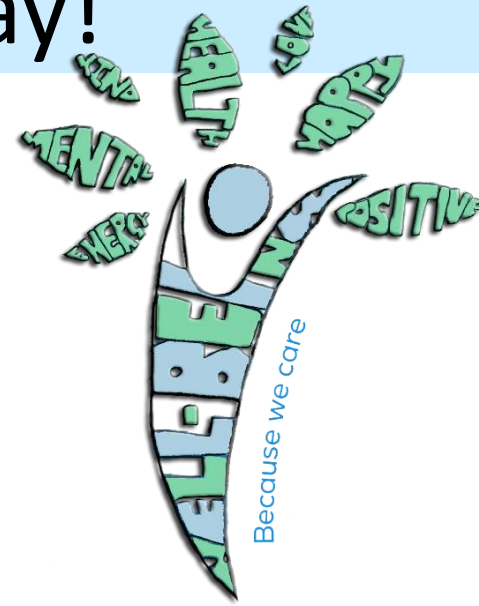


# Happy Well-being Wednesday!



Your promise – how is it going? It isn't too late to add your promise. It could be something to help you focus throughout the summer 😊



**Communicate**



**Make life better for others**



**Feed your creative side**



**Balance your diet and maintain a healthy lifestyle**



**Keep active**

# Topics we have covered this year



- 8.6.21 – 12 rocks of Well-being
- 15.9.21 – Change team and Well-being visit update
- 22.9.21 – Stress and helpful tips
- 29.9.21 – Well-being logo/update on the award and where to go for help
- 11.10.21 – Mental health awareness week
- 19.10.21 – Anger and 12 rocks of Well-being
- 2.11.21 – Anxiety and Phone detox
- 9.11.21 – the learning put and positive failure
- 17.11.21 – Anti bullying week
- 23.11.21 – Sign language and healthy mind platter
- 1.12.21 Depression and helpful tips
- 8.12.21 – Body image and eating problems
- 15.12.21 – Kindness, holiday to do list and reflection
- 12.1.22 – Relationships and where to go for help.
- 19.1.22 – Mental Health awareness for children
- 25.1.22 – Anxiety
- 1.2.22 – LGBTQ
- 9.2.22 – Effects of cyber bullying
- 15.2.22 – depression
- 2.3.22 – Eating disorder awareness
- 9.3.22 -12 rocks of well-being recapped
- 16.3.22 – Mindfulness March
- 23.3.22 – Sleep and grounding technique
- 30.3.22 – Sleep in more detail, Mental Health ambassadors, Mindfulness March
- 5.4.22 – autism awareness
- 27.4.22 – Stress (new information from before)
- 11.5.22 – Mental health awareness – loneliness
- 18.5.22 – Recap on what is well-being, the award and where to get help
- 25.5.22 – Results fed back from student questionnaire (loom)
- 8.6.22 – Be Kind (social media – BGT you tube clip)
- 15.6.22 – Pride month
- 22.6.22 – 5 top tips for Mental Well-being
- 29.6.22 – square breathing
- 6.7.22 – promoting support for well-being
- 13.7.22 – Make a promise week
- 20.7.22 - Reflection

# Happy Well-being Wednesday!



Reflection upon the year

- What are your achievements?
- How has your year gone?
- What would like to learn more about?



## Self-care Summer Bingo

TAKE A WALK	TALK TO A FRIEND	READ A BOOK	SET GOALS FOR THE FUTURE
WRITE 3 POSITIVE THINGS YOU DID	COOK A HEALTHY MEAL	CREATE A SUMMER PLAYLIST	HAVE BALANCED SLEEP
TAKE ON A PHOTO CHALLENGE	WATCH YOUR FAVOURITE FILM	TRY A NEW HOBBY	TAKE TIME AWAY FROM TECHNOLOGY
ORGANISE YOUR DAY	BE KIND TO YOURSELF	SPEND TIME OUTSIDE	DO SOMETHING CREATIVE

[www.annafreud.org/selfcare](http://www.annafreud.org/selfcare)



# Happy Well-being Wednesday!



## 5 Apps to support you throughout the summer



**Kooth**

Free, safe and anonymous mental wellbeing support for teens



**Calm**

Meditation, sleep stories, inspiring masterclasses + more



**Catch It**

This diary helps them see where their moods are coming from



**Blueice**

Helps teens in times of anxiety with CBT (Cognitive-Based Therapy) techniques



**Chill Panda**

Breathing techniques, yoga, exercise and calming games to help them feel better



# Happy Well-being Wednesday!

## Where to get help if you need support:



**Kooth is a free online service offering emotional and mental health support for children and young people**

**[www.kooth.com](http://www.kooth.com)**

### @RPCC there is so much support.

- Tutors
- Head of year support
- Head of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- Duty team
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

