

A Brilliant Place to be ME - Mapping								
	PSHE	5 Ways to wellbeing	Protective Behaviours	Resilience Framework				
				Basics	Belonging	Learning	Coping	Core self
<b>All about me</b>								
All about me	●	●●	●					●
My self portrait	●	●●						●
My best bits	●	●●				●		●
A sea of me	●	●●		●	●			●
My goals and dreams map	●					●●		●●
A thing that makes me unique is...	●	●●				●		●
A thing that makes me magic is...	●	●●				●		●
Stuff I love about me	●	●●			●	●		●
Brilliant Me	●	●●	●		●	●		●
Fly your own flag	●	●●			●	●		●
All about me... favourite senses	●	●●						●
All about me... favourite things	●	●●						●
<b>Name it to tame it! - Trackers</b>								
1 day mood tracker	●●						●	●
My weather report	●●						●	●
1 month mood tracker – starfish	●●						●	●
Octopus mood tracker	●●						●	●
1 day mood tracker – seashell	●●						●	●
Sea Snail Mood tracker	●●						●	●
1 month mood tracker fish	●●						●	●
1 week mood tracker – ship’s wheel	●●						●	●
Pirate mood tracker	●●						●	●
1 week mood tracker – whale	●●						●	●
<b>Name it to tame it! - Feelings activities</b>								
Feelings, thought and actions	●●		●●				●	●
My Jelly fish brain	●●		●●				●	●
Feeling crabby	●●		●				●	●
Fishing for feelings	●●		●				●	●
Emotion maps – angry	●●		●				●	●
Emotion maps - excited	●●		●				●	●
Emotion maps - scared	●●		●●	●			●	●
Emotion maps – happy	●●		●				●	●
Catching feelings	●●		●				●	●
Adjusting your sails	●●		●●				●	●
Finding feelings wordsearch	●●		●				●	●
Collect other feelings	●●		●				●	●
<b>I've got this!</b>								
Affirmations	●●	●					●	
3 good things	●●	●			●	●	●	
5 ways to wellbeing intro	●●	●●		●	●		●●	●
Wellbeing chatterbox	●●	●●		●	●		●●	●
Colouring boats and waves	●						●	
Self-care life ring	●●	●					●●	●
Starfish breathing	●●		●				●●	
One week sleep tracker	●●	●		●●				
Brilliant basics	●●			●●				●
Feeling 'choughed'!	●●	●					●	
My self-soothing treasure chest	●●		●				●●	●
Self care checklist	●●	●		●●			●	●
1 night sleep tracker	●●	●		●●				
A safe place / Draw your safe place	●●		●●	●●			●●	●
Positive pebbles	●●	●			●		●●	●
5 ways to wellbeing bingo	●●	●●					●	
Rockpool reflections	●●	●					●	●
When I need help	●●		●●	●●		●	●	●
Messages in a bottle	●●		●●	●●		●	●	●
Ways to wellbeing – connect	●●	●●					●	
Ways to wellbeing – get moving	●●	●●		●			●	
Ways to wellbeing – find time for you	●●	●●		●		●	●	●
My ways to wellbeing – give	●●	●●					●	
My ways to wellbeing – take notice	●●	●●					●	
Fill up your bucket	●●				●		●	
Feather breathing	●●		●				●	
I am thankful for...	●	●			●		●	●
I belong here colouring	●				●		●	
My crew...	●●		●●	●	●	●	●	●
Kindness Challenge	●●	●●			●		●	●
My Anchors	●		●				●	●
A barrel of laughs	●	●			●		●	
Just keep swimming – colouring	●	●					●	
Beach brain maze	●	●					●	
Drop your anchors – 54321	●●		●				●	
You can't stop the waves but...colouring	●	●					●	●