My Wellbeing Toolkit

1. Talking to a trusted adult. (1 mark)

Working: Sharing worries with a teacher or parent helps reduce the burden of anxiety.

Accept 'Talking to a trusted adult'.

2. Physical exercise. (1 mark)

Working: Physical activity releases endorphins which help clear the mind after a stressful day.

Accept 'Physical exercise'.

3. Getting enough sleep. (1 mark)

Working: Consistent sleep patterns are essential for concentration and mood regulation in Year 6.

Accept 'Getting enough sleep'.

4. Writing a journal. (1 mark)

Working: Journaling allows for private expression of emotions without the pressure of speaking aloud.

Accept 'Writing a journal'.

5. Mindful breathing. (1 mark)

Working: Controlled breathing is a physiological technique to lower heart rate and induce calm.

Accept 'Mindful breathing'.

6. Engaging in a hobby. (1 mark)

Working: Focusing on a hobby provides a positive distraction and a healthy way to process complex emotions.

Accept 'Engaging in a hobby'.

What a secure answer looks like

A secure answer demonstrates an understanding that different strategies are suited to different emotional states. Students should be able to link the specific problem to the most appropriate tool from the bank.

If your child is stuck

Ask the child to imagine how they feel when they are worried or sad, and which activity makes them feel most relaxed or safe. Remind them that there is no single 'right' answer for everyone, as different people find comfort in different things.

Common mistakes to watch for

Students may think there is only one correct strategy for each situation, whereas many strategies (like exercise or hobbies) can be used for multiple scenarios. Some may also confuse 'talking to an adult' with 'writing a journal' if they struggle to distinguish between external and internal processing.