



[WWW.TPET.CO.UK/WELLBEING-WEDNESDAY](http://www.tpet.co.uk/wellbeing-wednesday)

Wellbeing Wednesday is back! With a brand new set of characters - the Mental Health Heroes. Let the Mental Health Heroes teach you their amazing superpowers, to help improve wellbeing and give the children new skills. Download a range of resources to use at home or in the classroom.



TRY OUR JOURNAL PAGES - THE PERFECT THINKING ACTIVITY

Resources include collectible character cards, journals, task cards, colouring and more. All themed around our superheroes' unique abilities.



OUR MENTAL HEALTH HEROES ARE PERFECT FOR TACKLING ISSUES SUCH AS STRESS, ANXIETY AND ANGER.

Download our Summer term overview to keep track of each week's activities. A must have for any classroom or home - we add new content throughout the year.



SAVE PAPER AND INK BY NOT PRINTING THIS PAGE.

Week 1 Task Card (Professor Pinwheel)

Pinwheel Breathing

Having an object to focus on is a great way to help improve concentration during mindfulness activities.

The first step is to use the template to create your own pinwheel. Decorate your pinwheel however you like. It will be your secret weapon so make it special.

Now we are going to practice making the pinwheel spin as we exhale.

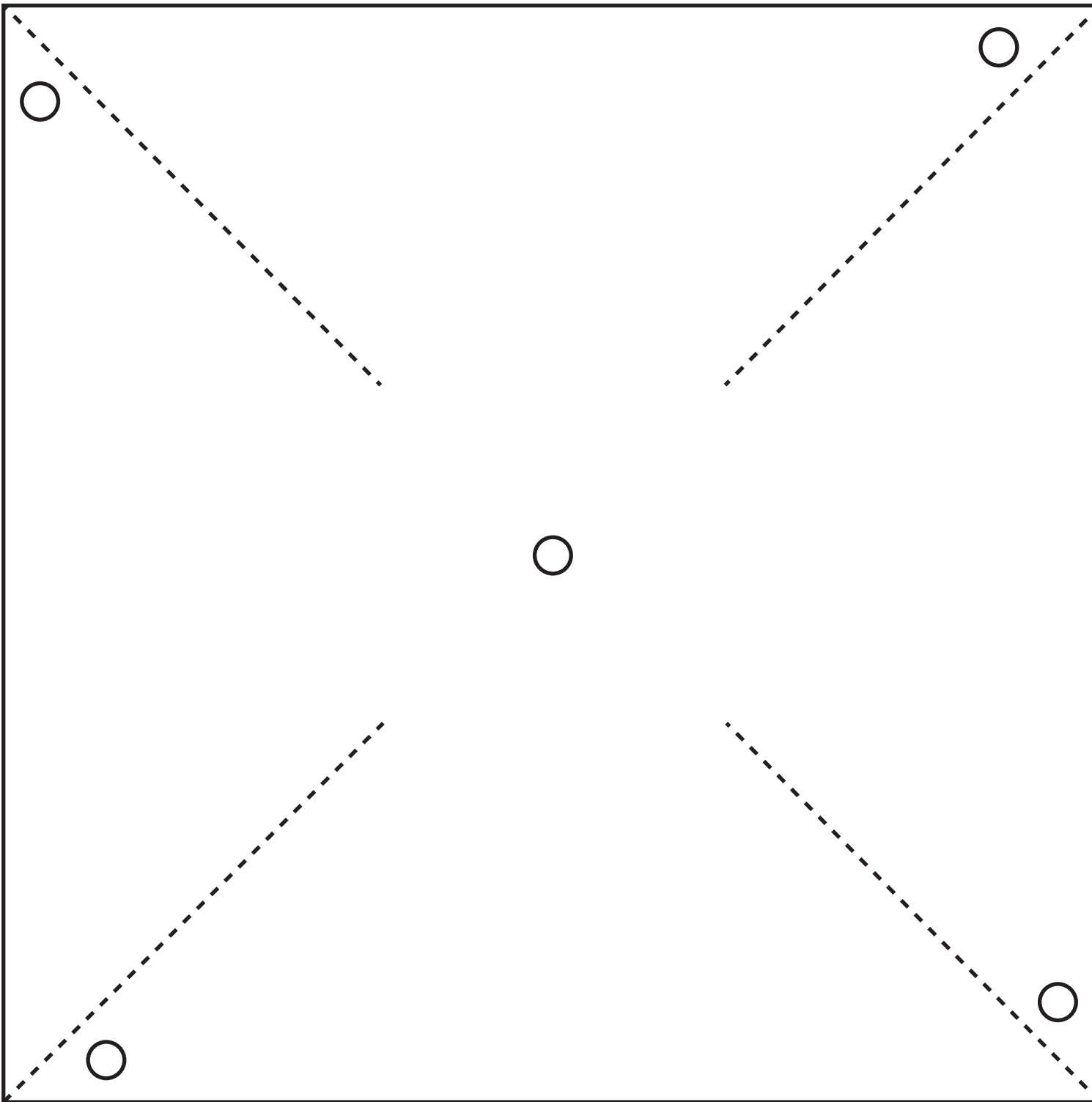
Take a deep breath in... 1... 2... 3...

Now blow out... 1... 2... 3...

Questions

- What is moving your pinwheel?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Does the air feel cold or warm on the way in?
- Does the air feel cold or warm on the way out?
- Can you hear your breath?
- What does it sound like?





Week 1 Task (Professor Pinwheel)

Decorate your pinwheel.
Make sure you can still see
your cut lines and pin holes.

Cut out the square.

Carefully cut along the
dotted lines.

Use a split pin to carefully
poke a hole into all 5 holes.
Ask an adult to help you.

Now bend (not fold) each
corner with a pin hole, to
line up with the centre hole.
Push the split pin through
and fix at the back.

Attach a stick to the back of
your pinwheel.

#WellbeingWednesday