

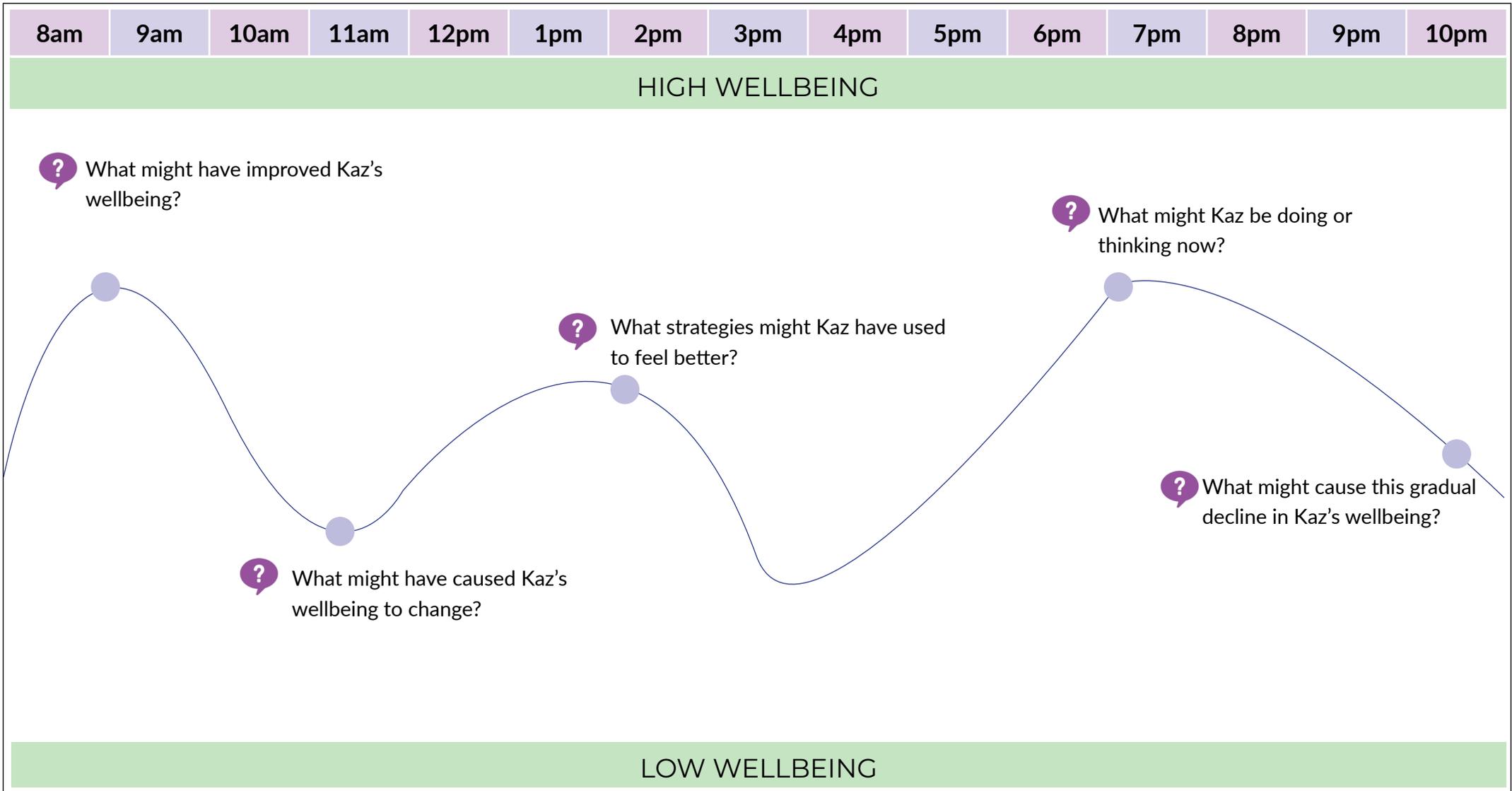
### Key stage 3: Lesson 2 Resource 1a: Daily wellbeing

Kaz is 13 years old and goes to a school similar to ours. This chart shows how Kaz's emotional wellbeing changes throughout a typical day. Annotate around the questions to demonstrate what might affect the 'ups and downs' of Kaz's wellbeing.



### Key stage 3: Lesson 2 Resource 1b: Daily wellbeing

Kaz is 13 years old and goes to a school similar to ours. This chart shows how Kaz's emotional wellbeing changes throughout a typical day. Annotate around the questions to demonstrate what might affect the 'ups and downs' of Kaz's wellbeing.



*Ideas might include: Getting tired, playing sport, having detention, time outside, seeing friends, positive thinking, a difficult lesson, eating a healthy meal, overcoming a setback, having an argument, checking social media, playing a favourite game, being proud of an achievement.*

**Key stage 3: Lesson 2 Resource 2: Managing disappointments & setbacks card sort** 

Look for a positive way out of the situation

Drinking or using drugs to feel better

Acknowledge feelings without judging people for what has happened

Breathe deeply and/or step away

Shout until others realise the hurt they have caused

Gain perspective – how will this disappointment impact on life tomorrow, next week, next year?

Manage unrealistic expectations (e.g. winning the lottery, perfectionism) without compromising on dreams

Positive thinking (e.g. 'I can do this') and dismissing doubts, especially absolutes (e.g. 'I'm always last' or 'no one likes me')

Recognise strengths even when things go wrong

Remember a time when a similar problem worked out fine

Ignore the issue and hope it goes away

Try to manipulate the situation to make others feel bad for causing disappointment

**Key stage 3: Lesson 2 Resource 2: Managing disappointments & setbacks card sort** 

Try again, perhaps using a different strategy	Talk with people who caused upset to understand why and see things from their point of view
Consider how a positive role model would cope	Get help or speak to someone who might know how to manage it in a different way
Gossip about or gang up on someone who has been hurtful	Smile and try to remain positive
Make an achievement or positive qualities log which can be read as a reminder of positives when things go wrong	Reframe negatives and turn them into positives – i.e. look for the silver lining
Think about what can be learnt from the experience	Reassess goals – are they the right ones?