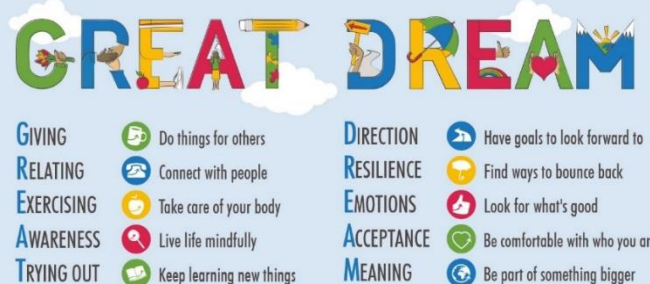


Wellbeing Boost for Schools – Week Two - RELATING

We connect with others in many different ways:

- ✓ Face to face with colleagues, family, children in school and brief encounters with parents and carers or even when exercising outdoors
- ✓ Online/ via emails or through phone calls, letters and cards
- ✓ Visual connection (smile, wave, nod)



This film clip may inspire you <https://www.actionforhappiness.org/10-keys-to-happier-living/connect-with-people>

A TRUE STORY: In my work this week I was heartened by a foster carer whose 9 year old child made a connection with a younger child across the road through a Virtual Lego club. They both go to the same school, but didn't know each other before joining the Lego Club. They now wave to each other through their windows, as well as connecting in the club. This makes a big difference to both children.

ACTIONS TO HELP YOURSELF AND OTHERS:

- Make a list of people you decide you will make an extra effort to connect with this week. Put the list somewhere visible so you **act** upon it. Make a note in your notebook/journal of how it feels and maybe what people say when you have connected with them.
- Connect with someone to boost your own wellbeing – and theirs too!
- Think about the children and families you come into contact with and help them to see how they can connect with others and feel happier.
- Share a film clip, song or piece of music, art, photo etc that might mean something to someone
- Maybe at this time you are struggling to relate to anyone and cope with your emotions. There are suggestions for who you might be able to connect with to get the help you need.
<https://www.actionforhappiness.org/take-action/get-help-if-youre-struggling>
- Maybe you could do the free 10 Day Coaching Programme <https://10daysofhappiness.org/> It is a very simple process which I completed last week via a daily email, taking only a few minutes per day.

ACTIONS WITH CHILDREN

- Ask the children to make a list of the people who are important to them in their life. (VIPs) Then ask them to write down what qualities these people have, next to their names. Finally, ask them to do a drawing, write a note, make a card, tell them or message them why they are on their VIP list. After a week or so, ask the children what they did and what sort of response they received from their VIPs and how it felt.
- More ideas to use with children can be found in this book '50 ways to Feel Happy' – it is a wonderful resource for families and schools, with lots of practical ideas, created by Vanessa King, Peter Harper and Val Payne. <https://www.actionforhappiness.org/50-ways-to-feel-happy>

Best wishes for a happier week ahead and feel free to share this when you connect with friends, colleagues and family.

John Fardon (Education Inclusion Officer – Mental Health)

'No Man is an Island, entire of itself. Each is a part of the continent, a part of the main.' John Donne

