

5 Ways to Wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.

Trying these things could help you feel more positive and able to get the most out of life.



Wednesday, 30 December 2020

CONNECT

Connect

with your friends, family, neighbours and peers

<https://vimeo.com/409485558/6ab633d711>



Letstalkherts.org



CONNECT

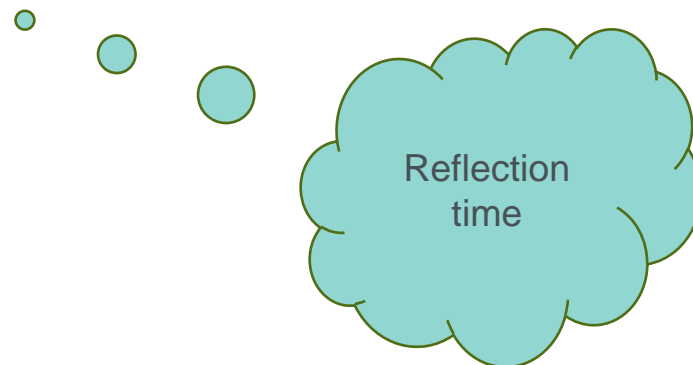
Take 1 minute to think about someone in school who would benefit from more connection.

Think about everyone, not just your friends

Make a point to connect with them today.

E.g.

- ☐ Chat with them at break time
- ☐ Sit with them at lunchtime
- ☐ Connect with them on social media



Wednesday, 30 December 2020

GIVE

Give

“Its more blessed to give than to receive”

<https://vimeo.com/409485462/84e96df0b4>



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GIVE

Take 1 minute to think about how you can give to your school community and your home community

Ideas:

- ☐ *write a card to a family member*
- ☐ *write a note to an elderly neighbour*
- ☐ *pick up litter you see around school*
- ☐ *encourage and be kind to other pupils in your taxi*
- ☐ *chat to pupils who are stood on their own*
- ☐ *write a thank you card for a member of staff*

Plan which idea you will do this week and then share with the group

Reflection time



ts.org

NOTICE

Take notice

Of your surroundings

<https://vimeo.com/409881686/eb8d688a45>



Stop

Stop what
you're doing.



Take Notice

Look around
and the people
you share this
moment with.



Awareness

A greater
awareness of
your
surroundings
and your mind
can sometimes
be called
mindfulness.



Mindful

This can make
you feel more
positive.

Wednesday, 30 December 2020

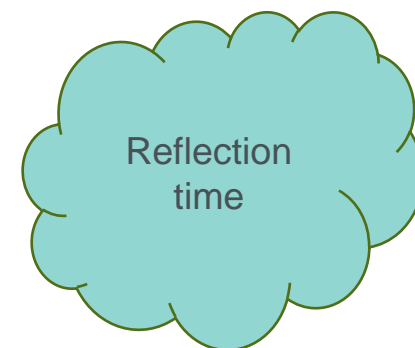
Take notice

Of your surroundings

NOTICE

Think for 1 minute about things you have noticed about Autumn

Then share with the pupil next to you.



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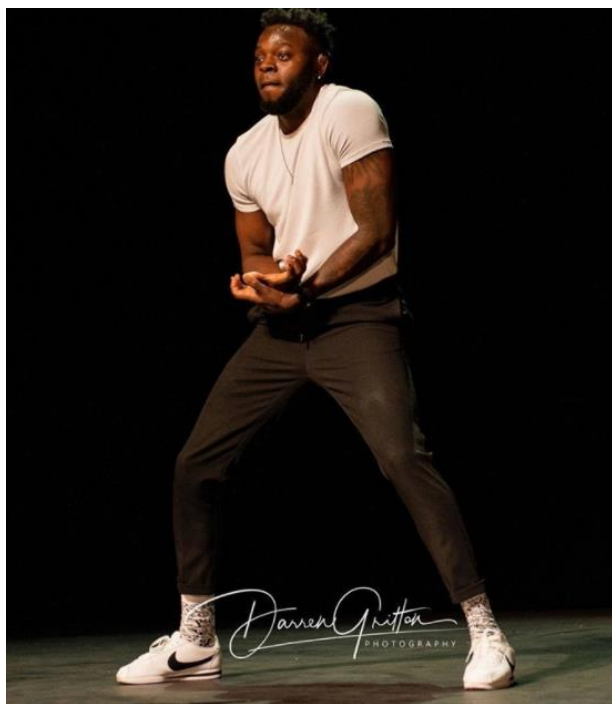
Wednesday, 30 December 2020

Be Active

Get your heart beating 😊

<https://vimeo.com/409881824/8aa4864bfe>

RAD Keep Fit sessions including Dance Lessons with Chris Fonseca



BE ACTIVE

- Football at break/lunchtime
- Trampoline at break/lunchtime
- Exercise equipment at break/lunchtime
- 10 minutes stretching before bedtime.
- Walk at the weekends
- Exercise sessions online



BE ACTIVE

Be Active

Get your heart beating 😊

Think for 1 minute about new ways you could be active. What are you going to try?

Then share with the pupil next to you

Reflection
time

Wednesday, 30 December 2020

Keep Learning

Try something new

<https://vimeo.com/409881983/2b67071c12>

RAD Cake Competition



Royal Association for Deaf people shared a post.

28 mins · 🌐

Festive cake competition!

Enter our competition and design a three-tier festive cake!

Deaf children up to age 18 can take part

Be creative! Design your three-tier cake, show us how you would like it to be decorated and choose the flavour of your cake too.

Flavours to choose from: Chocolate, Chocolate Orange, Vanilla, Carrot, Red Velvet, Lemon, Toffee, Ginger, Fruit

Prize: The winner will receive the actual cake with their design for FREE!

*Winning design will be created as close as possible to the design.

*Delivery only available within 30 miles of Essex.

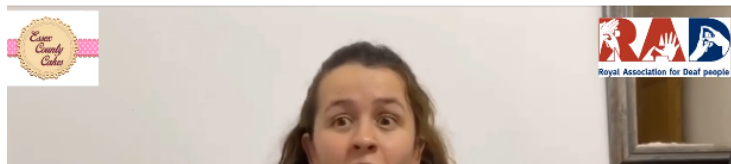
Closing date: Sunday 15th November

You can use this template: www.royaldeaf.org.uk/cakecompetition

Please send your design to CFT@royaldeaf.org.uk with your name, age and email address.

Good luck!

Supported by [Essex County Cakes](#)



LEARN

Learn to Dance with Chris Fonseca



Learn to Cook in BSL

PLAY ALL

BSL Cook with RAD

2 videos • 30 views • Last updated on Oct 28, 2020

🔍 ✂️ 🔄 ⋮

ook with RAD in British Sign Language (BSL)

lenty of meal inspiration and enjoy these delicious recipes.

om Leah Michaelides at Eat Food Love, and Grace uckle from Pack a Punch

Royal Association for Deaf people

SUBSCRIBE

- 1 BSL Bake with RAD: Halloween Pumpkin Cakes
Royal Association for Deaf people
WATCHED 7:01
- 2 BSL Cook with RAD: How to make Biome Broth soup with Leah Michaelides
Royal Association for Deaf people
8:25
- 3 BSL Cook with RAD: How to make Mexican burritos with Grace Buckle from Pack a Punch Ltd
Royal Association for Deaf people
8:20
- 4 BSL Cook with RAD: How to make Moussaka with Leah Michaelides
Royal Association for Deaf people
7:40
- 5 BSL Cook with RAD: Coffee and Walnut Cake with Leah Michaelides
Royal Association for Deaf people
8:16
- 6 BSL Cook with RAD: Aquamarine Coloured Coconut Cheesecake with Leah Michaelides
Royal Association for Deaf people
4:17

Wednesday, 30 December 2020



LEARN

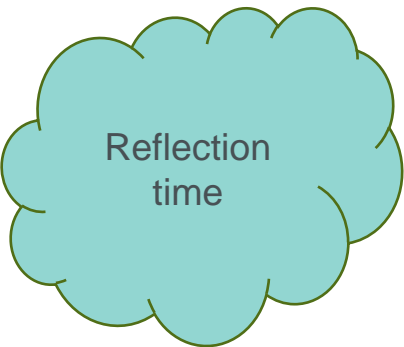

Keep Learning

Try something new

Take 1 minute to consider....What new skill or hobby would you like to try?

Share your ideas with the group.

*Share any online resources you know about to help
Learn new hobbies*



Reflection
time

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Wednesday, 30 December 2020

Free online course to help you teach family members to sign:

<https://www.doncasterdeafsign.org.uk/>

BSL Cook with RAD

https://www.youtube.com/playlist?list=PL7zNI2HpED2hXD_5DbPfRRErQIBf2IcHB

BSL Fitness from RAD

https://www.youtube.com/playlist?list=PL7zNI2HpED2gnQHk6dbAlm_YipsmZKe8y

Waves video:

<https://www.youtube.com/watch?v=WHPEKLQID4U&t=7s>

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HL Facebook:

<https://en-gb.facebook.com/pages/category/School/Heathlands-421651231280380/>

BSL Counsellor:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/deaf-zone/bsl-videos/>

Online Safety:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>



Please see our Instagram for teens in Hertfordshire
- teenhealth.hct

The account has up to date useful health and
wellbeing advice and signposting for teens.

Please take a look and give us a follow :)



Letstalkherts.org





teenhealth.hct

Follow

144 posts

241 followers

214 following

Teenhealth.hct

Health & wellbeing information and support for teens in Hertfordshire from the school nursing team 😊.

<https://www.healthforteens.co.uk/hertfordshire/>

POSTS

TAGGED

Service

Want to know more about the
Public Health School Nursing
team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx>
www.hct.nhs.uk/our-services/school-nursing



07480 635 050
Confidential text message service run by the school nursing team
for 11-19 year olds. Text on any health and wellbeing concerns



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire





signhealth

Follow

223 posts

2,432 followers

354 following

SignHealth

We are the Deaf health charity, here to improve Deaf people's health and wellbeing.
signhealth.org.uk



Advocacy



Day of the ...



Marathon ...



Quizzes



Relationships



Consent



Sexting

POSTS

IGTV

TAGGED

"We have worked with SignHealth advocates for many years and found them to be highly knowledgeable, personable, and professional.

Their understanding of Deaf culture and identity has been unrivalled.

They have made a valuable contribution to care planning and advocated for the best outcomes for service users by working in an empowering way."

- Dee Trainor, Advanced Social Work Practitioner,
John Denmark Unit, Greater Manchester Mental Health NHS

