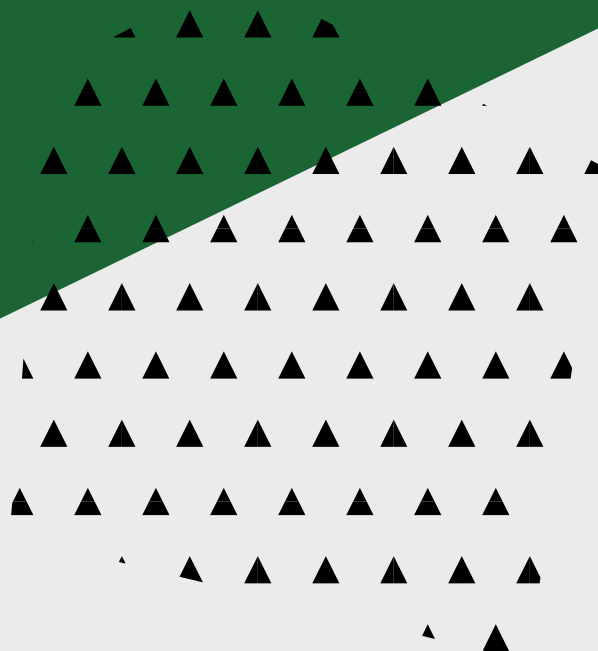




Unlocking Potential

UP's Weekly
Well-being activity

26.05.20





Unlocking Potential

What's Inside...

We hope you are enjoying receiving our Weekly Well-being activities and find them useful! Remember that many of these activities will have an accompanying demonstration video which you can find on the Unlocking Potential YouTube Channel so that you do not need to print this pack. You can subscribe to our channel at UP – Unlocking Potential

Writing a Rainbow Poem

Frontline workers are doctors, nurses, train drivers, bus drivers, policemen, postmen and women, garbage collectors, social workers, delivery drivers and anyone else who is helping keep us safe during this time and they have been amazing! This activity will help you write a poem for our frontline staff to thank them for their awesome work. Once you are done, you can decorate your poem and put it in your window!

Rainbow Colouring

After you have written your poem, colour in this rainbow to go with it! You can decorate it with the different words that you used in your poem, or even with other words that you feel represent the values of the hardworking frontline staff keeping us safe right now!

Creating a Routine

To help you organize your day and check items off when you are done! You can watch a video to help you learn how to use it here
<https://www.youtube.com/watch?v=MO9SDGRgi3c&feature=youtu.be>

For parents/carers: 5 tips on how to take care of yourself during lockdown

As parents, it can be difficult to find time for self-care. That being said, it is actually really important to fill ourselves up so that we have enough energy to fully care for and be present with our children. Here are 5 tips to help you think about how to care for yourself and your family during this time.

Video only – Mindfulness for adults and children, Body Scan

This mindfulness video will lead you in a body scan meditation which can help us feel more connected to our bodies. This one is a little bit longer than usual (8 minutes) so make sure that you have enough time to sit and listen!
<https://youtu.be/ybWyHw5r4ZE>



Unlocking Potential

Writing a Rainbow Poem

We all know how amazing our Frontline Staff have been in keeping us safe. They are still coming to work every day to make sure that our basic needs are being met so we can buy food and travel safely. Let's celebrate them by creating our very own Rainbow poem! Do you know any frontline workers? If you do, maybe you can think about them while you write your poem.

Here are some words that you can include in your poem. Can you include 5 or more of these words? If you think we are missing any words that describe frontline workers, you can add those in too!

You can use a dictionary to help you look up the meaning of words and also learn to spell the ones you might find difficult or learning for the first time.

Here are your words:

BRAVE

NICE

COURAGEOUS

HELPFUL

SAFE

CARING

SELFLESS

KIND

NURTURING

GOOD

GENEROUS

SPECIAL

UNDERSTANDING

CONSIDERATE

HUMANITARIAN

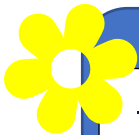
COMPASSIONATE





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Here are some poem examples that you can use to inspire you as you write!



MY RAINBOW POEM (KS3 Example)

IT TAKES A VERY BRAVE
CONSIDERATE PERSON TO PUT
OTHERS FIRST

TO BE SELFLESS IN THESE
UNCERTAIN TIMES

TO BE COURAGEOUS WHERE IT
SEEMS LIKE THERE IS NO HOPE

TO BE COMPASSIONATE WHEN
PEOPLE ARE AFRAID

TO BE GENEROUS IN GIVING
OTHERS KINDNESS

TO BE NURTURING WHEN YOU MAY
ALSO NEED CARE

TO BE UNDERSTANDING AND
TAKING THE TIME TO HELP PEOPLE
FEEL SAFE

TO BE CONSIDERATE IN THE WAY
YOU CARE FOR PATIENTS AND
CUSTOMERS

*Top Tip: Make sure
that you have
chosen the words
you want to use
before you start
writing!*



My Rainbow Poem (KS1/KS2 Example)

You are brave to save
lives

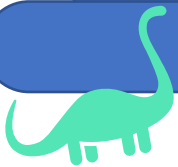
You care to share
You are kind

You leave no one
behind

This makes you twice as
nice

You are a very special
person!

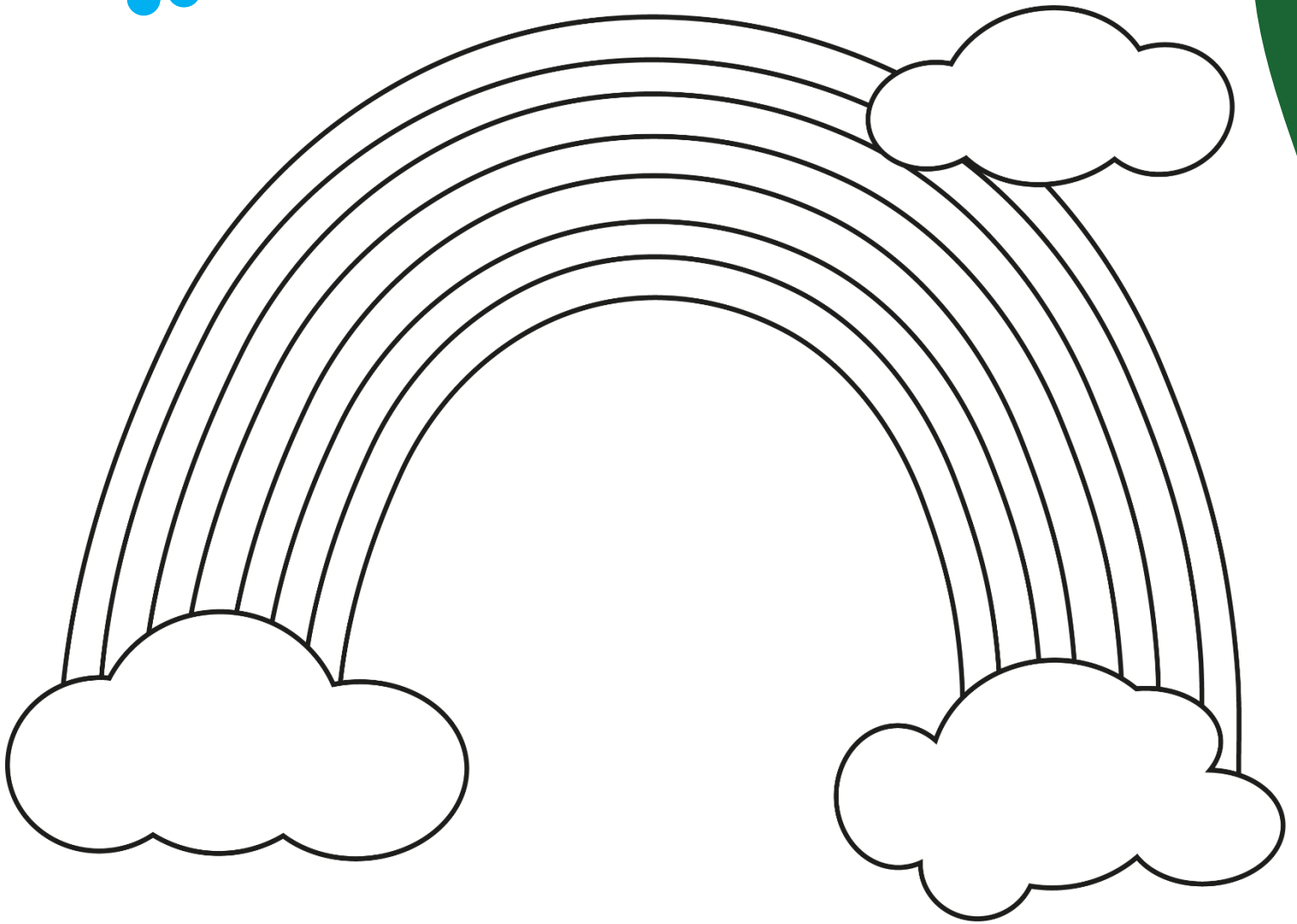
Thank you!





Unlocking Potential

Fill in your rainbow here! You can cut it out and paste it in your window. You might even decorate it with your poem words!



Do you know the colours that appear in real rainbows? Here's a hint: we can use the acronym ROYGBIV to remember them!



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Consistent routines are important for helping us know what to do when, so we can achieve at home and at school. Routines help us feel calm and in control and ticking things off give us a sense of satisfaction and achievement, so we can say “Well Done” to ourselves!

During Covid-19, families will all be finding new routines for their days, so this check-list could help you to plan your day and get the best out of it ensuring your brain and body keep in good shape even while you are not going to school.



	M	T	W	T	F
Tick each box when you have finished your daily item					
I woke up at a good time					
I did some exercise					
I enjoyed some reading in a quiet space					
I practiced a maths skill					
I completed my schoolwork at my school space					
I talked to my family about my day and how I am feeling					
I helped with a household chore					
I contacted my friends					
I spent some time on a creative hobby					
My parent/carer told me what I did well					





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5 tips for parents/carers: How to take care of yourself during lockdown

Food, Water, Rest

As parents/carers it can be really hard to get a good amount of sleep and time to yourself to be able to function at your best. It's challenging to be the peaceful and open parent you would like to be if you are mentally or physically exhausted. One activity that can be useful is to make two lists of things that help you be your best self; on the first, list all things that you can do together with your children that help you feel calm and centered (eg exercise/colouring in/reading something that lifts your spirits quietly for 5-10mins etc), and on the second, list things that you can do by yourself (eg a refreshing shower or relaxing bath). Put your list up somewhere where you will see it every day and try to do one or two of them each day to keep your self-care cup topped up and keep you in balance.

Safety

Feeling safe is vital for our wellbeing. We can't even think about feeling happy or excited if we do not feel safe to start with and it can be really difficult for everyone to feel safe right now. What are the things/people/places that help you feel safe? Maybe you can reach out to a friend or family member or visit your favourite park or try some of our breathing and grounding tips on our resources page- try to do something this week that helps you feel safe. As parents, we also want to help our children feel safe and secure. Children pick up on our feelings very easily and might be sensing our unease around COVID-19 more than we think. In response to this, it can be helpful to be genuine by letting them know you have things on your mind, but ensuring you don't over-share, keeping it simple and age appropriate, and being sure to check in with them to see how they are feeling.

Love and Belonging

After safety, love and belonging are the building blocks of wellbeing. When we are feeling loved, we have more love to give to our children, partners and family members. What or who makes you feel loved? Maybe you can set aside an hour to connect with someone dear to you without your children this week. Deep and intimate connections with loved ones, friends and family can help make our hearts feel a little bit fuller.

Laughter

You may have heard that laughter is medicine for the mind. It eases the stress hormones flowing through the body. It helps us to bond better, so we feel safer and warmer towards each other. When families laugh together it lessens sibling rivalry and encourages teamwork. When everyone is laughing together it can ease the tension of being together all the time. For example, you can watch your favourite comedy or funny clips on-line or have your own family Britain's Got Talent. The goal is simply to create opportunity for laughter and positive touch which creates the happy hormones to circulate in our bodies and gives us a feel-good boost! Although it involves your support, you will probably notice your children are happier, less moody and more cooperative after games such as these, which is a bonus for you all.

Kindness

Part of self-care is being kind to ourselves through our actions, words and thoughts. It may be easy to listen to that self-critical voice inside of our heads that says we are not doing or being quite enough. When you feel overwhelmed or upset, it helps to remind ourselves to take one step at a time. Forgive yourself for not being perfect (who is?!) and treat yourself as kindly and gently as possible, the way you would treat your best friend if they were stressed. You are doing the best that you can with what you have. You are more than enough.