



# What's in your wellbeing tank?

Health and Wellbeing, 3.4.20

Hello S1 and S2!  
I'm Alexia and I work with  
[Place2Be](#).

Today I'd like to get you thinking about **Health and Wellbeing**. Our lives are changing quickly just now, so it's extra important to think about how to stay well in our bodies and minds.



## Task 1 – What's in your wellbeing tank?

Cars and other vehicles need fuel in their tanks to keep them going. In a similar way, humans need to top up their “wellbeing tanks” to stay healthy and well.

What helps fill your wellbeing tank? Make a list of:

- Anything that helps you relax
- Things you enjoy doing or make you laugh
- Activities that give you energy
- Hobbies and interests
- Any projects you'd like to work on while school is closed

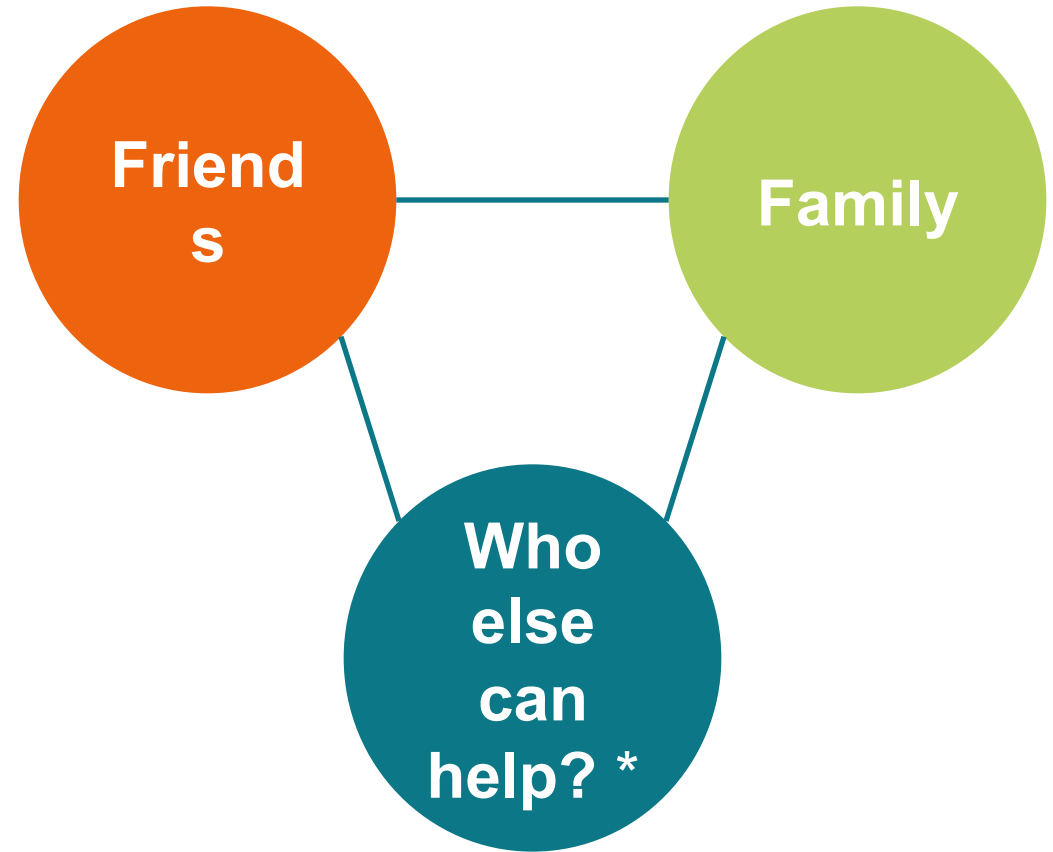
You could draw these things as well as (or instead of) writing them down, if you like! Or spend a few minutes explaining to someone why these things are important to you – how do they help you to feel good?

See whether you can put on your list a few things that you can do inside – for times when you can't go out.

# Task 2 – Who's in your support team?

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At the moment, because of the [coronavirus](#), we can't meet up physically with people we don't live with – but we might be able to stay in contact in another way, using our phones and other devices. Make a note of who's in your support team – who do you trust to get in touch with, if you don't feel so good or just want to talk? What's the best way to contact each person in your team?



# Places to get help if you need it

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Here are some places you can go if you need someone to talk to:

- **SHOUT! Crisis Text Line**

Confidential support by text, available 24hrs every day

Text **P2Be** to **85258** (it's free)

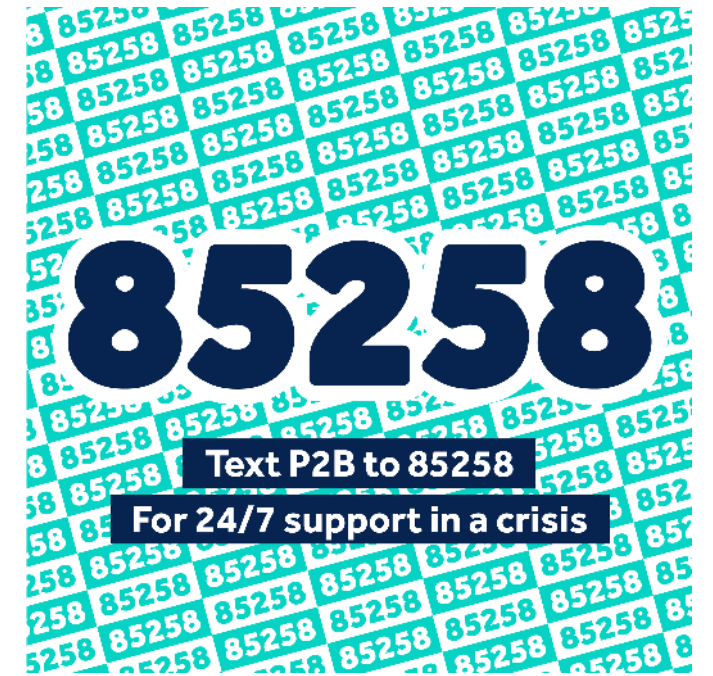
- See <https://www.place2be.org.uk/our-services/get-help/> for more information

- **Childline**

Phone **0800 1111** (it's free)

At the moment, you can call Childline from 9am until midnight

See <https://www.childline.org.uk/> for more information

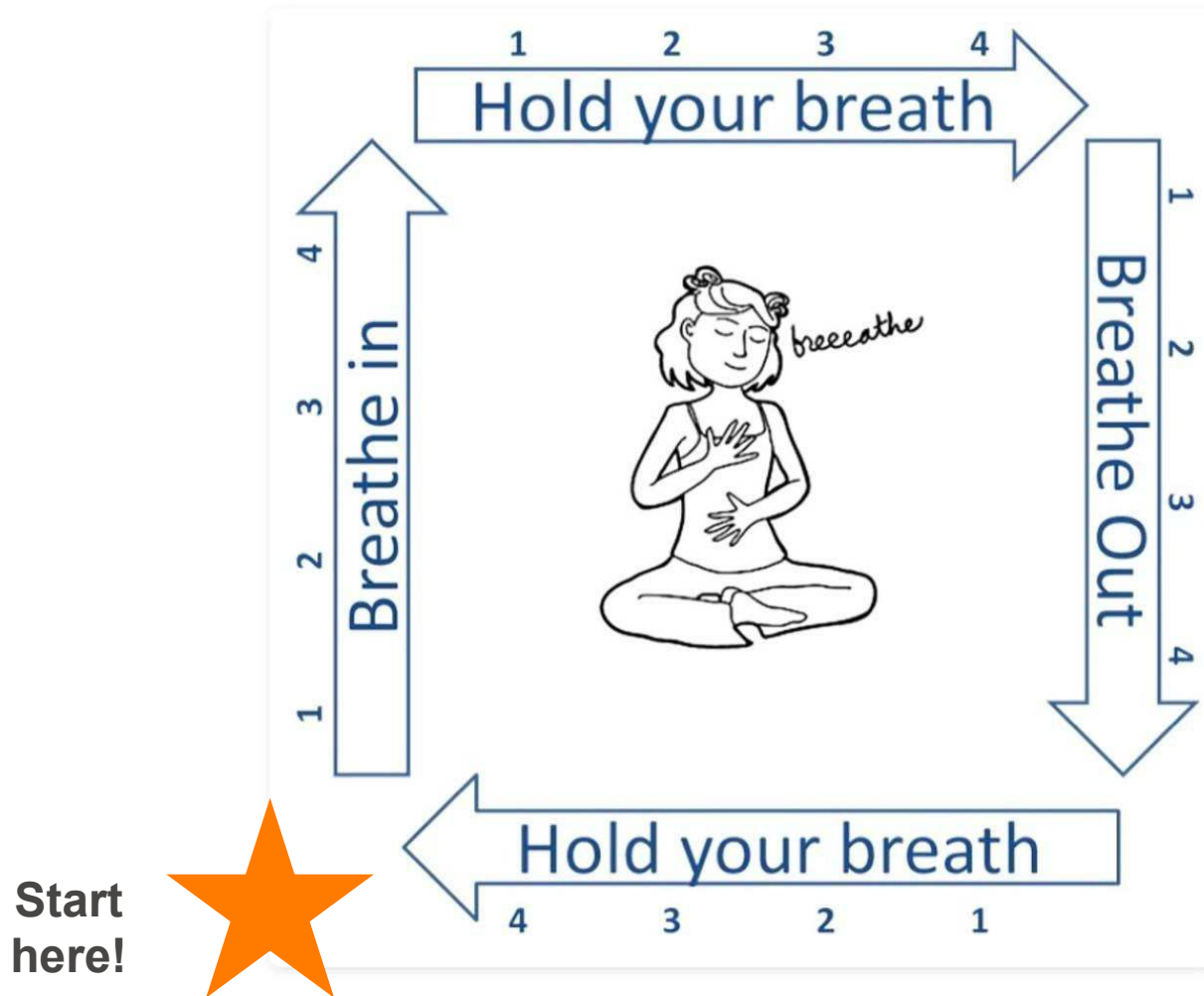




Research tells us that breathing exercises can be a good way to feel calm and relaxed. Spend a few minutes trying out this “square breathing” technique. **Start at the bottom left corner** (look for the star\*) and then count to four as you breathe in and out and hold your breath in-between! Notice how you feel before and after doing the exercise...



## Task 3 – Try some Square Breathing!



You can watch a video about square breathing at: <https://youtu.be/YFdZXwE6>

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For more ideas and resources, keep checking the school website

