



WELCOME BACK, YEAR 10

*HEALTH AND WELL-BEING
JUNE, 2020*

STUDENT NAME:

TUTOR GROUP:

Aims:

Aims:

Aims:

Aims:

Aims:

- COMPLETE YOUR HEALTH & WELL-BEING SURVEY USING THE SURVEY MONKEY LINK SENT VIA CLASSCHARTS (20 MINUTES)
- UNDERSTAND MINDFULNESS AND DESCRIBE YOUR PERSONAL 'DARK CLOUDS' AND 'BLUE SKY' (15 MINS)
- PERFORM A RELAXATION TECHNIQUE AND EVALUATE ITS EFFECTIVENESS (15 MINS)
- UNDERSTAND WHAT IS MEANT BY 'REFRAMING' AND HOW TO USE IT (25 MINUTES)
- EXPLAIN THE TERM 'BIG ROCKS FIRST' AND PRIORITISE SOME ACTIVITIES IN YOUR CURRENT ROUTINE (15 MINUTES)
- DESCRIBE THE PHRASE 'EAT THAT FROG' AND HOW TO AVOID PROCRASTINATION (10 MINUTES)
- UNDERSTAND THE IMPORTANCE OF GOAL SETTING AND SMART TARGETS (10 MINUTES)
- DISCUSS ANY CREATIVE AND/OR COMMUNITY EVENTS YOU HAVE BEEN INVOLVED IN (10 MINUTES)
- **MEET WITH A PASTORAL LEADER FROM SCHOOL AND OTHER PUPILS IN YOUR HOUSE (ONLINE). RESPECT THE VIEWS OF OTHER PEOPLE IN YOUR GROUP – SHOW SUPPORT AND MAINTAIN CONFIDENTIALITY**

Aims:

Aims:

Aims:

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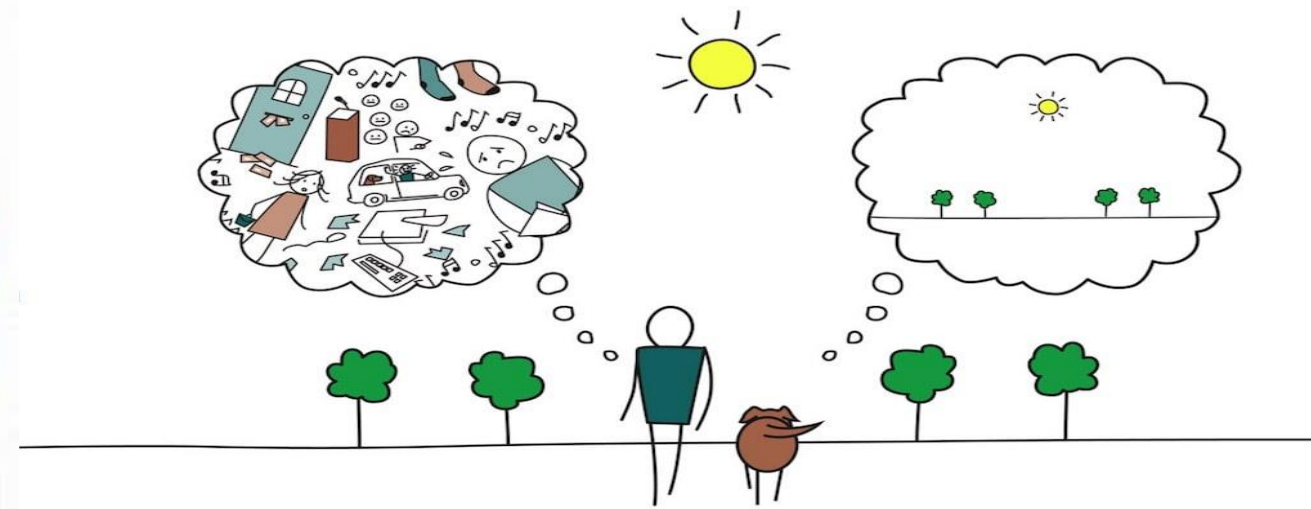
Aims:

YEAR 10 HEALTH & WELL-BEING SURVEY

- THE SURVEY AIMS TO IDENTIFY THE SKILLS AND STRENGTHS YOU HAVE GAINED DURING THE LOCKDOWN AND ALSO ANY AREAS YOU NEED SUPPORT WITH
- IF NEEDED, YOU CAN PARTICIPATE IN FURTHER GROUP ACTIVITIES TO SUPPORT YOU, IN SCHOOL, OR BE SIGNPOSTED AS TO WHERE TO SEEK HELP
- **ACTIVITY: COMPLETE THE ELECTRONIC SURVEY**
[HTTPS://WWW.SURVEYMONKEY.CO.UK/R/8HPV88T](https://www.surveymonkey.co.uk/r/8HPV88T)
- **DISCUSS YOUR ANSWERS TO EACH QUESTION DURING YOUR ONLINE MEETING**



MINDFULNESS



Mind Full, or Mindful?

Source - mallorybecker.com

- <https://www.headspace.com/covid-19> (THE BLUE SKY)
- https://www.youtube.com/watch?v=SG7DBA-MGFY&feature=emb_rel_end (10 MINUTES RELAXATION / REFOCUS)

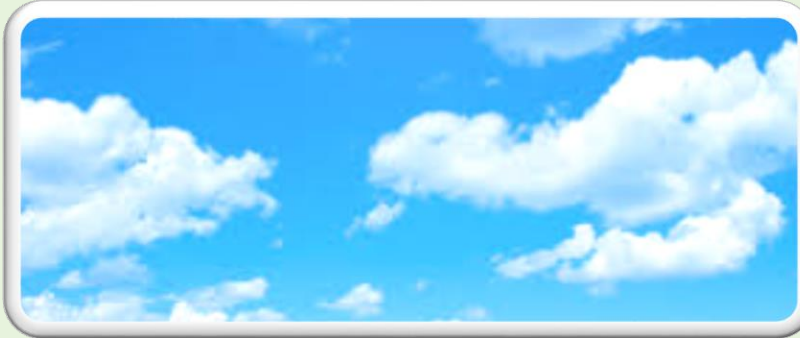
- **ACTIVITY 1: WATCH THE 'BLUE SKY' VIDEO (SCROLL DOWN THE PAGE TO LOCATE IT)**
- ON THE NEXT SLIDE IDENTIFY YOUR 'DARK CLOUDS'
- ALSO, IDENTIFY THINGS THAT MAKE UP YOUR 'BLUE SKY'
- **ACTIVITY 2: LISTEN TO THE RELAXATION CLIP AND RECORD YOUR FEELINGS ON THE NEXT SLIDE**
- SHARE YOUR FEELINGS AS PART OF A GROUP DISCUSSION

MINDFULNESS



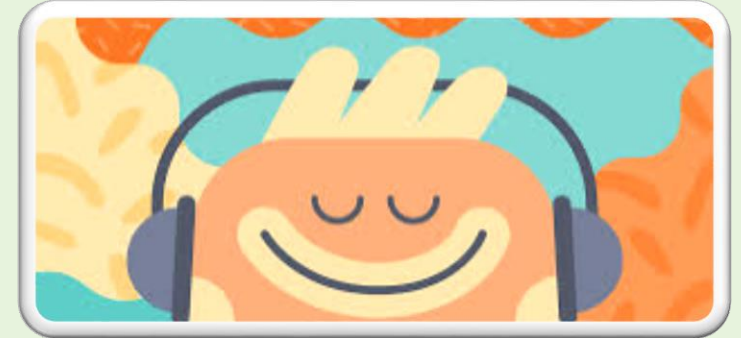
**DARK CLOUDS – WHAT
WORRIES YOU?**

DARK CLOUDS MOMENTS....



**BLUE SKY – WHAT MAKES
YOU HAPPY?**

BLUE SKY MOMENTS...

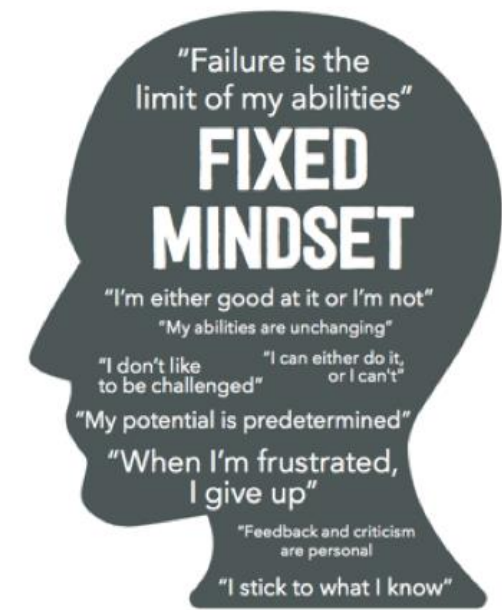


**HOW DID YOU FEEL AFTER LISTENING
TO THE RELAXATION VIDEO?**

FEELINGS AFTER RELAXING...

GROWTH MIND-SET: RE-FRAMING

- TAXI VIDEO
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=JK8E6F5AJXA&FEATURe=Youtu.be](https://www.youtube.com/watch?v=JK8E6F5AJXA&FEATURe=Youtu.be)
- **ACTIVITY: WATCH THE VIDEO FOR 25 SECONDS AND RECORD YOUR THOUGHTS AND FEELINGS ON THE NEXT SLIDE**
- WATCH THE REMAINDER OF THE VIDEO AND RECORD YOUR FEELINGS AGAIN
- **WHAT WAS DIFFERENT AND WHY?**
- DISCUSS YOUR RESPONSES WITH YOUR GROUP



REFRAMING

LIST YOUR THOUGHTS AND FEELINGS
AFTER WATCHING FOR 25 SECONDS

(2 MINUTES TO COMPLETE)

THOUGHTS AND FEELINGS...

LIST YOUR THOUGHTS AND FEELINGS
AFTER WATCHING THE REMAINDER OF
THE CLIP

(2 MINUTES TO COMPLETE)

THOUGHTS AND FEELINGS...

WHAT HAS MADE YOU THINK AND
FEEL DIFFERENTLY? (2 MINUTES TO
COMPLETE)

WHAT HAS CHANGED AND WHY?

REFRAMING: SOUR GRAPES AND SWEET LEMONS

A fox was walking through the forest and spotted a bunch of grapes hanging from over a lofty branch. “Just the thing to quench my thirst,” he thought. Taking a few steps back, the fox jumped and just missed the hanging grapes. Again the fox took a few paces back and tried to reach them but still failed. Finally, giving up, the fox turned up his nose and said, “They’re probably sour anyway,” and proceeded to walk away.

Moral: It’s easy to despise what you cannot have. Nothing comes easy without hard work. So, Work Hard and reach your goals.

Aesop's fable of 'The Fox and the Grapes' depicts our tendency to despise what we fail to get.



‘WHEN LIFE GIVES YOU LEMONS, MAKE LEMONADE’

IS A [PROVERBIAL PHRASE](#) USED TO ENCOURAGE [OPTIMISM](#) AND A POSITIVE CAN-DO ATTITUDE IN THE FACE OF ADVERSITY OR MISFORTUNE. [LEMONS](#) SUGGEST SOURNESS OR DIFFICULTY IN LIFE; MAKING [LEMONADE](#) IS TURNING THEM INTO SOMETHING **POSITIVE** OR **DESIRABLE**.

‘**SWEET LEMONS**’ IS THE OPPOSITE TO SOUR GRAPES WHERE WE ‘**DECIDE**’ TO PUT A POSITIVE SPIN ON A NEGATIVE EXPERIENCE.



REFRAMING

- REFRAMING IS VIEWING A SITUATION IN THE BEST POSSIBLE LIGHT
- IT'S ABOUT TRYING TO TURN A NEGATIVE SITUATION INTO A POSITIVE ONE
- IN THE SPACE BELOW TRY TO REFRAME A NEGATIVE SITUATION THAT HAS HAPPENED IN YOUR LIFE SO THAT IT SOUNDS AS POSITIVE AS POSSIBLE. SOME EXAMPLES ARE LISTED BELOW TO HELP YOU
- TRY TO USE REFRAMING WHEN YOU ARE AWAY FROM SCHOOL AND SEE IF IT IMPROVES YOUR MOOD**

“ONCE YOU REPLACE NEGATIVE THOUGHTS WITH POSITIVE ONES, YOU’LL START HAVING POSITIVE RESULTS.”

WILLIE NELSON

GIVE AN EXAMPLE OF HOW YOU MIGHT USE RE-FRAMING TO MAKE A SITUATION FEEL BETTER. THINK ‘SWEET LEMONS’.

Original thoughts	Reframed
It’s raining.	Rain waters our plants and helps the planet.
The coach didn’t pick me to play in the first game of the season.	The coach is very experienced and honest to say I’m not ready, yet. I will work harder to get into the team.
My teacher is so strict and makes me work very hard.	My teacher cares for all of my class and wants us all to do well in our exams.

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PRIORITISING WORK: BIG ROCKS FIRST

- **ACTIVITY: WATCH THE VIDEO ON TIME-MANAGEMENT – ‘BIG ROCKS FIRST’**
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=FMVOGXPXWDU](https://www.youtube.com/watch?v=FMVOGXPXWDU)
- ON THE NEXT SLIDE CREATE YOUR TOP 10 FROM THE LIST OF ACTIVITIES BY PLACING ‘BIG ROCKS’ FIRST
- TRY TO PRIORITISE 4 ‘BIG ROCKS’, 3 ‘MEDIUM ROCKS’ AND 3 ‘SAND’ ITEMS
- DISCUSS AND JUSTIFY YOUR ANSWERS WITH YOUR GROUP



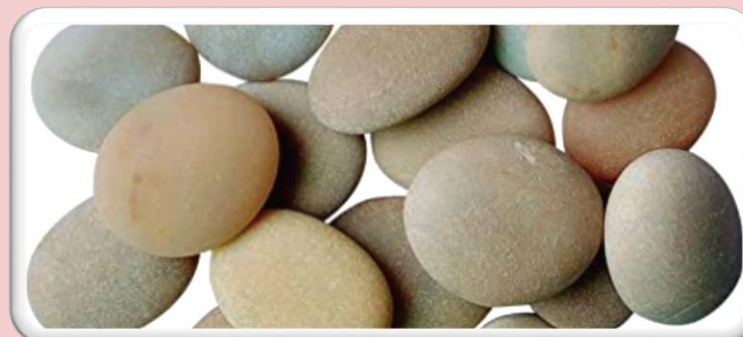
BIG ROCKS TOP10 - CHOOSE FROM: SOCIAL MEDIA; EXERCISE; READING (OTHER THAN SCHOOLWORK); TIME WITH FAMILY; TIME WITH FRIENDS; HOBBY; TIME ON PHONE; WATCHING TV; SCHOOLWORK; SELF-CARE (E.G. WASHING & CHANGING); SLEEPING; EATING HEALTHILY (INCLUDING SUITABLE TIMES OF MEALS); GAMING; MINDFULNESS – TAKING A BREAK TO RELAX AND UNWIND; OTHER ACTIVITY (DECIDED BY YOU).

TIME TO COMPLETE – 5 MINUTES



BIG ROCKS – MOST IMPORTANT TASKS

- 1.
- 2.
- 3.
- 4.



MEDIUM ROCKS – SLIGHTLY IMPORTANT TASKS

- 1.
- 2.
- 3.



SAND – LESS IMPORTANT TASKS (THE ELECTRONIC 'PINGS')

- 1.
- 2.
- 3.

TIME MANAGEMENT - 'EAT THAT FROG'



- BRIAN TRACY WROTE A TIME MANAGEMENT BOOK, *EAT THAT FROG*
- THE PREMISE OF THIS BOOK IS THIS. THERE ARE HORRIBLE BORING THINGS WE HAVE TO DO IN LIFE - THESE ARE REFERRED TO AS **'FROGS'**
- FOR YOU THIS MIGHT INCLUDE HOUSEHOLD CHORES SUCH AS TIDYING UP OR EVEN DOING YOUR HOMEWORK
- FROGS ARE UNPLEASANT TO EAT, SO IF, BY LAW, YOU HAD TO EAT ONE EVERY DAY, BRIAN TRACY POSES THE QUESTION: *WHEN WOULD BE THE BEST TIME TO EAT IT?* THE ANSWER IS OBVIOUS. ***EAT THAT FROG FIRST THING IN THE MORNING. GET IT EATEN AND OUT OF THE WAY SO YOU CAN ENJOY THE REST OF YOUR DAY.*** DON'T BE THE KIND OF PERSON WHO PUTS THINGS OFF, MEANING THAT YOU'LL HAVE SEVEN FROGS TO EAT BY THE END OF THE WEEK! PEOPLE WHO PUT THINGS OFF ARE CALLED, **PROCRASTINATORS**. SO WHAT'S THE LESSON HERE?
- DON'T LET THINGS PILE UP SUCH AS SCHOOLWORK, HOMEWORK, CLEANING UP. DON'T BE A PROCRASTINATOR. ENSURE THAT YOU TACKLE YOUR FROGS AS YOU GO ALONG AND YOU WON'T FEEL OVERWHELMED AND FALL BEHIND

'EAT THAT FROG'

- **ACTIVITY: LIST AT LEAST ONE 'FROG' IN YOUR LIFE AND HOW YOU CAN DEAL WITH THIS EFFECTIVELY IN THE FUTURE**
- DISCUSS YOUR ANSWERS AS A GROUP. DO YOU HAVE ANY 'FROGS' IN COMMON? WHAT'S THE BEST WAY TO DEAL WITH THESE 'FROGS'?

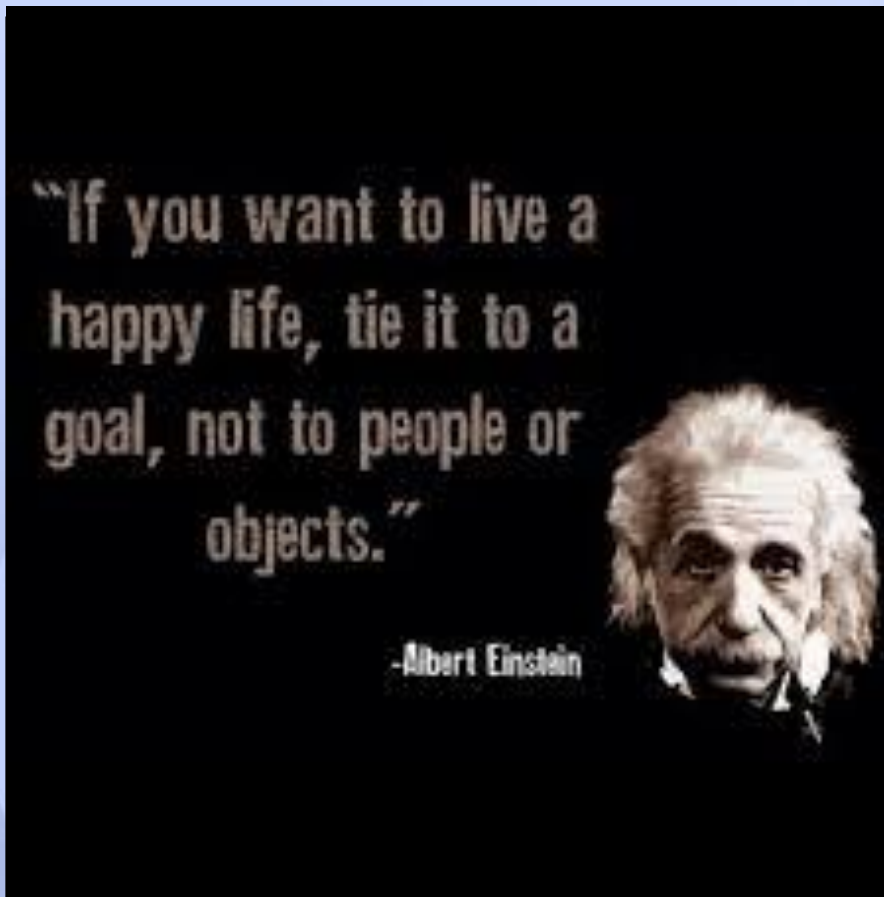


'Frog' 1:



Frog' 2:

GOAL SETTING



GOAL SETTING INVOLVES DEVELOPING AN **ACTION PLAN** TO **MOTIVATE** AND **GUIDE** YOU TOWARDS ACHIEVING A **TARGET**

STUDIES BY E. A. LOCKE HAVE SHOWN THAT MORE SPECIFIC AND AMBITIOUS GOALS LEAD TO GREATER PERFORMANCE IMPROVEMENT

ACTIVITY: WATCH THE VIDEO CLIP ON GOAL SETTING AND SET YOURSELF A 'SMART' TARGET ON THE NEXT SLIDE

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=AVSTW9HYL-O](https://www.youtube.com/watch?v=AVSTW9HYL-O)



- HOW WILL **YOU** BE YEAR 11 'RANGE-READY'?
- WHAT GOAL(S) CAN YOU SET YOURSELF FOR YEAR 11 - NOW?
- HOW WILL YOU ACHIEVE THESE GOALS?
- RECORD YOUR THOUGHTS IN THE SPACE PROVIDED
- DO YOU SHARE ANY GOALS WITH OTHER MEMBERS OF YOUR GROUP?

GOAL/TARGET 1:

WHAT STEPS WILL I TAKE TO ACHIEVE THAT GOAL? THINK 'SMART':

- S
- M
- A
- R
- T

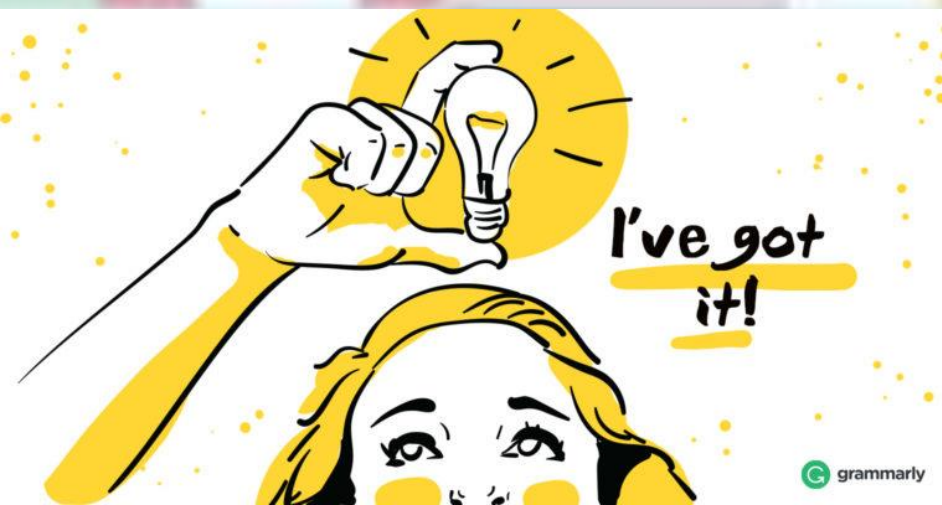


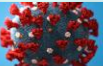
‘YOU CAN’T USE UP CREATIVITY. THE MORE YOU USE, THE MORE YOU HAVE’ (MAYA ANGELOU)

WHAT COMMUNITY ACTIVITIES HAVE YOU BEEN INVOLVED IN E.G. ‘SHOW THEM YOU CARE’?


WHAT CREATIVE ACTIVITIES HAVE YOU BEEN INVOLVED IN?

**WHAT CREATIVE AND COMMUNITY ACTIVITIES WOULD YOU LIKE TO PARTICIPATE IN WHEN SCHOOL REOPENS?
.....**






COVID-19 SEFTON



#ShowThemYouCare

Help cheer up our residents!

- donate a pot of flowers
- send some sweets
- write a letter
- send a picture

Sefton Council  sefton.gov.uk/coronavirus

USEFUL RESOURCES

This resource was created by Andy Griffith, director of Malit in the Community.

www.malitcommunitylearning.com

No.1: Time Management

<https://www.malitcommunitylearning.com/post/time-management>

No.2: Self-Motivation

<https://www.malitcommunitylearning.com/post/self-motivation>

No.3: Note Taking

<https://www.malitcommunitylearning.com/post/note-taking>

No.4: Anxiety Management

<https://www.malitcommunitylearning.com/post/anxiety-management>

No.5: Humour

<https://www.malitcommunitylearning.com/post/humour>

No.6: Creativity

<https://www.malitcommunitylearning.com/post/creativity>

No.7: Memory

<https://www.malitcommunitylearning.com/post/memory>

No.8: Perception

<https://www.malitcommunitylearning.com/post/perception>

Feeling low: www.depressioninteenagers.com

Questions about drugs: www.talktofrank.com

Bullying: www.bullying.co.uk

www.antibullying.net

Self Harm: www.selfharmuk.org

www.nshn.co.uk

Eating issues: www.b-eat.co.uk

Bereavement: www.winstonswish.org.uk

www.rd4u.org.uk

Anonymous free and safe counselling: <https://www.kooth.com>

Positive mental health <https://www.mymind.org.uk>

<https://www.camhs-resources.co.uk>

Other useful websites

www.childline.org.uk

www.youngminds.org.uk

www.themix.org.uk

www.samaritans.org

www.lgbt.foundation