

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.

*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.

