

How to Use:

Create your own class Wellbeing Tree display. Draw/Paint/cut out truck, roots and branches. Use templates of Leaves and petals provided or create your own.

Roots Connect

Ask children to write names of people they feel connected to e.g. Mummy, Uncle

Trunk Be Active

Ask children to write/draw lots of ways to be active e.g. scoot, cartwheel

Branches Keep learning

Ask children to write/draw something they are learning how to do e.g. tie my laces

Leaves Take Notice

Ask children to write/draw a way to be mindful e.g. listen to birds singing

Petals Give

Ask children to write/draw something they are grateful for e.g. friend, teddy..







