LESSON IDEA: STEPS TO HELP WELLBEING



STARTER: THINK OF THREE WORDS THAT DESCRIBE HOW YOU FEEL TODAY?

- 1. Ask your students to write down their positive/negative feelings or emotions*. This could be done on post-its/pieces of paper. If they write it down, you'll get an idea of how different students are feeling in your group and use it as a basis for catch-ups and where to focus your support. Consider whether your group will want to think about it or want to write it down you know them best.
- 2. Here are some suggestions: sad/down/ worried/upset/alone/lonely/isolated/ confused/happy/calm/peaceful/prepared.
- 3. Share your students' (anonymous) feelings or emotions on the board/screen.
- 4. Work through the steps with your students.
- 5. We think this lesson could take about 10 minutes to the end of step 3, and around 20 minutes if you go on to step 4.

STEP 1: identify how you're feeling. If feeling positive, great! If negative, tell yourself – I am not alone in feeling this way.

Students could also write this down or just think about it. Repeat this statement to yourself a few times.

STEP 4: make a <u>fortune teller</u> that includes other strategies from Rossi Stone's <u>50 coping strategies</u> to carry with you.



STEP 2: if having negative feelings identify how you'd like to feel today. If you had positive feelings, how did you make yourself feel positive?

This could also be written or just thought about.

STEP 3: take one step towards **changing/ maintaining** how you feel by identifying a strategy on the image that you could achieve today. Look at Rossi's 50 coping strategies. If you thought or wrote a positive feeling, do you do any of these from the list or can you suggest what you do if not on the list. How does it make you feel?

STEP 4



◀ STEP 3



[¶] STEP 1 ▶

^{*} Students don't have to share their thoughts or feelings with you but some might like to. They should be encouraged to share but not feel pressured; it's important to remind them their thoughts are welcome, and they won't be judged.