

Wellbeing Boost for Schools – Week Ten – Meaning 'Be part of something bigger.'

Welcome to our last Wellbeing Boost this term, which is about 'Meaning – being part of something bigger.' This could mean that we recognise something outside or inside ourselves that gives us a sense of purpose or meaning. For adults it could be a vocation, a calling or a faith. For children it could be about being part of an organisation that is bigger than the individual child, such as clubs, groups of children that love the same activities like Forest School or being part of a group that wants to make a difference to society. Have a look at this film clip.

<https://confidentparentsconfidentkids.org/2017/11/30/in-search-of-purpose/>

It is hard enough for us as adults to know what gives meaning or purpose to our lives, although for some of us it is clear; for children I would see it as part of our role as teacher or parent to help them discover what that might be.



Help the children to see how they are connected with the world around them.

- Ask them to draw a cartoon picture of themselves in the centre of an A4 page, then to draw connections (lines) with family, friends, activities and things about the world or universe they are really interested in. For those that don't want to draw they could make lists.
- Ask the children what they would like to do when they grow up. How might they be able to make a difference to the world?
- Ask the children to talk about what they already do to make a difference, even if it is to one person. Read this story to see what making a difference might mean. (Have a look at Protective Behaviours too)



<https://www.protectivebehaviours.org/protective-behaviours-resources-training-room/stories/68-the-starfish-story>

- Children could create their own coat of arms representing what has meaning for them in life, or a collage of images drawn or copied online.
- Create a research project with your children, asking them to find out about any people in the world that have made a positive difference to the world. Here are 40 examples, so click on each picture to find out what these children did, like Greta Thunberg or 9 year old Jahkil Jackson who helped the homeless in Chicago, with 3000 blessings bags.
- <https://www.goodhousekeeping.com/life/inspirational-stories/g5188/kids-who-changed-the-world/?slide=1>
- Think about what you could do as a class, school or family to make a difference to others and give a sense of purpose or meaning to life.
- Have you seen this? <https://thehappynewspaper.com/education/>

So what next for you and for where you live and work? What could you do to make even more of a difference to the lives of the staff, the children and families you work with?

Wishing everyone health and wellbeing as we move towards the Summer Term.

John Fardon (Education Inclusion Officer – Mental Health)