



Winter wellbeing toolkit

There is a lot of joy and happiness associated with the festive season, but for some it may not always be a positive time. The shorter days, colder temperatures and the pressures associated with this time of year can impact many people, adults and children alike.

In this toolkit, we're sharing resources to help boost winter wellbeing – classroom activities to run with your pupils and tools to help them manage their emotions, as well further sources of support for staff.

Resources

For pupils

[12 days of positivity](#) – Mentally Healthy Schools

Focus children on the positives of 2022 and get them thinking with optimism about the future with this calendar.

[Winter wellbeing bunting](#) – Mentally Healthy Schools

This winter-themed colouring in activity can help children to focus on the present, and encourages them to think of a positive word to describe themselves.

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Anna Freud
National Centre for
Children and Families



Sign up to the
Mentally Healthy
Schools newsletter
for more resources

[Mindfulness calendar](#) – Mentally Healthy Schools

This is a two-week calendar with daily mindfulness activity suggestions. Use it in the last weeks of term to encourage children to focus on what's around them to find a sense of calm.

[Tools for managing emotions](#) – Mentally Healthy Schools

The festive season can mean intense emotions for children. These tools are designed to help children understand and manage their emotions and feelings, and stay calm and in control.

[My self-care plan: primary](#) – Anna Freud Centre

This self-care plan walks primary-aged children through a series of steps, helping them create a simple self-care plan that works for them.

For staff

Education Support is a charity supporting the mental health and wellbeing of teachers and education staff in schools and colleges. These resources may be useful for staff to refer to during the lead up to the Christmas break:

- [Saying no – advice for setting boundaries](#)
- [Breathing exercises for beating stress and creating calm](#)
- [Managing anxiety](#)

If you need more direct support, you can call the Education Support helpline on 08000 562 561.



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