

Welcome to the resources section for the Emotional Fitness digital pack.

The link for the presentation on Prezi is here:  
<https://prezi.com/view/qX9myn2q0a3SqzEevzKB/>

The digital magazine which is designed to accompany this presentation can be found on Flipsnack here:  
<https://www.flipsnack.com/UOLSWC/uolswc-emotional-fitness-digital-magazine.html>

Below is a list of resources and how to use them, and on the following pages you will find the resources themselves.

### **Wellbeing Bingo:**

Wellbeing Bingo can be used in either groups or for individuals.

**For Groups:** Students speak to others in the room and find an activity that they have completed in the last 7 days, which they then tick off of their sheet. The aim is to tick off as many boxes as possible, and if you cross off all of the activities you win! It may be an idea to implement a time limit to encourage students to move around more and speak to as many people as possible.

**For Individuals:** This is a great tool to help students reflect and look at their self-care routine. They cross off any activity they have done in the last 7 days, and can see any patterns, or how much they invest in their self care. The activities that haven't been crossed off can also serve as inspiration for future self care routines.

### **Three Good Things:**

This is an activity designed to improve the way students feel about Themselves. The idea is to make a habit of noticing the good things they have in their life, holding on to them and recognising how they make them feel. Get students to think about anything positive, it can be small or simple. Then they write or draw what they are and think about why they make them feel good. We recommend they use this tool once a day, for a week as it can help to make you feel happier!

### **How Many Positives?:**

This activity helps students to start focusing on the positives and to remind themselves of what is good. Ask students to write something positive in each box. It can be a word, a sentence or a phrase. For example: "I am kind", "I have people who I can trust", "I can ask for help when I need it". They can write more than one thing in each box if they would like. If they are struggling to think of anything, encourage conversation with those nearby and get them to pick out some of their positive qualities. This is also a good activity to re-visit further down the line, and remind themselves of the positives.

### **Ask It Basket:**

This is a great activity to encourage students to ask any questions they may have on the subject. Get students to write down questions they have before the session, or partway through and put them in a basket. After the presentation, open up the questions and answer them if they haven't been answered already. This can then encourage group participation and conversation where appropriate.

# Wellbeing Bingo!

In the past week have I...

Played on a  
games console



Given a  
compliment



Had a good  
sleep



Spent time with  
family/friends



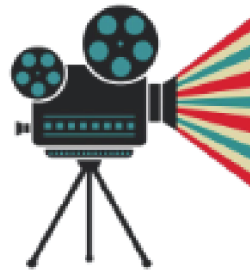
Listened to  
music



Read a book/  
article



Watched a film/  
TV



Eaten something  
delicious



Done some  
exercise



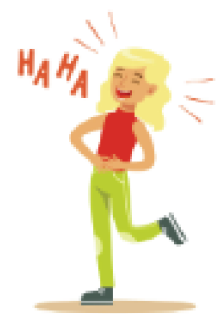
Stayed  
hydrated



Been creative



Laughed out  
loud



Spent time  
outside



Danced



Treated myself



Visited a new  
place





# *Three Good Things*

An activity designed to give you an easy tool to improve the way you feel about yourself. The idea is to make a habit of noticing the good things you have in your life, holding on to them and recognising how they make you feel.

Even if you do this once a day, for a week it can help to make you feel happier! Research shows that doing this has helped people to feel less low for one, three and even six months later!

Think about anything positive, it can be small or simple. Write or draw what they are and think about why they make you feel good.

# How many positives

**1.** Thinking positively or negatively can become a habit and can affect your mood and levels of happiness. Try to start looking for the positives.

**2.** This sheet aims to help rebalance negative mindsets, to focus on the positive and to remind ourselves of what is good.

**3.** Write something positive in each box. It can be a word, a sentence or a phrase. For example: "I am kind", "I have people who I can trust", "I can ask for help when I need it". If you can write more than one thing go for it.

**4.** Chat to the people near you and help them if they are struggling. Sometimes it's easier to recognise the good in others than in ourselves.

**5.** Revisit this in your own time to remind yourself to focus on the positives and how those positives make you feel.

I am

I can

I have