

Assembly Plan

**Aims: To introduce the concept of wellbeing
To highlight 3 easy ways of increasing your own wellbeing**

Slide 1

When the day draws close to the end, how do you feel? What is running through your mind?
Do you regularly take a moment to stop and think or reflect about what you could do better? Most of us have so many things that seek our attention that it's easy to lose sight of ourselves. Are we eating properly? Are we listening to one another?

Slide 2

So before we do anything else let's do a quick survey

Play "would you rather..." (using a show of hands)

Snapchat or Instagram?
Food or Sleep?
Super fast or super strong?
Invisibility or ability to fly?

If you're feeling stressed after a difficult day in school...would you rather go for a run or have a relaxing bath?
If you're feeling sad...would you rather be alone, or surrounded by people?
If you're feeling angry...would you rather play a computer game or a sports game?
If you're feeling worried...would you rather write in a journal or chat to a friend?

It seems like we all experience those feelings at times, even if we respond to those feelings in different ways. Knowing how to cope with different feelings is a really good skill to have.

Slide 3

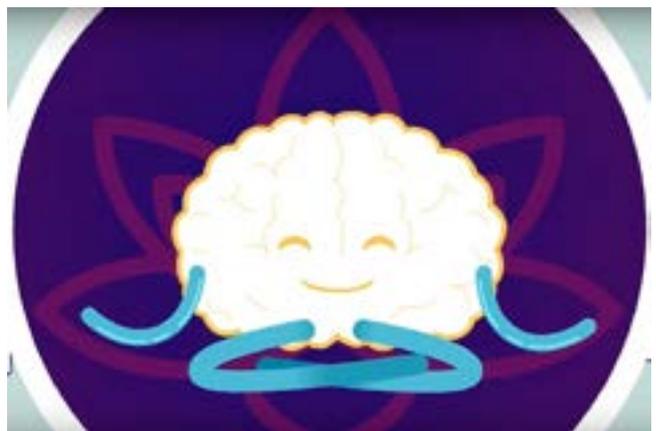
Show film

Slide 4

Have you ever taken the time to really think about your wellbeing?

"Health is more than the absence of disease. It is a state of complete physical, mental and social wellbeing" (World Health Organisation, 1948)

Wellbeing is not just about fixing what is broken, but about learning and taking care of ourselves - emotionally, physically, socially and spiritually. It's a little bit like taking daily vitamin supplements to make sure that you have all the nutrients that your body needs ahead of time to help you stay in good health.





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Slide 5 and 6

As you all saw, the film gives three simple areas in which we can make positive changes to improve our wellbeing:

1. Mindfulness – is about being conscious or aware especially in the present moment.
2. Exercise – a simple run, walk or jog
3. Sleep –
As a recommended guideline (Choose which applies)
 - children aged 6-13 should be getting between 9-11 hours of sleep each night
 - Young people ages 14-17 should be getting between 8-10 hours of sleep per night
 - Young adults aged 18-25 should be getting on average of 7-9 hours of sleep per nightToo much or too little sleep upset the balance in your brain and the rest of your body.

Slide 7

There are so many things we that we could start doing to improve our wellbeing and take better care of ourselves.

What one thing are you going to take away and start doing today?

Little and often helps make the difference. Before you know it, the change you make will become a positive habit and you'll start to do it automatically.

Dont forget to complete the feedback forms following delivery of this lesson.

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