



Oxford
International
Lower Secondary

8

Wellbeing

Activity Book



OXFORD



Oxford
International
Lower Secondary

8

Wellbeing

Activity Book



Louise Aukland

OXFORD

Contents

Introduction to Wellbeing		
How happy are you?	4	
1 Taking care of the body:		
Strengthening the body		
1A Sleep and my emotions	6	
1B Maintaining a healthy gut	7	
1C Designing a workout.....	8	
1D Exercising my brain.....	9	
1E Miracle Gro for the brain	11	
1F Using my workout.....	12	
1G Check what you know	13	
2 Taking care of the mind:		
Thinking traps		
2A Understanding thoughts.....	15	
2B Thinking traps	17	
2C Avoiding thinking traps	19	
2D Reframing.....	21	
2E Being mindful of thoughts	23	
2F Perceiving stress.....	24	
2G The perceived stress scale.....	25	
2H Reframing worry.....	26	
2I Thoughts aren't facts.....	27	
2J Check what you know	28	
3 Taking care of relationships:		
Strengthening relationships		
3A My important relationships.....	30	
3B Relationships.....	31	
3C Building positive relationships.....	32	
3D Active listening	33	
3E Building trust.....	34	
3F Strengthening relationships.....	35	
3G Responding to good news.....	36	
3H Check what you know.....	38	
4 Taking care of the self and		
the world: Doing good		
4A What matters to me?.....	40	
4B Helping hands	41	
4C Volunteering	42	
4D The science of giving	43	
4E Planning a fundraising event.....	45	
4F Event day planning	47	
4G Fundraising evaluation.....	48	
4H Giving to a good cause	49	
4I Doing good.....	51	
4J Check what you know.....	52	
Wellbeing survey		
How happy are you?.....	54	
Wellbeing journal		
Journal template.....	56	

How happy are you?

Tick the box that matches how you feel about each area.

0 = Very unhappy 5 = Neither happy nor unhappy 10 = Very happy

1. How happy are you with your life?

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

2. How happy are you with your relationships with your family?

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

3. How happy are you with what you have (like money and the things you own)?

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

4. How happy are you with your health? Tick one box.

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

5. How happy are you with your relationships with your friends?

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

6. How happy are you with the school you go to?

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

7. How happy are you with your school work?

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

8. How happy are you with what you think might happen in your future?

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	