



YOUR WELLBEING MATTERS



Small things you do every day can help you feel good, stay calm and take care of you.

Here are some simple ways you can look after your wellbeing.

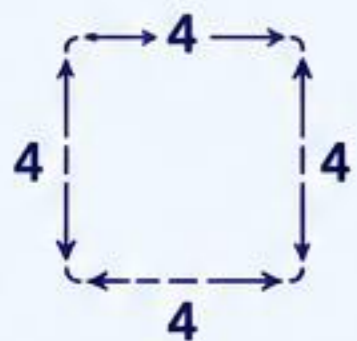
BREATHING TECHNIQUES

Calm your mind. Relax your body.



Try these simple breathing exercises anytime you feel worried, stressed or overwhelmed.

4-4-4-4 (Box Breathing)



- Breathe in for 4 counts
- Hold for 4 counts
- Breathe out for 4 counts
- Hold for 4 counts
- Repeat 4-6 times

Belly Breathing



- Breathe in slowly through your nose
- Feel your belly rise
- Breathe out slowly through your mouth
- Repeat 5-10 times



Tip: Practice a little each day so it becomes easier when you need it.

STRETCHES

Move your body. Release tension.

Try these quick stretches to help you feel good and refocus.



SIDE STRETCH

Reach one arm over your head and lean to the side. Hold for 10-15 seconds. Repeat on the other side.



ARM ACROSS STRETCH

Bring one arm across your chest and hold with the other arm. Hold for 10-15 seconds. Repeat on the other side.



REACH UP

Stretch your arms up high towards the ceiling. Hold for 10-15 seconds. Take a deep breath.



TOUCH YOUR TOES

Bend gently and reach towards your toes. Hold for 10-15 seconds. Feel the stretch in your back.



Tip: Movement helps boost your mood and gives you more energy!

MINDFUL MOVEMENTS

Be present. Focus. Reset.

Mindful movements help you connect your body and mind. Try these:



MINDFUL WALK

Walk slowly and notice each step. What can you see, hear and feel?



YOGA POSE - MOUNTAIN

Stand tall, feet on the ground, hands by your sides. Breathe deeply and feel strong and steady.



5-4-3-2-1 GROUNDING

Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.



Tip: These activities help you stay in the present and calm your busy mind.

POSITIVE AFFIRMATIONS

Your words have power.

Say these positive statements to yourself each day. You are amazing!



I am capable of great things.

I believe in myself.

I can handle challenges.

I am growing and learning every day.

I choose positivity and kindness.

I am proud of who I am.



Tip: Say them out loud, write them out or stick them somewhere you will see every day.



SLEEP

Rest your body. Recharge your mind.

Good sleep helps you concentrate, manage your emotions and do your best.

TIPS FOR BETTER SLEEP

- ★ Stick to a regular bedtime and wake time
- ★ Have a relaxing bedtime routine
- ★ Limit screen time 1 hour before bed
- ★ Keep your room cool, dark and quiet
- ★ Avoid caffeine and sugary snacks in the evening

Aim for 9-11 hours of sleep each night.



LOOK AFTER YOURSELF, YOU'VE GOT THIS!





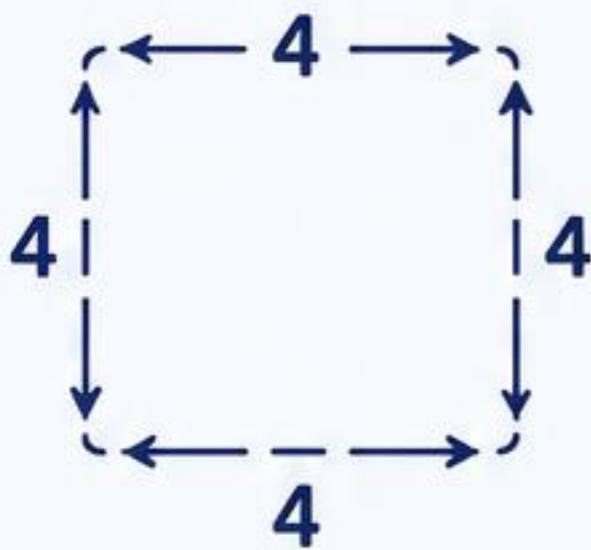
BREATHING TECHNIQUES



Calm your mind. Relax your body. 

Try these simple breathing exercises anytime you feel worried, stressed or overwhelmed.

4-4-4-4 (BOX BREATHING)



- 1 Breathe in for 4 counts
- 2 Hold for 4 counts
- 3 Breathe out for 4 counts
- 4 Hold for 4 counts

Repeat 4–6 times.

Tip

Imagine you are tracing the sides of a box with your breath.

BELLY BREATHING



- 1 Breathe in slowly through your nose. Feel your belly rise.
- 2 Breathe out slowly through your mouth. Feel your belly fall.
- 3 Repeat 5–10 times.

Tip

Place one hand on your belly. You should feel it move up and down as you breathe.

DIAPHRAGM (BALLOON) BREATHING



- 1 Breathe in slowly through your nose. Imagine you are filling up a balloon in your tummy.
- 2 Breathe out slowly through your mouth. Imagine the balloon gently deflating.
- 3 Repeat 5–10 times.

Tip

Big, slow breaths help your body feel calm and in control.

BEE BREATHING



- 1 Breathe in through your nose.
- 2 Breathe out slowly while making a soft “mmm” sound like a bee.
- 3 Feel the buzz in your lips and face.
- 4 Repeat 5–10 times.

Tip

This helps to release tension and create a sense of calm.

 Take a deep breath. You've got this! 



STRETCHES



Move your body. Release tension. ♥

Try these simple stretches to help you feel good and refocus.



1 SIDE STRETCH

- 1 Reach one arm over your head and lean to the side.
- 2 Hold for 10–15 seconds.
- 3 Repeat on the other side.

★ Tip

Keep your feet on the ground and breathe deeply.

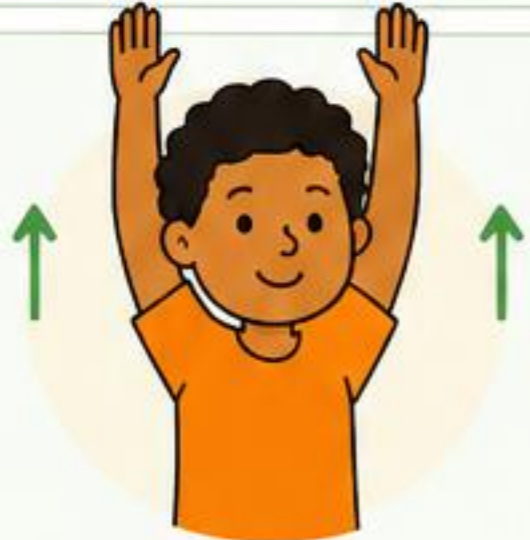


2 ARM ACROSS STRETCH

- 1 Bring one arm across your chest and hold with the other arm.
- 2 Hold for 10–15 seconds.
- 3 Repeat on the other side.

♥ Tip

This is great for releasing tension in your shoulders.



3 REACH UP

- 1 Stretch your arms up high towards the ceiling.
- 2 Hold for 10–15 seconds.
- 3 Take a deep breath.

★ Tip

Imagine you are trying to reach for the sky!



4 TOUCH YOUR TOES

- 1 Bend gently and reach towards your toes.
- 2 Hold for 10–15 seconds.
- 3 Feel the stretch in your back.

🌸 Tip

Keep your knees soft. Don't worry about touching them!



5 CALF STRETCH

- 1 Step one foot back and press your heel into the ground.
- 2 Keep your front knee bent.
- 3 Hold for 10–15 seconds.
- 4 Repeat on the other side.

🌿 Tip

Great for your legs and for helping you feel more energised!



Listen to your body and stop if anything feels uncomfortable.

Stretch, breathe and feel your best!





MINDFUL MOVEMENTS



Be present. Focus. Reset. ♥

Mindful movements help you connect your body and mind. Try these simple activities anytime you need a reset.



1 MINDFUL WALK

Walk slowly and notice each step. What can you see, hear and feel?

- 1 Walk slowly.
- 2 Notice how your feet feel hitting the ground.
- 3 Look around you.
- 4 What can you see?
- 5 What can you hear?
- 6 How does your body feel?
- 7 Take a few deep breaths and enjoy.

★ Tip

Try this outside or inside. Go at your own pace and be curious about what's around you.



2 YOGA POSE – MOUNTAIN

Stand tall, feel strong and steady. This pose helps you feel calm and confident.

- 1 Stand tall with your feet on the ground.
- 2 Keep your arms by your sides.
- 3 Roll your shoulders back and take a deep breath in.
- 4 Breathe out slowly.
- 5 Feel strong and steady like a mountain.
- 6 Hold for 5–10 breaths.

🌸 Tip

You can do this anywhere. Notice how your body feels when you stand tall!



3 5-4-3-2-1 GROUNDING

Use your senses to bring your attention to the present moment.

- 1 Notice 5 things you can see.
- 2 Notice 4 things you can feel.
- 3 Notice 3 things you can hear.
- 4 Notice 2 things you can smell.
- 5 Notice 1 thing you can taste.
- 6 Take a deep breath and smile.

★ Tip

This helps your brain and body feel calm and brings you back to the here and now.



These activities help you stay in the present and calm your busy mind.



Move mindfully. Breathe deeply. You've got this!





POSITIVE AFFIRMATIONS



Your words have power. ♥

Positive affirmations are kind and encouraging things you say to yourself. They can help build confidence, boost your mood and remind you of your strengths.

EXAMPLES TO TRY

Say these positive statements to yourself each day.
You are amazing!

I am capable of great things.



I believe in myself.



I can handle challenges.



I am growing and learning every day.



I choose positivity and kindness.



I am proud of who I am.



I can take things one step at a time.



I am enough just as I am.



TIPS TO MAKE THEM WORK



SAY THEM EVERY DAY

The more you say them, the more you believe them!



LOOK IN THE MIRROR

Say them while looking at yourself for an extra boost.



WRITE THEM DOWN

Write your favourites and keep them somewhere you can see them.



BELIEVE IN YOURSELF

Be kind to yourself and remember – you are doing your best!



You are strong. You are capable. You are wonderful – just as you are!

KEEP SHINING!





SLEEP



Rest your body. Recharge your mind. ♥

Good sleep helps you feel your best, concentrate, manage your emotions and have more energy for the day ahead.

WHY SLEEP MATTERS



It helps your brain learn and remember.



It boosts your mood and helps you feel positive.



It keeps your body healthy and strong.



It helps you focus and pay attention.



It gives you energy for everything you do!

TIPS FOR BETTER SLEEP



1 STICK TO A REGULAR BEDTIME

Going to bed at the same time each night helps your body know when it's time to sleep.



Tip: Create a relaxing bedtime routine to help your body wind down.



2 HAVE A RELAXING BEDTIME ROUTINE

Calm activities like reading, gentle stretches or listening to quiet music can help you relax before sleep.



Tip: Do the same things each night so your body gets into a sleep routine.



3 LIMIT SCREEN TIME

Screens can make it harder to fall asleep. Try to switch off at least 1 hour before bed.



Tip: Choose a book, colouring, or journaling instead.



4 KEEP YOUR ROOM COOL, DARK AND QUIET

A calm, comfortable space helps you fall asleep more easily.



Tip: Use soft lighting before bed and keep your room cosy.



5 EAT AND DRINK SMART

A light snack is fine, but big meals, caffeine and sugary treats can make it harder to sleep.



Tip: Drink water and choose snacks like banana or yoghurt.



6 LET WORRIES GO

It's normal to have worries. Try writing them down or talking about them before bed.



Tip: Write in a worry notebook and then close it until the morning.



Good sleep helps you feel happy, healthy and ready for new adventures!

♥ SLEEP WELL, YOU'VE GOT THIS!

HOW MUCH SLEEP?



Most children need 9–11 hours of sleep each night.

















DAILY WELLBEING CHECKLIST



Small steps each day. Big difference for you! 

Take a few minutes each day to look after your mind and body. You deserve it!

TODAY, I...	YES I DID! 	A LITTLE BIT 	NOT YET TODAY 
 <p>PRACTISED BREATHING I took a few deep breaths to help me feel calm.</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
 <p>DID STRETCHES I moved my body and stretched to feel good and release tension.</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
 <p>DID MINDFUL MOVEMENTS I was present and focused on how my body and mind are feeling.</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
 <p>USED POSITIVE AFFIRMATIONS I said kind and positive things to myself today.</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
 <p>LOOKED AFTER MY SLEEP I made good choices to get rest and help my body recharge.</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
 <p>DID SOMETHING KIND FOR ME I did something I enjoy or that makes me feel happy.</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

 Remember: Some days will be easier than others. You are allowed to take your time. You're doing great!  

  Be kind to yourself. You matter every single day!  



MY WELLBEING JOURNAL



A space for me to reflect, reset and grow. 

DATE: _____

TODAY I FEEL:



Happy



Calm



Okay



Worried



Sad



Angry

1. TODAY, I AM GRATEFUL FOR...

Write or draw three things.

1 _____ 

2 _____

3 _____

2. HOW DID I TAKE CARE OF MY WELLBEING TODAY?

Tick the boxes that apply.



I practised breathing



I did some stretches



I did mindful movements



I used positive affirmations



I looked after my sleep



I did something kind for myself

3. WHAT MADE ME SMILE TODAY?

Write or draw it here.



4. WHAT WAS CHALLENGING TODAY?


It's okay to have tricky days.

What happened and how did I cope?



5. SOMETHING I LEARNED TODAY...

What did I learn about myself?



6. TOMORROW, I WILL...

One small thing I can do for my wellbeing tomorrow.

_____ 



I am enough. I am strong. I am doing my best.

I choose to look after my mind and body.

