

# Winter Wellbeing Bunting

## Included:

- ✓ Activity plan
- ✓ x3 snowflake templates for KS1
- ✓ x4 snowflake templates for KS2

## What you'll need:

- ✓ Scissors
- ✓ String
- ✓ Colouring pens/pencils

## For teachers:

You can use this Winter Wellbeing Bunting resource as a classroom activity for KS1 and KS2 towards the end of autumn term.

The long break over the festive period can bring up lots of anxieties for children whose home life is potentially unsettled, or who struggle without a routine. This activity is designed to help pupils feel calm as they focus their energy on getting creative and colouring in the patterned snowflake templates.

The repetitive action of colouring is a fun way of helping children to focus on the present and make concentrating a little easier.

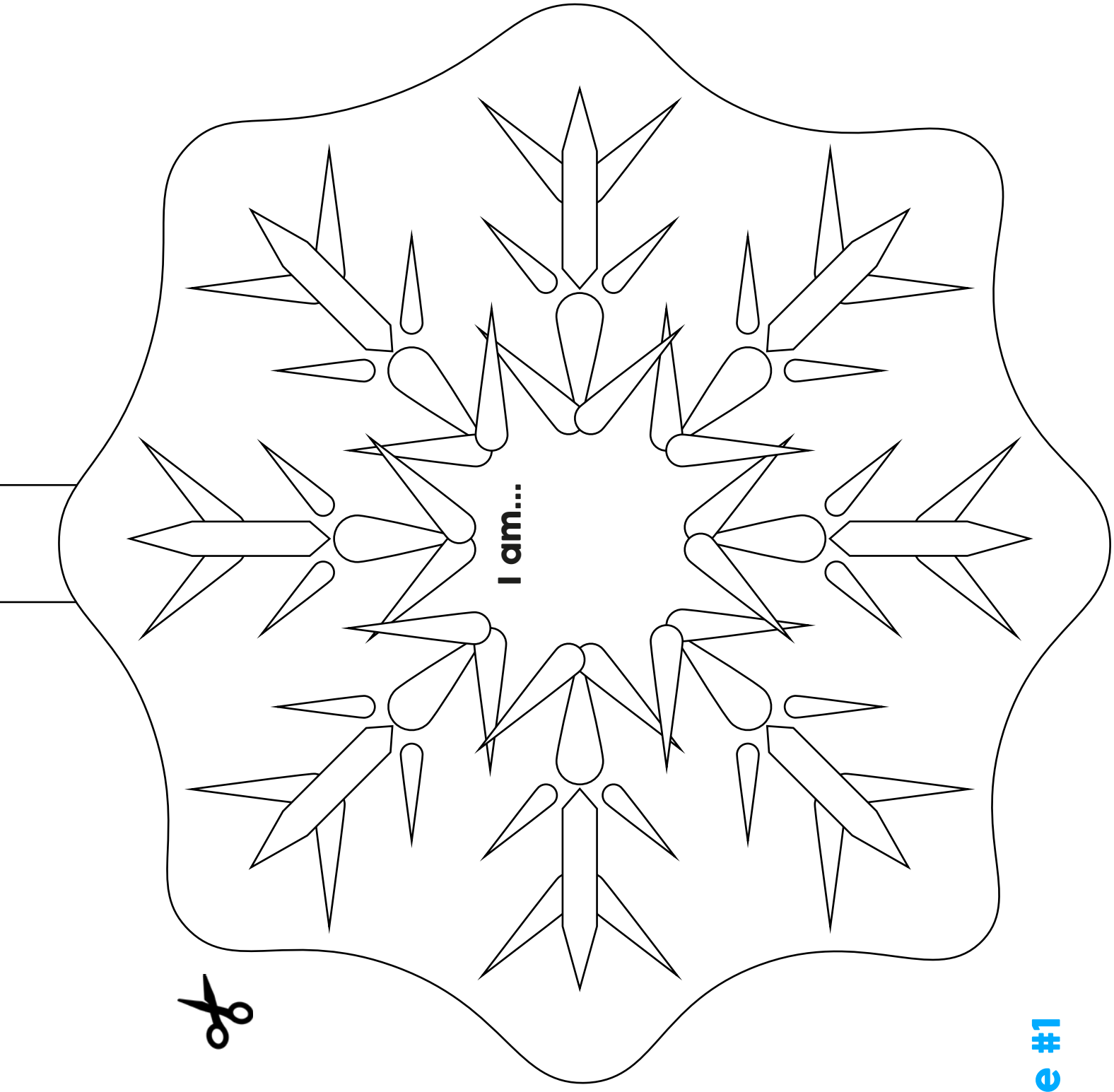
In the centre of the snowflake, pupils are encouraged to write something positive about themselves to help boost their self-esteem and confidence, and to help them think about their positive character traits. You can hang up the bunting in the classroom and ask your class to look at all the positive messages hanging above them. Pupils may want to take home their snowflake at the end of term to put in a special place in their house.

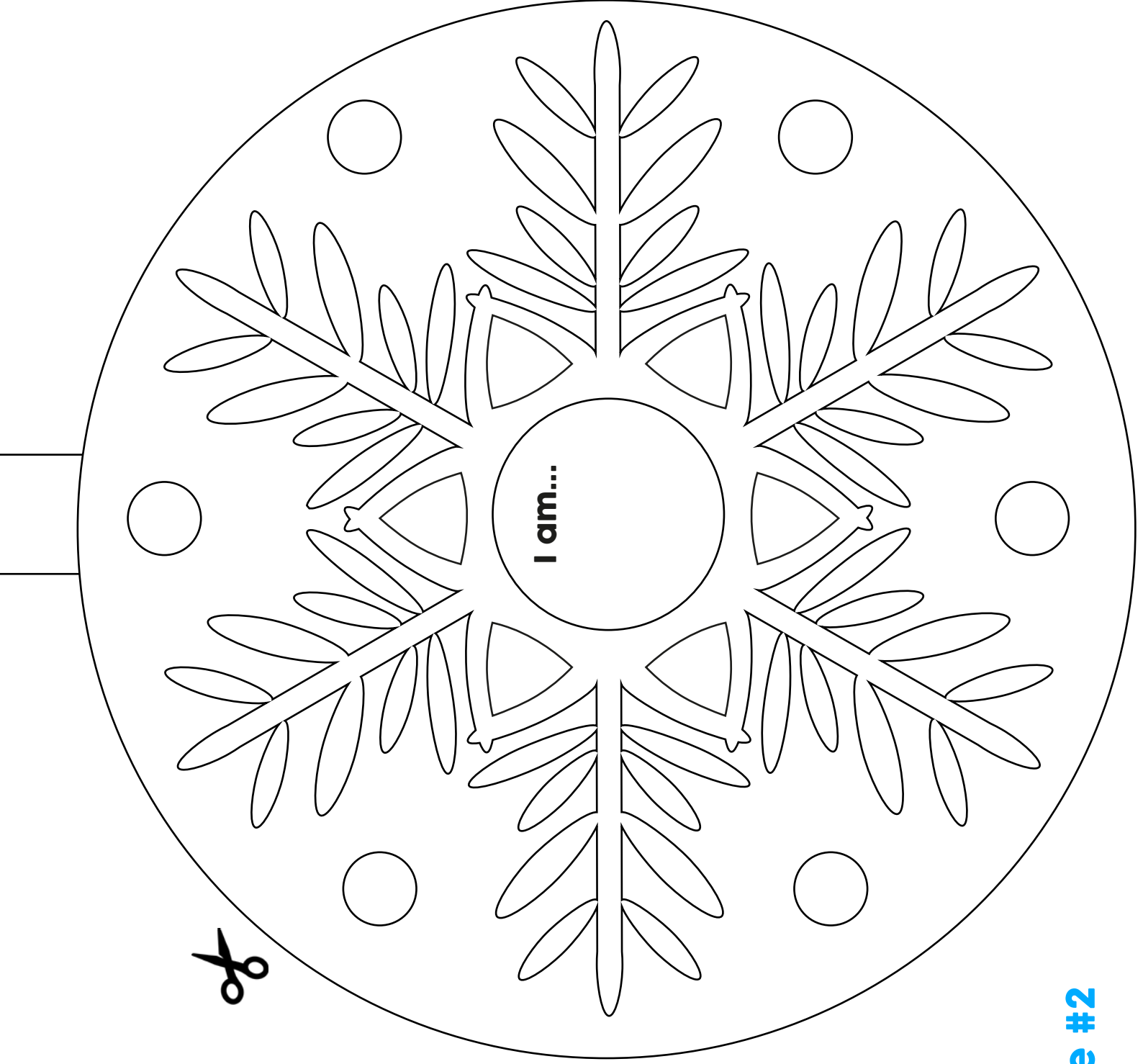
## How to use the activity:

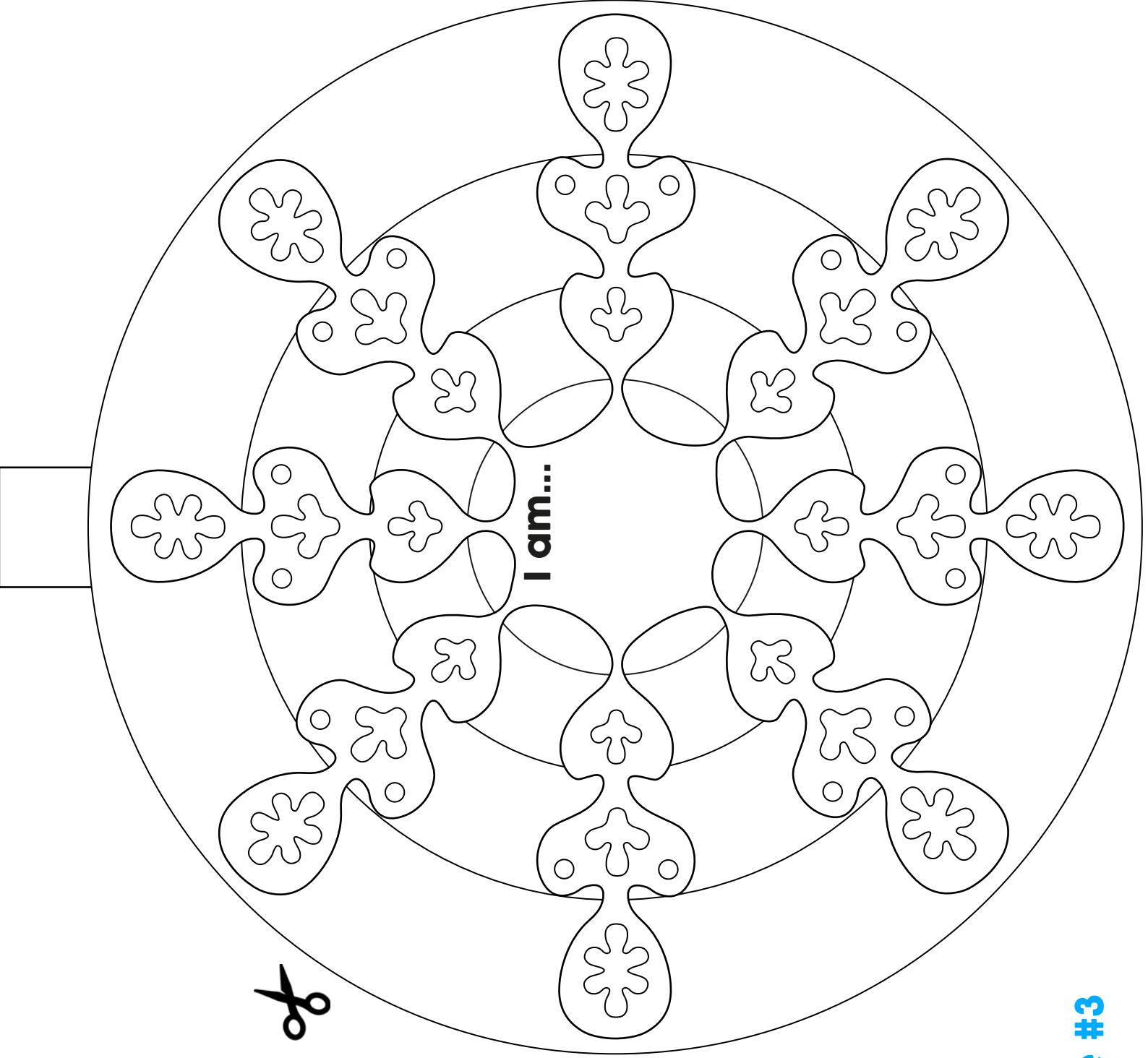
Ask pupils to choose one of the three snowflake templates to colour in however they would like. Each snowflake has a different pattern. While they're colouring in, ask pupils to think of a positive word to describe themselves that they can write in the blank space in the middle of the snowflake. For example: I am... happy, strong, beautiful, smart, amazing, talented, cheeky, kind, helpful, funny, friendly, caring, chatty, creative, trustworthy, imaginative, supportive etc.

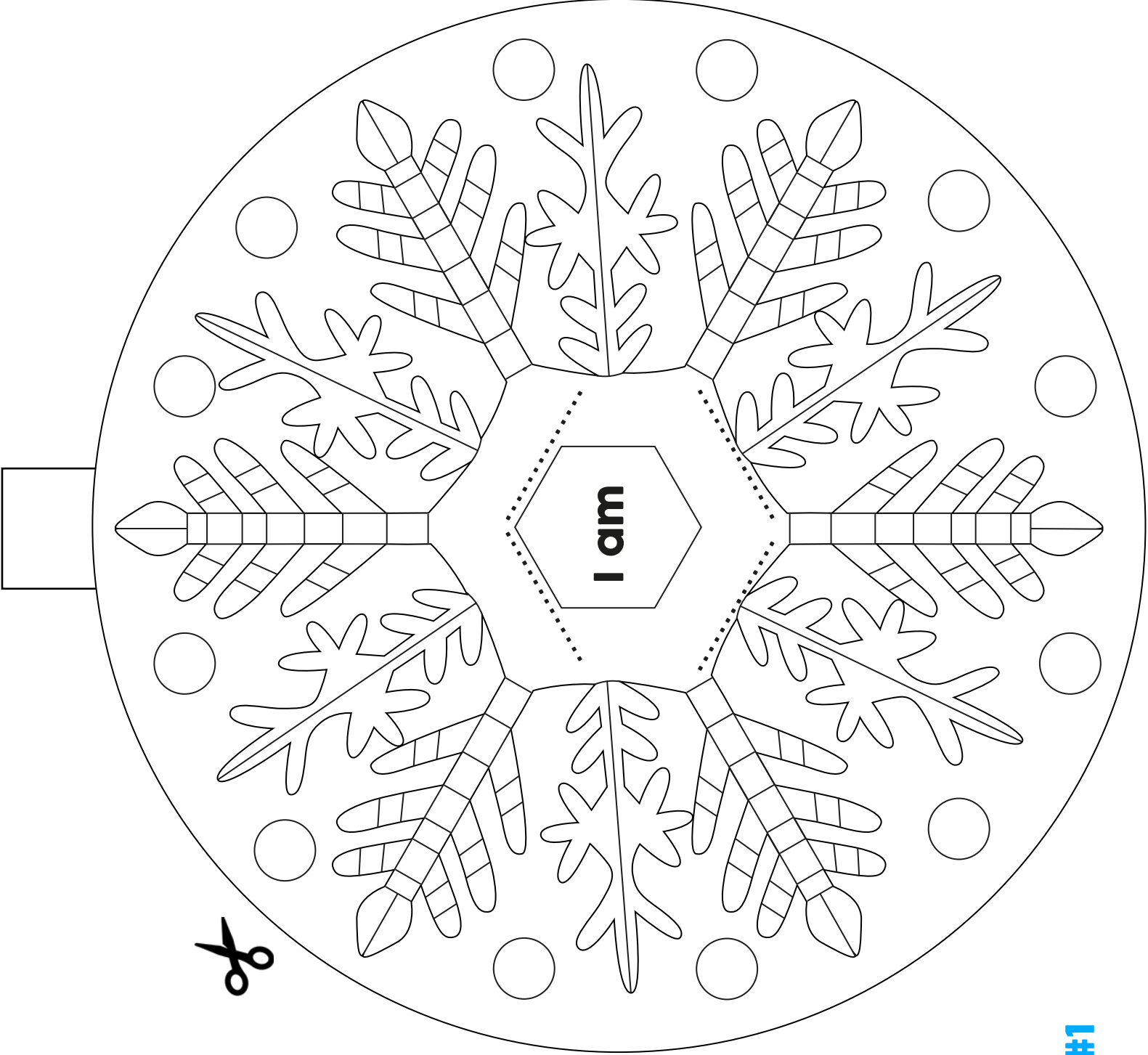
For **KS2 classes**, ask pupils to write a personal quality on the dotted lines on the snowflake. If pupils prefer, they can design their own snowflake using the template provided.

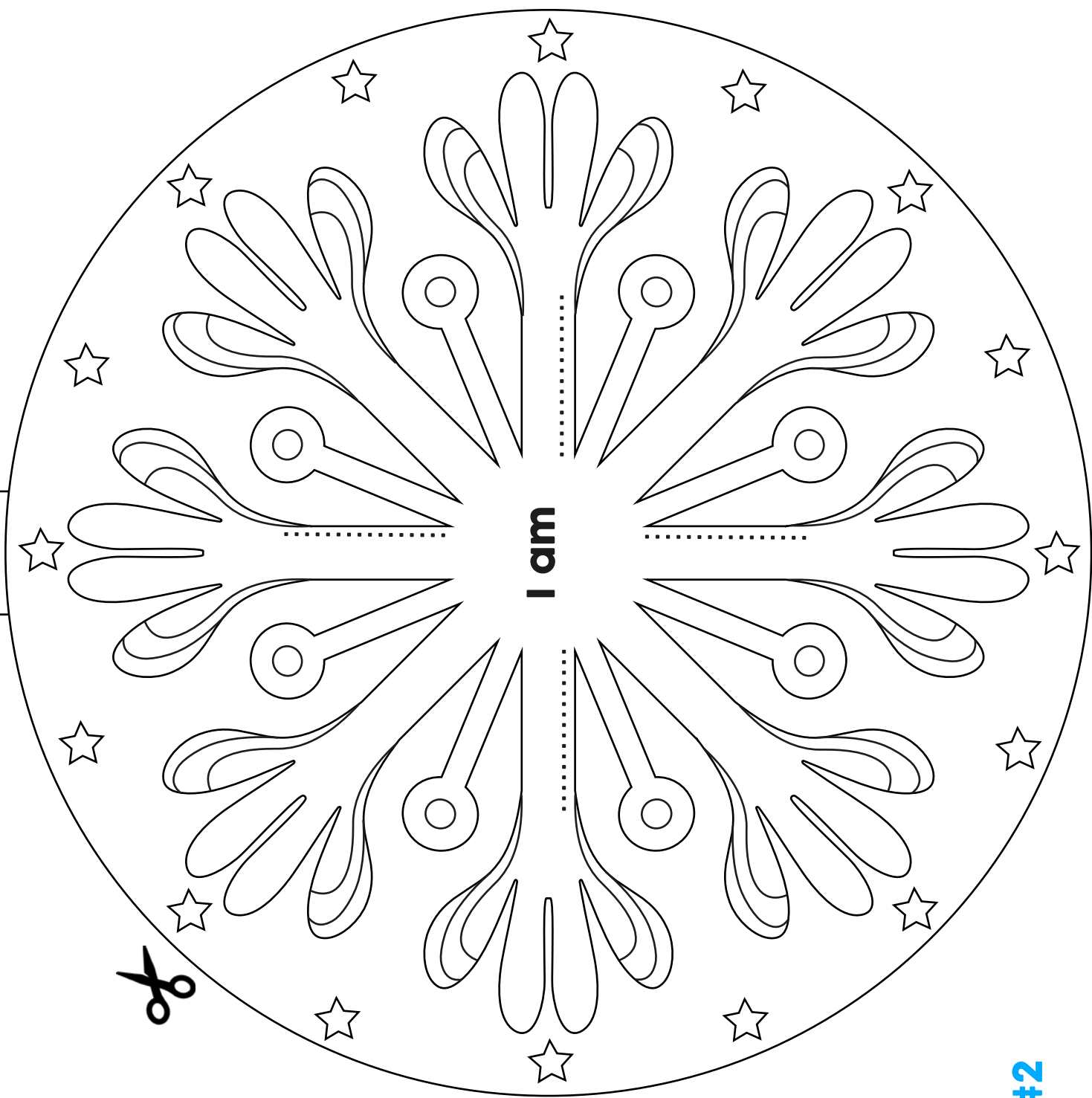
Ask pupils to cut around the circle. Use the tab to attach their snowflake to the string. Hang up across your classroom and ask pupils to look at all the positive messages showing all the amazing qualities and characteristics the class has.

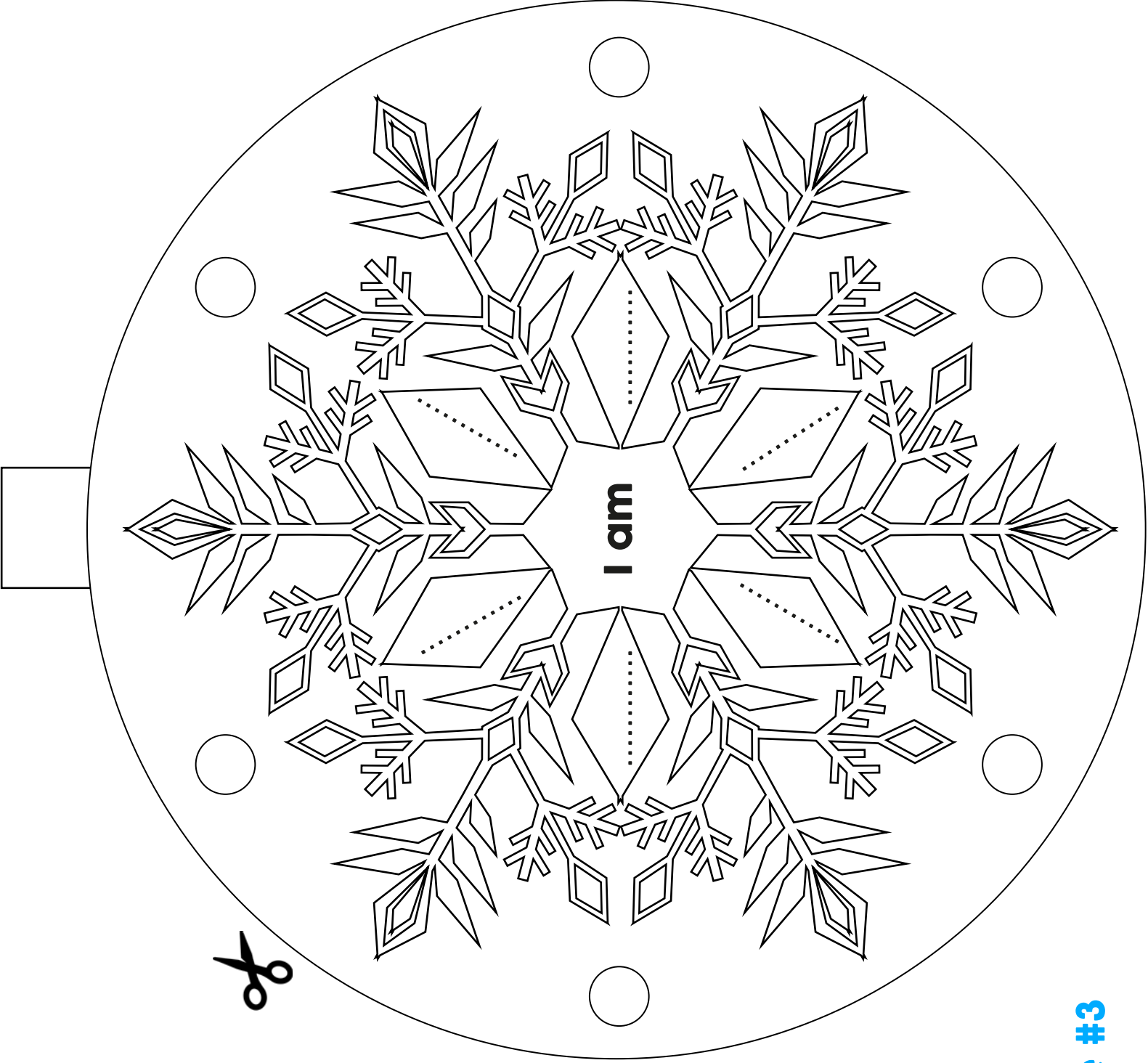


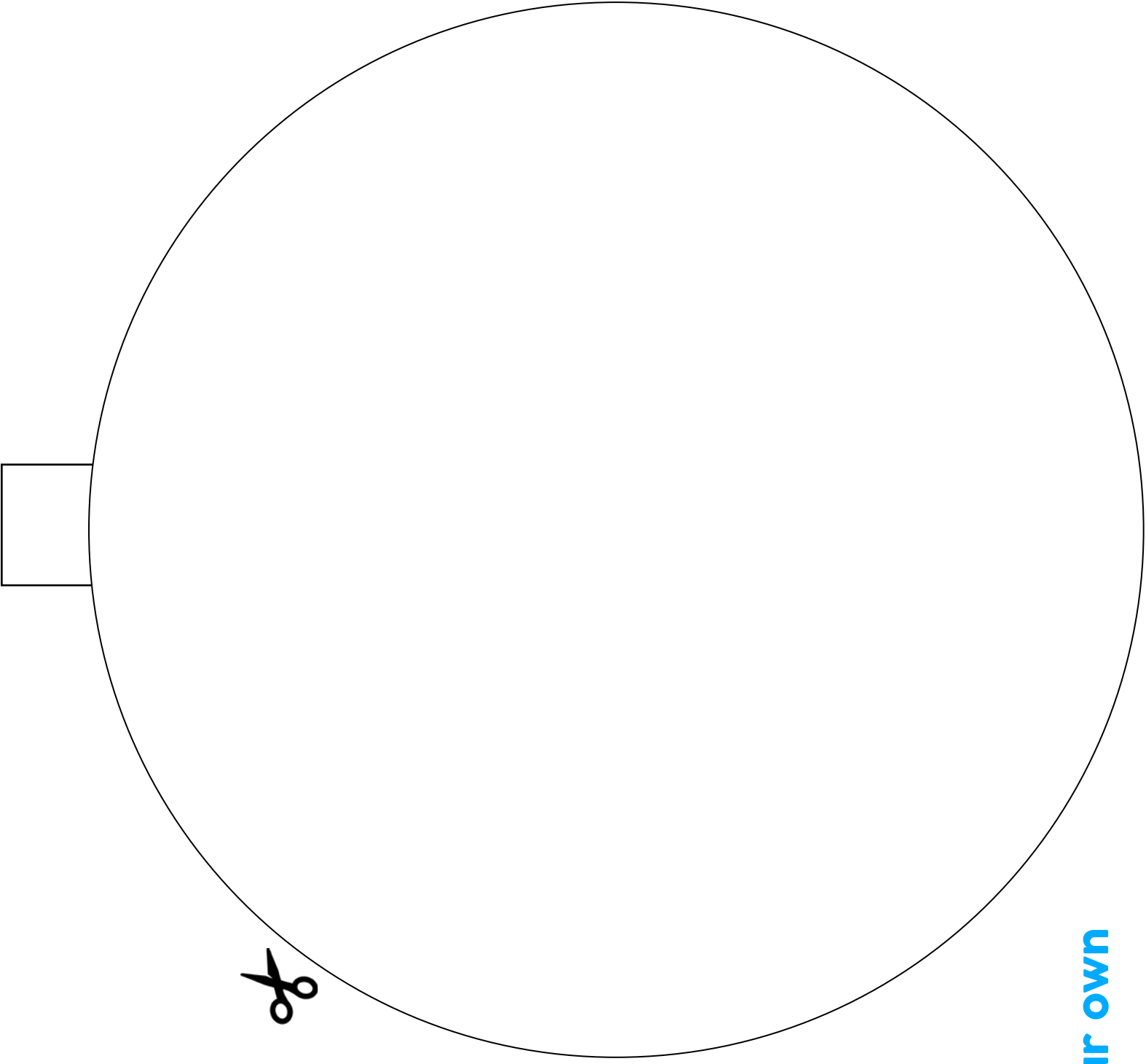












**KS2**  
**Design your own**