

WELLBEING CURRICULUM

WELLBEING TOOLKIT

Created for our students at St Peter's.



Sustaining Wellbeing

THE UNPRECEDENTED

It is okay to not feel okay.

In this toolkit we have tools to keep you balanced in these unprecedented times.

The purpose of this toolkit is to help you sustain your wellbeing and maintain balance during the COVID-19 Pandemic and our school closing.

Maintaining normality is essential in times like this. We have included tools that you would have learnt in the wellbeing curriculum. Now is not the time to learn new tools; we want you to use the ones that you have acquired - pull these from your kete. This is what the wellbeing curriculum is about. You have learnt so many tools and skills and now during the tough times, it is up to you to pull on these tools to help you be resilient.

Self-care is important and we want to empower you to look after yourself. This in turn will help and inspire others to lead themselves.

Let's take measured responses to keep calm in what can be challenging times. We have broken down the four dimensions of Te Whare Tapa Wha to help you sustain wellbeing and balance.



This toolkit:

Sustaining Wellbeing
PAGE 01

Embracing uncertainty
PAGE 02

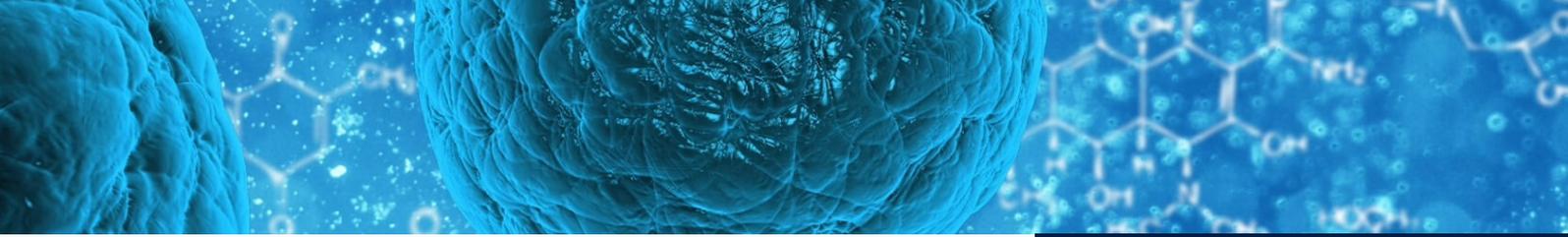
Physical Toolkit
Taha Tinana
PAGE 03-06

Social Toolkit
Taha Whanau
PAGE 07-08

Mental & Emotional Toolkit
Taha Hinengaro
PAGE 09 - 12

Spiritual Toolkit
Taha Wairua
PAGE 13 - 16

Daily checklist to
maintain balance and
calm
PAGE 17



Embracing Uncertainty

ADAPTED FROM MAYA NOVA

The fear of the unknown is full of uncertainty. As we wait to see how things unfold, here are some points for reflection to help stay focused, calm and kind.

1. Don't catastrophise

Stay close to the facts. Don't concentrate on what might happen, as it does not mean it will happen. Stay focused and 'control the controllable'.

2. Respond rather than react

How you respond to uncertainty depends on your mindset. Ask yourself,

- What can I control in this situation?
- What is the opportunity I haven't seen yet?
- What is a simple next step?

3. Be present

Sometimes when we worry, we are not present and our ability to see things is compromised. Find clarity and refocus. Focus your attention on what you can hear, see, smell. For a moment, stay present.

4. Be kind

These are times where we need to consider those who are more vulnerable than us; such as the elderly or people running a small business. Let's make sure we are 'good' humans in these trying times.

How you respond in the following hours, days, weeks, will be testament to your character. Be that person that responds positively. Let your actions show resilience. By remaining aware, resilient people can maintain control of a situation and think of new ways to tackle problems. You are in control.

Resilient individuals are able to calmly and rationally look at the problem and envision a successful solution.

Even in the face of events that seem utterly unimaginable, resilience allows people to marshal the strength to not just survive but to prosper.

HOW WILL YOUR ACTIONS SHOW RESILIENCE?





Taha Tinana - Physical Wellbeing Tools

We have included some basic:

- Nutrition advice
- Hygiene practice
- Sleep guidance
- Physical activity recommendations and workout plans

NUTRITION

Meal time and frequency is important for your optimal health. Your body will thank you. This will help with digestion but also with energy levels.

We want you to: _

1. **Maintain normal routines as if you were at school.**

Breakfast should be between 6am - 7am. Food such as:

Porridge, whole wheat toast, eggs.

Lunch approximately 12.30pm. Food such as:

Lean protein, carbohydrates; brown rice, pasta, Fibre and good fats.

Dinner at approximately 6.00pm. Food such as a protein, a complex carbohydrates, fruits and vegetables.

Snack ideas:

The goal with snacks is to tie you over to the next meal - not fill you up. Food such as:

Banana, smoothie, yoghurt, nuts, chia pot,

HYGIENE

Wash your hands often

Use warm water and scrub with soap for at least 20 seconds before drying your hands thoroughly. You can also use hand sanitiser if your hands are not visibly dirty.

Avoid touching your eyes, nose and mouth with unwashed hands.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your elbow. Throw used tissues in a lined trash can and immediately wash your hands with soap and water for at least 20 seconds, making sure you dry them thoroughly. You can also use hand sanitiser.

Be mindful of your **phone / device - wipe this down** with a antibacterial wipe to keep germs at bay.



Taha Tinana - Physical Wellbeing Tools Continued

SLEEP GUIDANCE

Now is not the time to be sleeping in / taking naps.

Getting enough quality sleep helps support healthy brain function and maintain your physical health. In children and teenagers, sleep is important for growth and development.

Insufficient or poor quality sleep can affect how you think, react, work and learn, as well as your relationships with others. Ongoing poor sleep can also increase your risk of some chronic health conditions.

You should be regularly sleeping 8–10 hours each night. However, some people naturally sleep slightly less or more than these recommended hours.

It is not just the amount of sleep that is important but also the quality of that sleep. The tips below may be helpful:

- Have a regular bedtime and wake up time.
- Have a regular bedtime routine. This might include having a shower, brushing your teeth, then heading to bed. Quiet activities, like reading, are good before bed.
- Avoid active games, playing outside and screen use (eg, TV, internet, electronic games, etc) in the hour before bedtime. Try dimming the lights earlier.

PHYSICAL ACTIVITY RECCOMENDATIONS

Remaining active is one of the best things that you can do for yourself now. We have included a range of work-outs for you. **Get out and be active every day.** This is key to maintaining wellbeing!

Pick one activity from the workout plans and complete at your own pace. There is a variety dependant on your ability. Of course if you have your own programme; do that. Just get active!



Taha Tinana - Physical Wellbeing - Workout Plans

We want to provide you with a range of physical wellbeing workout plans for you to partake in. Do these at your own pace, just make time to get out there and be active as this will help all aspects of wellbeing.

Physical Wellbeing – Workout Plan

OPTION 1 AMRAP

(As many rounds as possible in time)

Seniors – 10 min
Juniors – 6 min

If you are unsure of any exercises, google them

10 min warm up on bike or jog
OR

2 minutes Skipping

20 x Bench Step Ups

20 x Squats (no weights)

1 min Plank

10 x Split Squat Lunge

10m Single Leg Hops Forward (each leg)

10 x Tuck Jumps

15 x Prone Knee Thrust (5 outside
elbow/chest/across inside elbow)

20 x V Sit-Ups

10 x Back Bridge – each side

10 x Burpees

Physical Wellbeing – Workout Plan

OPTION 2 CARDIO

Pick one of the following “Cardio Choices” and do this for 20 minutes.

If you can measure the distance this is great as your aim next time is to get further than this. Or you can increase the time the second time you do it. For example, increase by 5 minutes.

- ❖ Spin Bike
- ❖ Running outdoors
- ❖ Swimming
- ❖ Walking
- ❖ Rowing machine

Physical Wellbeing – Workout Plan

OPTION 3 FUNCTIONAL MOVEMENT

This workout is to help you develop strength This will help you build muscle and boost metabolism.

Warm up – 5 min easy jog

5 Exercises with quality form.

Balance left foot x 20 seconds – switch legs

Push-ups x 15 seconds

Lunges x 20 seconds – alternate legs

Sit-ups x 15 seconds

Two-foot jumps over box or something similar x 20
seconds

Rest between exercises x 30 seconds
2 – 3 circuits

Physical Wellbeing – Workout Plan
OPTION 4 YOGA

You may need some time to be present.

Here are is great You Tube Clip that many of our students have used.

Yoga For Teens – Yoga With Adriene (20min)



Click / or copy and paste the below
hyperlinks to get video

Yoga For Teens – Yoga With Adriene
(20min)

<https://youtu.be/7kgZnJqzNaU>

Rainbow Yoga, Yoga for All Ages! Yoga
With Adriene (17min)

[https://www.youtube.com/watch?
v=dF7O6-Qablo](https://www.youtube.com/watch?v=dF7O6-Qablo)

Rainbow Yoga, Yoga for All Ages! Yoga With Adriene (17min)





Taha Whanau - Social Wellbeing Tools

It is in times such as now where everyone responds in different ways. This can be a stressful time for people and communities. People are all affected in different ways. It's important for your wellbeing to stay socially connected. For example, video calling, social media and phone calling are all great ways to keep connected. We don't want to practice social distancing, rather physical distancing. Social connection is important but we may have to be creative!

- Think of ways you can keep in touch with friends/family. Social media is a great tool!
- What can you do to help others? Can you mow the neighbours lawn/write a nice message to someone to show kindness.
- Consider the elderly; what can you do to help?
- When you are on social media, don't forget where you focus your attention - focus on the good!
- Engage with people and the stuff that makes you happy.
- Remember the Gottman 5:1 ratio - do you have 5 interactions which are positive to every negative interaction?





THERE ARE SO MANY
Beautiful
REASONS
TO BE
HAPPY
DU BONHEUR

Taha Whanau - Social Wellbeing Tools Continued

Reasons to share strengths

What can you do to share strengths?

Appreciating beauty & excellence. For example, if you play music - go outside and play so the neighbours can enjoy. .

Social intelligence. Are you aware of people's feelings and what they need, and helping make it happen. What will you do at home/homestay to help family? Is it cleaning? cooking? babysitting? help where you can.

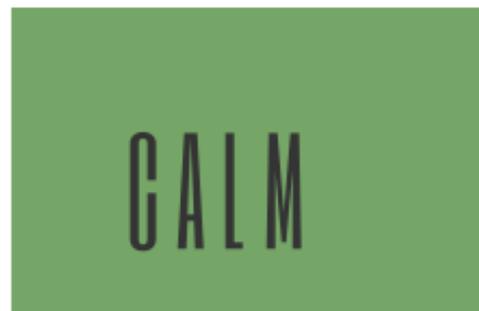
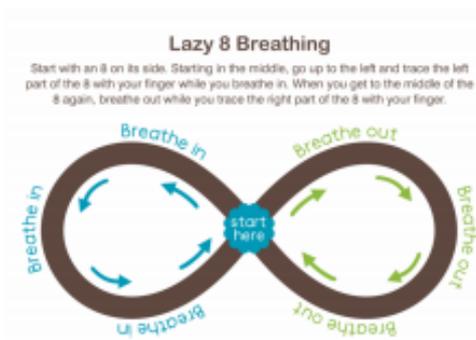
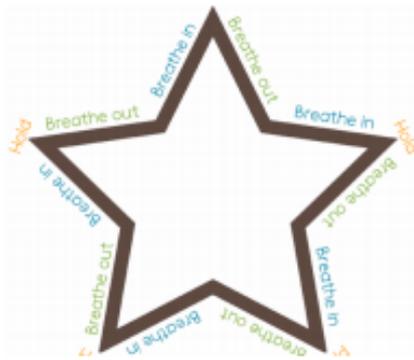
Self control. You need to be mindful of your actions and how they affect others.

Celebrate your strengths - use them and strength spot in others.



Taha Hinengaro - Mental & Emotional Wellbeing Tools

You are in control of your thoughts. This is about how we think, feel and behave. Below are some tools if you feel overwhelmed at any time.



LEADING A CALM MIND

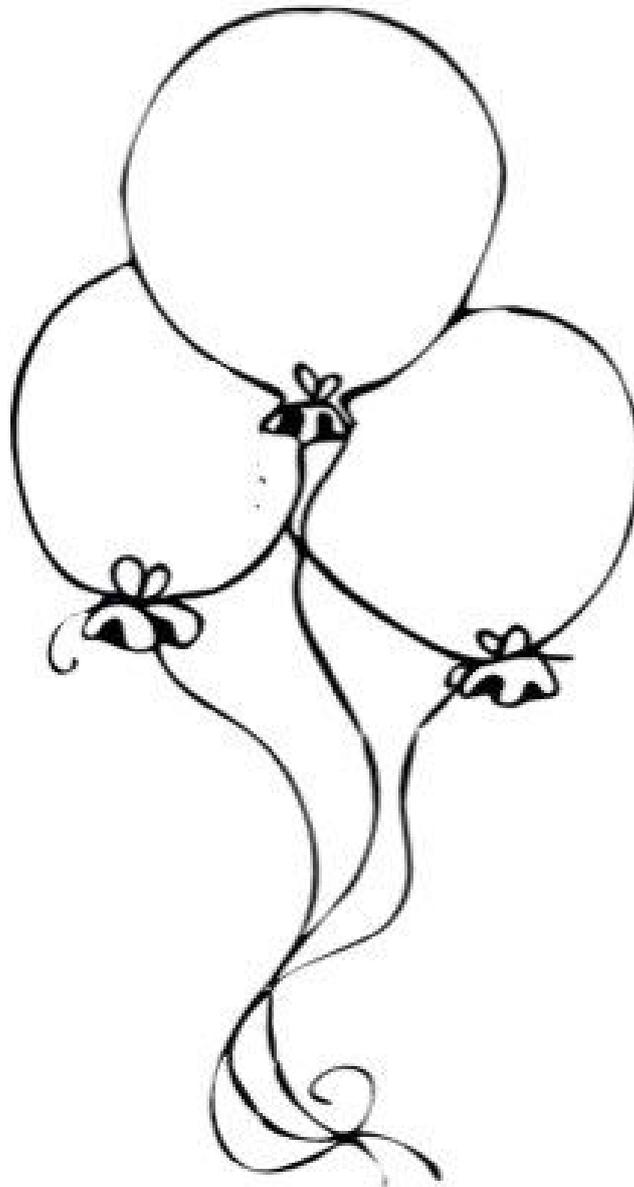


Taha Hinengaro - Mental & Emotional Wellbeing Tools

Let it go.

|

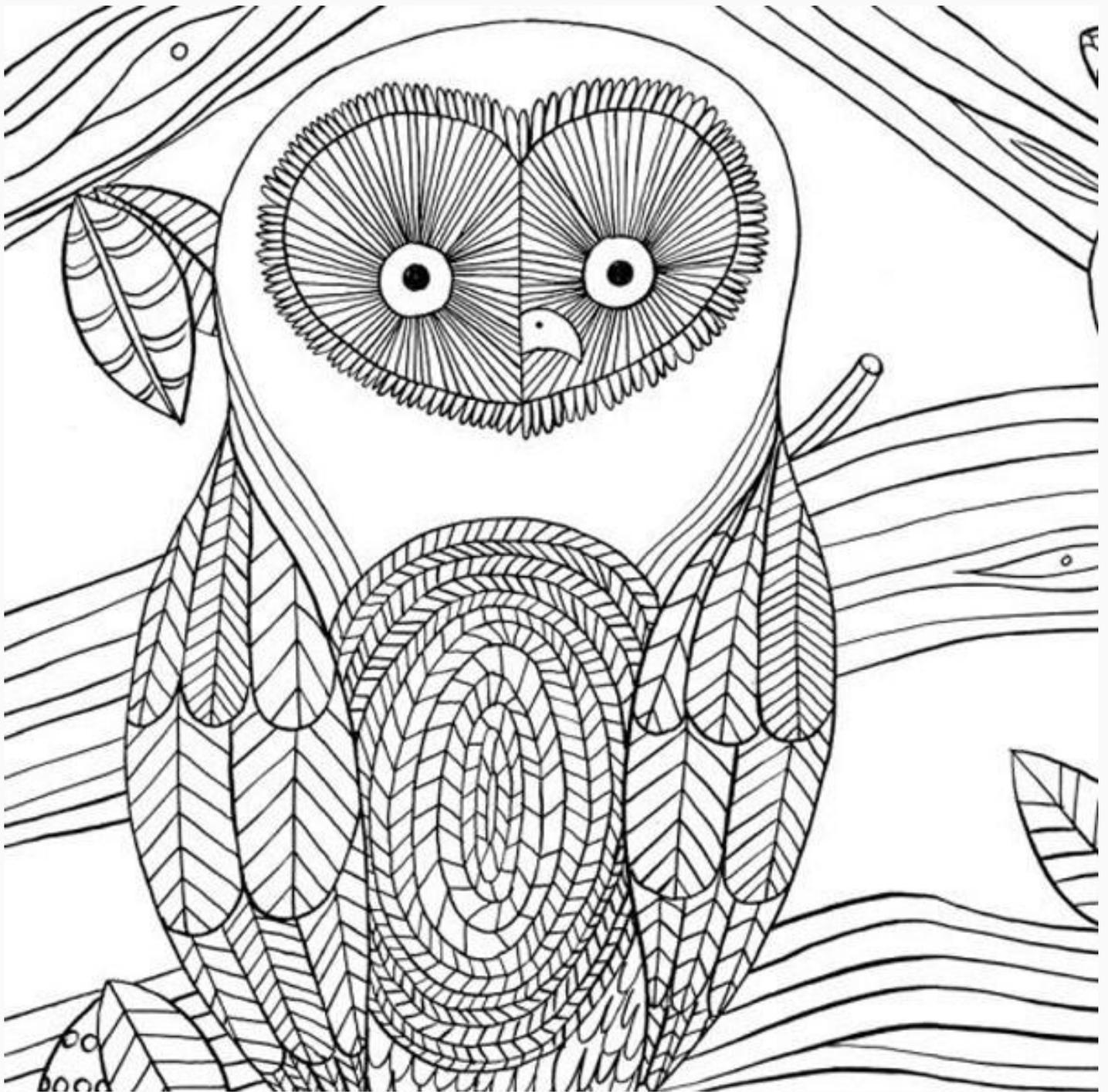
Sometimes, we get upset over things that we can't change or control. It can help if we tell ourselves to "let go" of those things! What can you let go of? Draw or write it in the balloons, and let them go!



© LeftBrainBuddha.com

Taha Hinengaro - Mental & Emotional Wellbeing Tools

Mindfulness Drawing





Taha Hinengaro - Mental & Emotional Wellbeing Tools

You may link to use download these apps:

- Smiling Mind - practice your daily meditation and mindfulness exercises from any device
- Headspace - meditation and sleep
- Calm - medication and sleep
- Mind shift CBT - relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

If you need any support with anxiety, distress, mental and emotional wellbeing, you can call or text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

John Heywood said "Rome wasn't built in a day". But bricks were laid every hour. Small actions make a difference. You can start small. You can simply apply another tool to help wellbeing.

You don't have to build everything you want today, but you do have to find a way to lay another brick.



Taha Wairua - Spiritual Wellbeing Tools

Focus on what is good not on the negative

MATTHEW 6:34

***“So don’t worry about tomorrow,
for tomorrow will bring its own worries.
Today’s trouble is enough for today.” (NLT)***

One of my wife’s favourite devotional teachers is David Reay. He recently wrote, “We are pretty good at two things: one is worrying; the other is telling ourselves and others not to worry! It seems even Jesus tells us not to worry. Easier said than done, but wise advice all the same.”

The general principles that David was trying to teach are that God is in control even when we aren’t; God cares deeply for us and for his world; and God always transforms all circumstances for good and for his glory.

As the passage reminds us, we don’t know what tomorrow will bring. David explained: “We worry largely because we fear things are out of control. And for people such as us who like to imagine we are in control, anxiety about such loss can overwhelm us. It is a good time to remember that ultimately we are not in control of our world.” He goes on to quote the old preacher Charles Spurgeon who once said, “Worry doesn’t empty tomorrow of its sorrow, it only empties today of its strength.”

Therefore, I would encourage us to put away our phones and turn off our televisions, so that the overwhelming negativity that often comes through media on our devices does not consume us with doom and gloom. Rather we should embrace what the Apostle Paul in the Bible suggested for such difficult times as these: “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” (Philippians 4:8). And I would add, that it is important to remember that there is a God who loves you more than you know and that he is always in control of what is happening in the world.

The following spiritual tips should help you turn your eyes from any stresses you are experiencing and help you to find spiritual peace.



Taha Wairua - Spiritual Wellbeing Tools Continued

Meditating on God's goodness

Throughout the Bible, meditation is encouraged. It is less about breathing techniques and emptying one's mind and more about focusing on a particular verse or passage of scripture. The idea is to meditate on the words spoken so that you can embody them. As God said to Joshua in the Old Testament, 'Meditate on my word day and night'.

One of the major themes that we are encouraged to meditate on is 'Do not worry, for I the LORD am with you'. Indeed this phrase or one very similar, 'Do not fear', is probably the most quoted idea throughout scripture. In today's world, these words speak into our fear, anxiety and worry.

To the right, I have written out several uplifting Bible verses for you to consider. I encourage you to write one out on a card and place it in your pocket so that you can read it and reflect on God's wonderful promises. Personally, I use these and other Bible passages for my passwords, then I can constantly be reminded of how much I am loved.

My favourite quote is Philippians 4:4-7 – the passage does not just address worry, it reminds me that I should be rejoicing in all circumstances, because God's supernatural peace shall remain upon me no matter what transpires.



Taha Wairua - Spiritual Wellbeing Tools Continued

Bible Passages

Isaiah 41:10

“So do not fear, for I am with you;
do not worry, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.”

Isaiah 43:1,5

“Do not fear, for I have redeemed you;
I have called you by name; you are mine.”

Deuteronomy 31:6

“Be strong and courageous. Do not be afraid or terrified of anything, for the Lord your God goes with you; he will never leave you nor forsake you.”

Philippians 4:4-7

“Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Examples of reflection points:

- Ø Do not fear for God is with you
- Ø Do not worry because you have a God that loves you. He wants to be your God.
 - Ø You will find strength, help, love and support in him
 - Ø You are not alone
- Ø God has paid a price to rescue you. Indeed, God would pay any price to save you.
 - Ø He knows you by name, and you are part of his family
 - Ø You can find the courage within, because God walks with you
 - Ø You are never alone, God will always be with you.
 - Ø He loves you and is dependable.
- Ø Rejoice, no matter what, rejoice. This concept is less about pleasure or happiness and more about 'joy' – knowing you are loved and you have an eternal future.
 - Ø There is nothing to fear because God is with you.
- Ø Therefore, talk to God – pray for others, ask for anything, and give thanks in all things.
 - Ø God guarantees to give you peace through his son, Jesus Christ.



Taha Wairua - Spiritual Wellbeing Tools Continued

A Thankfulness Prayer Walk challenge

Most people love spending time outdoors. And many people find themselves physically, emotionally and mentally refreshed from the day-to-day stresses of life. However, a spiritual or thankfulness prayer walk brings an added bonus - a conversation with the one who created and owns the very environment that we walk in.

A thankfulness prayer walk allows you give thanks to someone, and that someone is God. As you walk and give thanks for your ability to walk in nature and to see, hear and touch the beauty around you ... you will find that you are not alone. You will become overwhelmed with the presence of God and you will find it easy to give thanks for so many other things in your life. Fear, anxiety, regret will fade away from your mind and you will become overwhelmed with your many blessings.

There is a fantastic example of this in Psalm 136 of the Bible. The writer gets so carried away with his blessings and God's goodness he can't contain his exuberance, and so he writes over and over and over again: Give thanks to the LORD, for he is good. His love endures forever. Give thanks to the God of gods. His love endures forever. Give thanks to the Lord of lords: His love endures forever.

By the end of the Psalm as he mentions all the things he is thankful for, and reminds himself of God's love, you want to tell him to stop. But he can't! And I am guessing that you won't be able to either. You will experience the joy of being grateful for God's many blessings to you.

Listening to Chapel songs

Most Sunday mornings, my family climb out of bed and one of us will turn on their favourite playlist of Christian songs. I tend to like the old hymns but these don't tend to be received too well in my household, as the rest of the family enjoy modern songs by Hillsong or other Christian bands. Many of you might think that any music will do to brighten up your morning. But I would encourage you to limit your selection to Christian 'worship' music as it is incredibly positive and uplifting.

Daily checklist

TO MAINTAIN BALANCE AND CALM

Learner Profile	Have you...	Mon	Tue	Wed	Thu	Fri
Organised	Got a study space organised? Learning plan for the day.	<input type="checkbox"/>				
Thinker	Complete the tasks set by teachers by the deadlines?	<input type="checkbox"/>				
Balanced	Completed a physical workout?	<input type="checkbox"/>				
Inquirer	Find an exciting link to your current units (a movie, a podcast, a documentary) which shows you the ideas in a different or new way?	<input type="checkbox"/>				
Risk-taker	Try at least one new thing today? Foods, friends, experiences, music, ideas?	<input type="checkbox"/>				
Caring	Check in with others, see if they are ok? Your family? Your friends? Yourself?	<input type="checkbox"/>				
Communicator	Shared what you have learned with someone? Discussed with your family? Via social media? (#remotelearning) Shared successes with teachers?	<input type="checkbox"/>				
Open-minded	Challenge yourself to try something new, or considered a different perspective?	<input type="checkbox"/>				
Reflective	Shown gratitude	<input type="checkbox"/>				
Strengths	Have I used strength today?	<input type="checkbox"/>				
Goal setting	What are you focusing on tomorrow?	<input type="checkbox"/>				
Helped at home	Have you helped around home? Cooked dinner/ done washing/cleaned.	<input type="checkbox"/>				
Wellbeing	Have you hunted for the good?	<input type="checkbox"/>				

1. Find a quiet, comfortable place to work and read.
2. Take breaks, move regularly and keep to a routine.
3. When working, switch off all notifications, phones, etc.
4. Drink water and eat healthily.
5. If in doubt, check with your teachers / deans.
6. Pay attention to your emotions and feelings before going to sleep each night.
7. If you feel lost, lonely, helpless or anxious, seek help from others.

Kia Kaha



St Peter's Cambridge

NEW ZEALAND