



WELLBEING

Advanced Achievement Badge

Learning Objectives

To understand some points that can lead to a feeling of wellbeing.

Syllabus

- 1** How food, exercise and sleep play a part in wellbeing, and how they are linked together.
- 2** Environment - what in your environment makes you feel better.
- 3** Emotional intelligence.
Notices how you feel and how others are feeling.
- 4** Mindfulness.
- 5** Resilience and dealing with pressure.
Bounce Back.
To return quickly to a normal condition after a difficult situation or event.
- 6** Goals.
Growth mind set.
Keep learning.
- 7** Active.
Social Media.

Teaching Ideas and Resources

- 1** Take three post cards, label one food, one exercise and one sleep. Make an A frame and balance one card on top. Then use a coin to represent a person, balance that on top of the cards. Now ask a member to take away any card, the coin will fall onto the floor, showing that a person needs to be supported by food, exercise and sleep to be able to balanced life.

ACHIEVEMENT BADGES

- 2** Ask members to make a pie chart showing what parts of the environment make them feel better, compare results. This might include trees, outdoor spaces, sunshine, clear skies, lots or few people, home, school etc.
- 3** Explain that emotional intelligence is about how you feel and how others around you feel. Be aware that how you feel impacts on others around you, so if you feel stressed it can make others stressed too. Draw a spider with emotional intelligence as the centre, with self-awareness, social skills, self-regulation, motivation and empathy coming off the spider. Explain the meaning of these words. Then ask members to write by each heading good parts of their own emotional intelligence.

- 4** Explain that mindfulness is paying more attention to the present moment rather than a thousand passing thoughts. Explain how riding gives a wonderful opportunity to do this and feel calmer. Ask members to share what they could focus on when out riding.

- 5** Resilience is the ability to feel happy again after something difficult has happened.

Some points that can help with resilience are: make connections- with family or friends, help others, daily routine, take a break, self care, keeping things in perspective. Ask if anyone would like to share how one of these points helped them. Give everyone a tennis ball, bounce the ball against a wall whilst listing one point at a time, point out that this is helping to bounce back to where they were before.

- 6** Think of an individual goals, use post cards to use as steppingstones to show how small steps help achieve a final goal.

Ask members if there is project, they have tried to do and failed, then what did they learn from the attempt. The effort put into attempting something new will help to achieve at a later date. Ask members to list things they have learnt from failure that were useful at a later time.

- 7** Discuss the impact a social media influencer can have, both positive and negative, e.g. can help members feel motivated, not good enough, offer inclusion, bullying, education and many more.

Discuss impact of screen time on both physical and emotional wellbeing. Try turning off phones for 30 minutes and take time to appreciate surroundings and talking to friends. Compare experience.

Questions

- 1** Give members a circle labelled wellbeing, divide circle into three, what three things have they learnt that are vital for wellbeing?
- 2** Ask members to share what in their environment makes them feel better.
- 3** What is emotional intelligence?
Name two feelings connected to emotional intelligence.
- 4** What can they focus on when riding to encourage mindfulness?
- 5** Resilience and bounce back, what out of the points they have learnt might help them to bounce back?
- 6** Name two things that they have learnt from something that did not go well that has helped in future projects.
- 7** What influence can social media have on your wellbeing? Give two positive and two negative suggestions.
- 8** Ask for three people in different roles that they respect, and why?

Answers

- 1** Food, sleep and exercise.
- 2** Almost any answer is reasonable.
- 3** It is about how you feel and how others around you feel. These may include: make connections- with family or friends, help others, daily routine, take a break, self- care, keeping things in perspective, noticing how other people feel.
- 4** Any reasonable answer, might include the pony, trees, sky, view etc.
- 5** Ideas may include: make connections, help others, daily routine, take a break, self- care and keeping things in perspective.
- 6** Try to steer answers in a positive direction.
- 7** Any reasonable suggestions to show member as understood the concept.
- 8** Draw out the positive attributes of the people mentioned.