

What is wellbeing?

Assembly
KS1 & KS2



What is wellbeing?




Breathing into the moment



or







**Wellbeing means feeling
healthy in our bodies
and mind.**

How do you look after your wellbeing?

I like to make sure I spend time hanging out with my cat every day. It always makes me feel good to connect.

I always enjoy going to the park and playing football with my friends – it helps me feel good about myself.

Talking to someone about how I'm feeling always makes me feel a bit better.

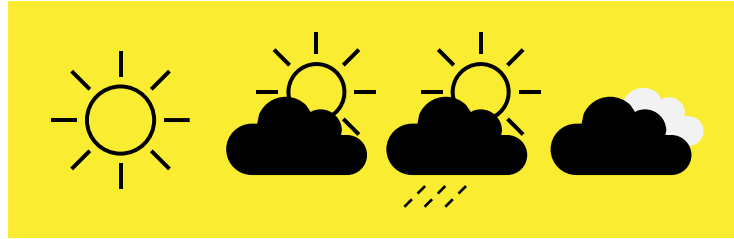
Being kind to myself when I'm having a down day or in a bad mood is really important.

Reading books makes me feel calm and I love getting to know new characters.

Mental health and wellbeing

Just like physical health, everybody also has mental health. Like the weather, it is something that is different on different days. It is normal to have some sunny days where we feel good, and some rainy days where we might not feel so good.

Just like our physical health, there are lots of things we can do each day to look after our mental health. Keeping our minds healthy and looking after our wellbeing can help us when challenges in life come.



Did you know?
When we look after our physical health, we also support our mental health and wellbeing.

Wellbeing support

- Who can you speak to at school if you need some support?
- Everyone has uncomfortable feelings like sadness or worry from time to time and it is a normal part of life.
- If these feelings are **overwhelming** (feel really big) or have been going on for a while, make sure you reach out and tell a trusted adult. Sometimes we all need a little extra support with how we feel.
- There are organisations that can give support: **Childline:** www.childline.org.uk or **call 0800 1111**



Visualising wellbeing

