



Wellbeing Workout – Lucy Staniforth

England Lioness and Aston Villa midfielder

Teamwork

I work well with other people to achieve a common goal.

I can lead and be led.

My brain is wired for relationships, and releases oxytocin to help me feel connected to others when I am shown respect and trust.

Kindness

I show empathy, understanding and care for others.

I am kind to myself too.

Acts of kindness increase self-esteem, empathy, compassion and improve my mood.

Resilience

I can keep going and bounce back from setbacks.

Bouncing back from difficulties and not being stressed by them, changes how I feel. Resilience can also reduce the impact of past negative experiences.

Kindness



Kindness

"It only takes one smile to someone each day and it could change their day. It is so much better to connect to people."

Using sticky notes, write a compliment or draw a big smile and walk around giving them to each other. Make sure everyone is included!

Resilience



Teamwork



Teamwork

Being a good team player is crucial for many things we want to do in life. Draw a picture that represents your best self. Include things that clearly show what you're good at, what makes you special and what you can bring to a team or group. Explain your picture to your partner.



Resilience

Be a resilience detective, interview a friend or family member, and ask them when they last had a setback and what they did to get over it. Ask them how they felt before, during and after the incident. How did the experience boost their self-belief?



Teamwork

Write a list of all the character strengths that are needed in a team. Which seem the most important to you?



Kindness

List seven kind acts you can aim to perform over the week. By performing acts of kindness each day, we build up healthy habits of helping others.



Resilience

Design a shield of different things that help you feel better when you've had a setback – these might include playing music or a game, sports or cooking.

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