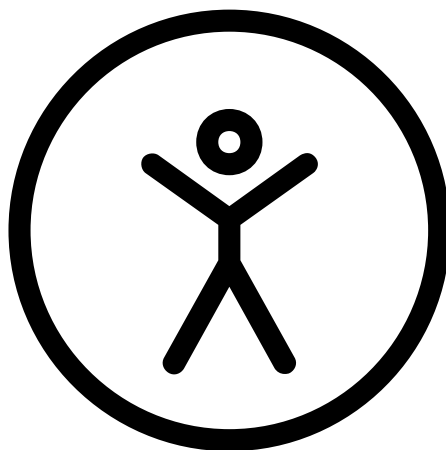




# FOCUS

Wellbeing



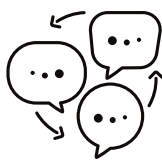
**Focus** is a tutor time resource which explores a different topic over 4 sessions and brings different aspects into focus. The sessions are designed to be around 15-20 minutes, with a clear aim set out for each one. The sessions include questions for discussion, a video to watch or an activity to be creative, a time to reflect, and a take-home focus point to share with students and challenge for students to give a go throughout the week. Resources are available at the back to aid the session content.

This **focus** is on the topic of **Wellbeing**.

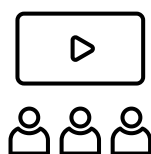
We are continually adding to this resource to make it the best and most helpful for both students and teachers. We would love your feedback by completing this short feedback **form**.



Aim



Discuss



Watch



Create



Reflect



Focus





# SESSION 1



Feedback [link](#)

## Connect



### Aim:

- To look at the importance of connecting with those around you and having a strong support network.
- The concept of asking twice will be introduced.



### Discuss:

Why do you think connecting with others is important?

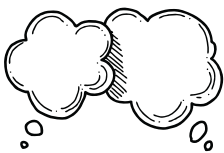
What are some of the different ways that you can connect with those around you?



### Watch:

Watch this short [video](#) on the importance of asking twice. After watching the video, discuss why it is important to ask twice.

This short 40 second clip introduces the important concept of asking twice. An acronym for fine can be **Feelings Inside Not Expressed**.



### Reflect:

Think about - Who are the people who make you smile? Who is someone who listens well? Who you can trust? Who you can have fun with? Who you can just be with? Who will make you laugh? Who you can vulnerable and honest with?



### Take Home Focus and Challenge:

**Focus:** Remember to ask **TWICE** as **FINE** = Feelings Inside Not Expressed.

**Challenge:** To ask twice over the next week.

# SESSION 2

## Be Active



### Aim:

- To look at the importance of being active and how this can impact upon our wellbeing.



### Discuss:

What difference do you think being active can have on your wellbeing?

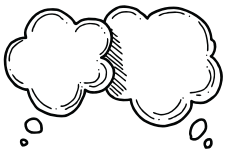
What are some different ways that you can be active?



### Watch:

Watch this [video](#) on some top tips on the importance of being active from different personal trainers.

In this short 1 minute clip, 3 different personal trainers share a top tip on the importance of physical activity and the impact it can have on how we are thinking and our overall wellbeing.



### Reflect:

What is one activity could you do this coming week to boost your mood?



### Take Home Focus and Challenge:

**Focus:** *Use activity as a mind state changer.*

**Challenge:** *Choose one physical activity that you could do this week whether it is going for a walk outside, a run, finding a workout on Youtube.*



# SESSION 3

## Take Notice



### Aim:

- To look at the importance of Taking Notice and how simple habits such as gratitude can help build our wellbeing.



### Discuss:

What are some things that you can take notice of around you?

Share with the person next to you whether you think being thankful can have an impact on our wellbeing?

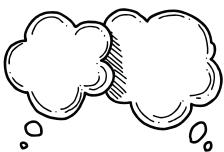
Tell the person next to you 3 things you are thankful for. Discuss how easy or difficult it was to think of things.



### Watch:

Watch this short 2 minute [video](#) clip on the Science of Gratitude and the difference that gratitude can have on our wellbeing.

After watching the video, have a go at creating your own gratitude list, this can either be done as a class, in groups or individually.



### Reflect:

Reflect for 30 seconds and then speak to the person next to you - what was one thing that stood out from the Science of Gratitude video.



### Take Home Focus and Challenge:

**Focus:** Taking notice allows us to come back to the present and to slow down.

**Challenge:** Write down 3 things each day that you are thankful for at the end of each day.

# SESSION 4



[Feedback link](#)

## Give



### Aim:

- To look at the importance of giving and how acts of kindness can boost our wellbeing.



### Discuss:

How important is kindness?

How do you think giving and being kind to those around us impacts our wellbeing?

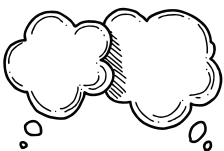
Can you think of a time where you have carried out a random act of kindness or someone has demonstrated you kindness? How did this make you feel?



### Watch:

Watch this short 2 minute [video](#) on the importance on kindness and the impact that it can have on our bodies.

In this short video, some of the key benefits of kindness are explored, such as the impact that kindness has on our wellbeing, by just carrying out one act of kindness daily.



### Reflect:

Reflect on the following statement for 30 seconds - "*Kindness all starts with one?*" What could you do? Share with the person next to you your thoughts.



### Take Home Focus:

**Focus:** "*Nothing beats kindness, It sits quietly beyond all things.*"

**Challenge:** What Random Act of Kindness could you carry out this week?  
Could you continue this for 6 weeks?

# RESOURCES



# WELLBEING PLAN

	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Connect	Text a friend							
Be active	Go for a run							
Take Notice	Write 3 things to be thankful for							
Learn	A new recipe							
Give	Write a card to a friend							







*Who are your go to people...?*

*Who do you trust?*

*Who is fun to be around?*

*Who can you just 'be' with?*

*Who listens well?*

*Who gives good advice?*

*Who makes you smile?*

*Who do you feel safe with?*

*Who is reliable?*

# GRATITUDE JOURNAL

## 21 DAYS TO POSITIVE THINKING

A GRATITUDE JOURNAL MIGHT SEEM LIKE IT IS TOO SIMPLE TO MAKE A DIFFERENCE, BUT PSYCHOLOGISTS HAVE FOUND THAT THIS SIMPLE ACT CAN HAVE AN EXTREMELY POSITIVE IMPACT ON YOUR WELLBEING. THERE ARE 3 SIMPLE STEPS, IT TAKES 3 MINUTES.

- EVERY NIGHT, JUST BEFORE YOU GO TO BED, SIT DOWN FOR A WHILE AND LOOK BACK AT YOUR DAY.
- THEN THINK OF 3 NEW THINGS THAT WENT WELL FOR YOU DURING THE DAY.
- WRITE THEM DOWN. REFLECT UPON EACH OF THEM.

READ MORE ON  
GRATITUDE HERE

DAY 1

1.  
2.  
3.

DAY 2

1.  
2.  
3.

DAY 3

1.  
2.  
3.

DAY 4

1.  
2.  
3.

DAY 5

1.  
2.  
3.

DAY 6

1.  
2.  
3.

DAY 7

1.  
2.  
3.

# GRATITUDE JOURNAL

## 21 DAYS TO POSITIVE THINKING

THE ACTION OF WRITING DOWN THREE THINGS YOU ARE GRATEFUL FOR IS A KEY STEP IN BUILDING POSITIVE THINKING AS IT HELPS TO CREATE PATHWAYS IN YOUR BRAIN AND MINDSET, IT HELPS YOU THINK AND REFLECT ON WHAT IT WAS AND WHY IT MADE YOU GRATEFUL.

I'VE ALWAYS BELIEVED THAT YOU CAN THINK POSITIVE JUST AS WELL AS YOU CAN THINK NEGATIVE.  
JAMES BALDWIN

DAY 8

- 1.
- 2.
- 3.

DAY 9

- 1.
- 2.
- 3.

DAY 10

- 1.
- 2.
- 3.

DAY 11

- 1.
- 2.
- 3.

DAY 12

- 1.
- 2.
- 3.

DAY 13

- 1.
- 2.
- 3.

DAY 14

- 1.
- 2.
- 3.



# GRATITUDE JOURNAL

## 21 DAYS TO POSITIVE THINKING

HERE ARE IDEAS AND EXAMPLES TO HELP YOU:

WHAT ONE GOOD THING HAPPENED AT YOUR WORK/SCHOOL/COLLEGE TODAY?

WHAT ONE GOOD ACT OF GENEROSITY OR KINDNESS YOU DID TODAY?

WHAT ONE THING MADE YOU SMILE, LAUGH OR MADE YOU THINK 'WOW!' TODAY?

FOR MORE TOOLS AND IDEAS FOLLOW

@PHASEHITCHIN

DAY 15

- 1.
- 2.
- 3.

DAY 16

- 1.
- 2.
- 3.

DAY 17

- 1.
- 2.
- 3.

DAY 18

- 1.
- 2.
- 3.

DAY 19

- 1.
- 2.
- 3.

DAY 20

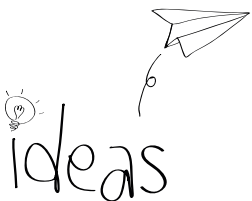
- 1.
- 2.
- 3.

DAY 21

- 1.
- 2.
- 3.

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@phasehitchin  
Charity No. 1154364**



**We are continually adding to this resource to make it the best and most helpful for both students and teachers,  
so if you see a need that you think would value from a Focus instalment, let us know.  
We would love to hear from you. Click [here](#).**