



Oxford
International
Primary

1

Wellbeing

Activity Book



OXFORD

Contents

Introduction to Wellbeing

How are you feeling?4

1 Taking care of the body:

I eat, I move, I sleep

1A Sleeping well 6

1B Foods I like to eat.....7

1C Moving my body..... 8

1D Eat and rest 9

1E Check what you know10

2 Taking care of the mind:

I notice how I feel

2A Naming feelings..... 12

2B Feel-good activities 15

2C People I trust..... 16

2D Where I feel safe 18

2E Opposite feelings..... 19

2E People who make me feel good...20

2G Feeling safe..... 21

2H Feeling safe.....22

2I Check what you know23

3 Taking care of relationships: My friends and family

3A What is family?25

3B This is my family.....26

3C Playing games28

3D My special friends 30

3E Guess the friend 31

3F Playing games with my family 32

3G Check what you know33

4 Taking care of the self and the world: My special places and things

4A Things I like to do.....35

4B My special things.....36

4C Places I like to go 37

4D The things I am grateful for38

4E The places I am grateful for39

4F Expressing gratitude 40

4G Check what you know..... 41

Wellbeing review

How are you feeling?43

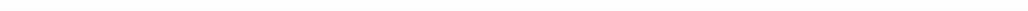
How are you feeling?

How happy do you feel? Answer the questions below by putting a mark on the line between the two faces.

How happy am I?



How happy am I at home?



How happy am I at school?



How happy am I with my friends?

