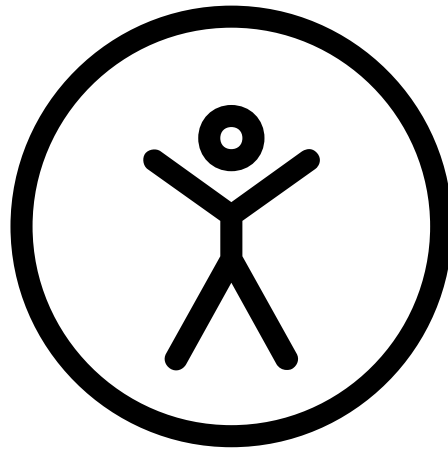




**FOCUS**

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



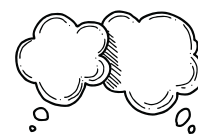
Discuss



Watch



Create



Reflect



Focus



# SESSION 1



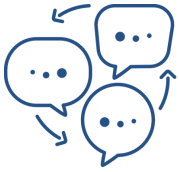
Feedback [link](#)

## 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?

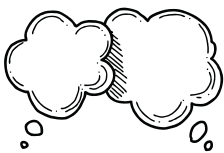
What are some of the different ways that you can connect with those around you?



### 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



[Feedback link](#)

## 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?

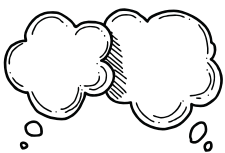
What are some different ways that you can be active?



### 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.*



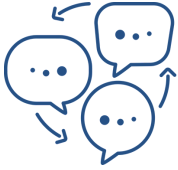
# SESSION 3

## 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?

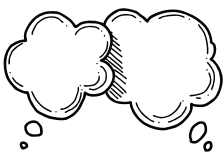
Tell the person next to you 3 things you are thankful for. Discuss how easy or difficult it was to think of things.



### 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?

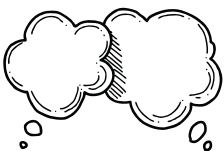
Can you think of a time where you have carried out a random act of kindness or someone has demonstrated you kindness? How did this make you feel?



### 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 and the impact that kindness has on our wellbeing, by just carrying out one act of kindness a day.



### 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.

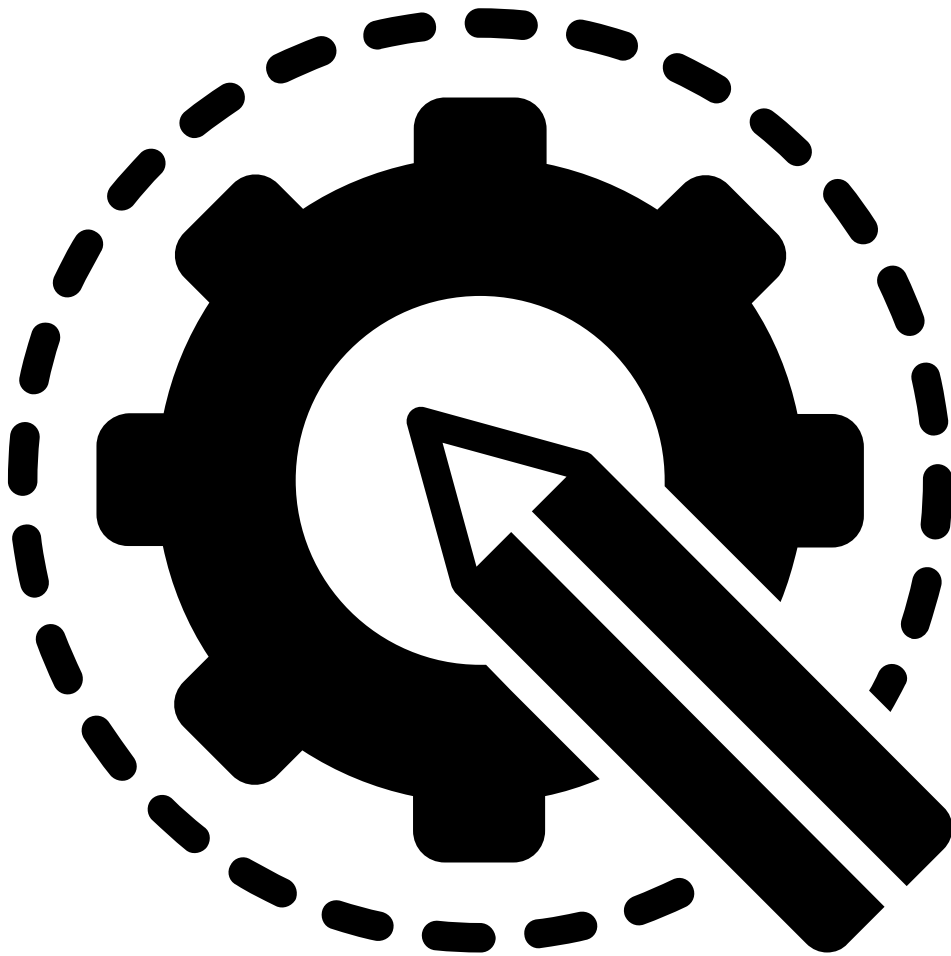


### Take Home Focus:

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

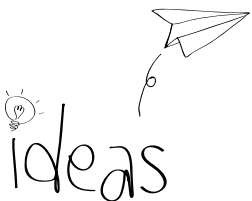
**Challenge:** *What Random Act of Kindness could you carry out this week? Could you continue this for 6 weeks?*

# RESOURCES



Phase Silverbirch Centre Bedford Road  
Hitchin, Herts, SG5 1HF.

phase-hitchin.org | office@phase-hitchin.org | 01462 422940  
@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](#).