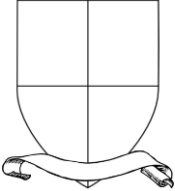




**Chatelherault Primary School  
Health and Wellbeing Grid  
Second Level**



<p align="center"><b><u>Pits and Peaks</u></b></p> <p>Each day will have 'pits' and 'peaks'. The 'pits' are the low and challenging parts of your day. The 'peaks' are the awesome parts of your day - your highlights and achievements. Even though the 'pits' can be tough, try thinking of ways you can get through them or who can help you. You could even think of how to turn them into 'peaks'.</p> <p>List some of your 'pits' and 'peaks' from today.</p>	<p align="center"><b><u>Gratitude Letter</u></b></p> <p>Think of someone you are grateful for. It could be a family member, friend or teacher! Think of the reasons why you appreciate them...</p> <ul style="list-style-type: none"> <li>• Do they make you laugh or cheer you up?</li> <li>• Do they support you and look out for you?</li> </ul> <p>Write a letter to your chosen person, telling them why you appreciate them!</p>	<p align="center"><b><u>Breathing Exercises</u></b></p> <p>Breathing exercises can be really helpful when you are feeling worried or nervous in any situation. Click the link below to practise some of the breathing techniques to find which one suits you best!</p> <p align="center"><a href="https://www.teachingideas.co.uk/pshe/chill-skills-for-ks2">https://www.teachingideas.co.uk/pshe/chill-skills-for-ks2</a></p>
<p align="center"><b><u>Draw with Rob</u></b></p> <p>Rob Biddulph is a bestselling and multi award-winning author/illustrator. Click the link below to draw along with Rob and create some fantastic animations!</p> <p><a href="https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdq">https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdq</a></p>	<p align="center"><b><u>Health &amp; Wellbeing Experiences and Outcomes</u></b></p> <p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. <b>HWB 2-06a</b></p> <p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. <b>HWB 2-07a</b></p> <p>I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all. <b>HWB 2-10a</b></p>	<p align="center"><b><u>Act of Kindness</u></b></p> <p>Try your best to carry out an Act of Kindness for friends or family members each day this week! Write down each Act of Kindness you have completed and share it with someone at the end of the week.</p> <p>How did it make you feel?</p> <p>How did it make your family feel?</p>
<p align="center"><b><u>PE with Joe</u></b></p> <p>Time to get moving! Click the link below to have a go at Joe Wick's virtual PE sessions!</p> <p><a href="https://www.youtube.com/watch?v=RzOgo1pTda8&amp;list=PLyCLoPd4VxBsXs1WmPceKtsQyFbXTf9FO">https://www.youtube.com/watch?v=RzOgo1pTda8&amp;list=PLyCLoPd4VxBsXs1WmPceKtsQyFbXTf9FO</a></p>	<p align="center"><b><u>Outdoor Ideas</u></b></p> <ul style="list-style-type: none"> <li>• Go for a mindfulness walk with someone at home. Pay close attention to what you can hear, see and smell.</li> <li>• Take some pencils and paper outside to draw your surroundings.             <ul style="list-style-type: none"> <li>• Make a picture using natural materials!</li> </ul> </li> </ul>	<p align="center"><b><u>Yoga</u></b></p> <p>Take part in a virtual Yoga session to help boost your energy and improve focus! Click the link below and choose from the following videos: -</p> <ul style="list-style-type: none"> <li>• Mind</li> <li>• Body</li> <li>• Heart</li> </ul> <p><a href="https://www.youtube.com/user/yogawithadriene">https://www.youtube.com/user/yogawithadriene</a></p>
<p align="center"><b><u>'This Is Me' Shield</u></b></p> <p>Create a shield filled with facts and drawings all about you! You can keep this to help you remember just how amazing you are.</p>  <p>Your headings could be:</p> <ol style="list-style-type: none"> <li>1. My Strengths</li> <li>2. My Goals</li> <li>3. My Wishes</li> <li>4. A Picture of Me!</li> </ol>		