

You Matter - Be Your Own Best Friend



You Matter - Be Your Own Best Friend is written by **Sue Lawson** and **Sue Hindle**, illustrated by **Prue Pittock**.

This beautifully practical book, specifically aimed at young people, outlines simple activities we can do everyday to look after ourselves. It's a fantastic way to explore wellbeing, provide agency and give young people the tools to discover what works for specifically for them.

Curriculum Links: HASS, The Arts, English, PD/H/PE
Age Range: K - 6



ACTIVITY: PRIORITISING WELLBEING

How can we better care for ourselves?

Through exploration of the practical activities outlined in the book and targeted reflection, help students identify wellbeing activities which work for them.

Explore

Across a week select a variety of activities from the book to explore and try with students. After each one encourage students to reflect, and if comfortable share. Use the prompts in the activity sheet below to guide this conversation.

Connect

Encourage students to self select activities from the book which they are eager to try out or repeat.

Reflect

Use [this template](#) to support students to reflect on the activities and identify ways they specifically help their wellbeing.

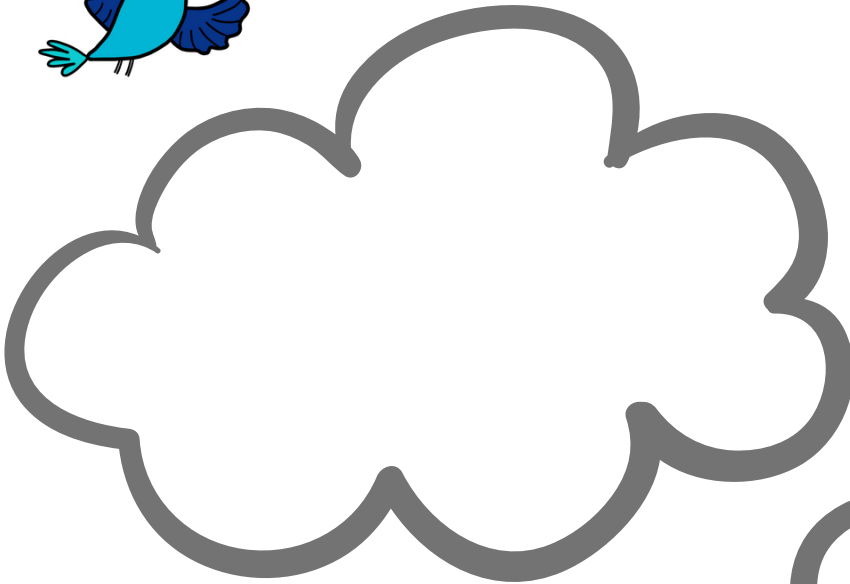
Create

Give students the opportunity to develop their own personal wellbeing activity (this is a great authentic procedural activity). It can be a combination of some they have tried, other activities they know work for them, or something completely different!



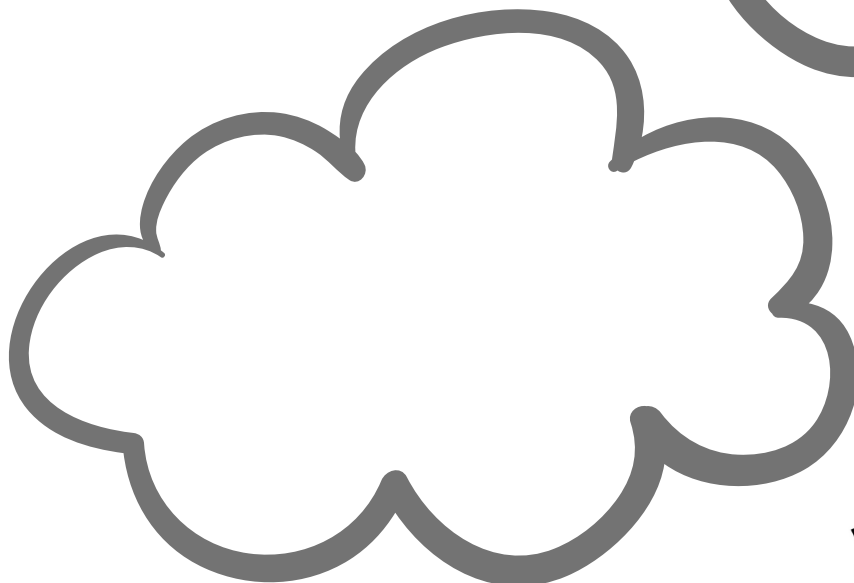
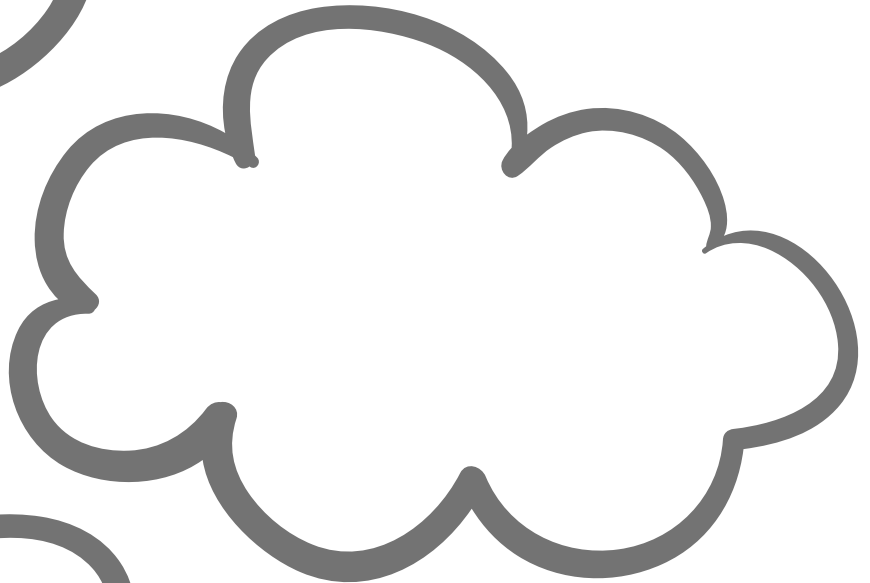
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Reflect on the wellbeing activity completed using the prompts below.
Add your notes and drawings in the clouds.

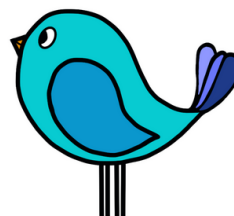


Describe how the activity
made you feel.

How did this activity help you? What
would you do differently next time?



What is one new insight you have
discovered about yourself?



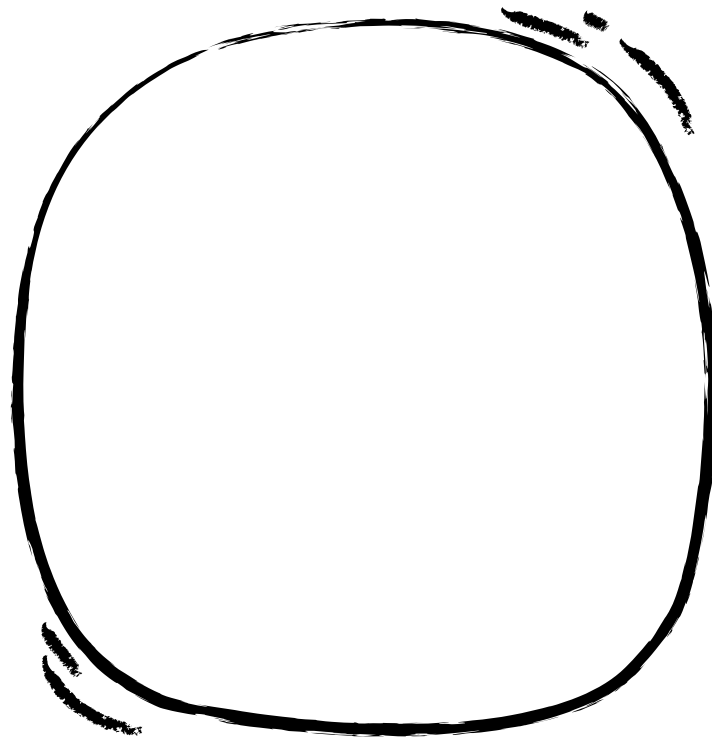


Caring For Me!

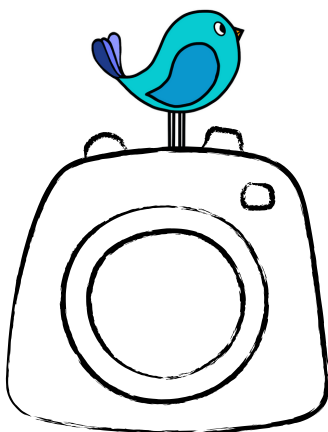
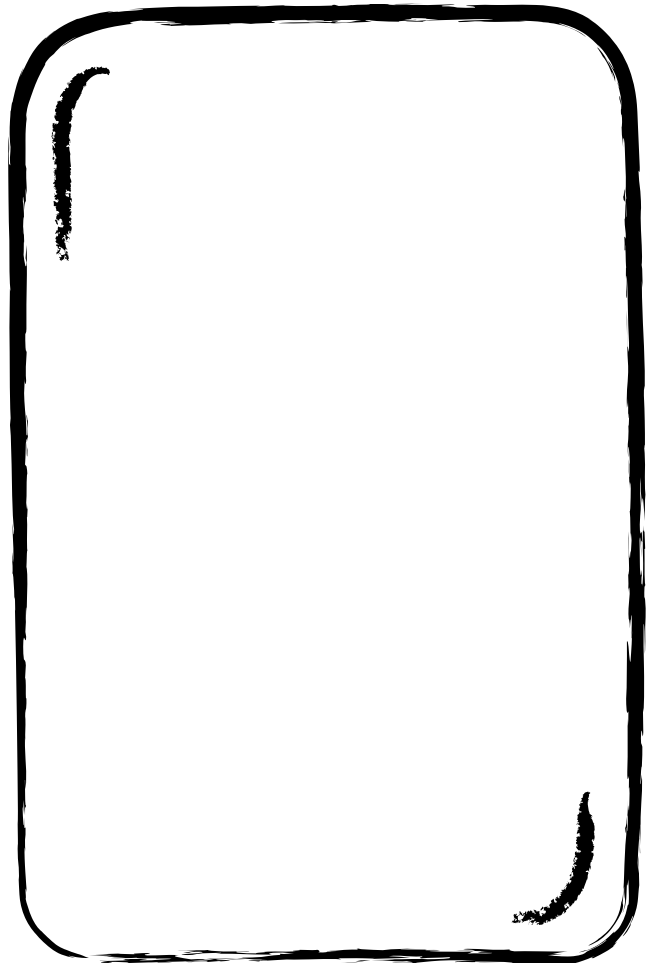
Create your very own wellbeing activity.
Think about what works for you, what you like doing and how it makes you feel.

Catchy title goes here.

Create a snapshot about
your activity.



Draw a picture to go
with your activity.



Caring For Me!

What are the steps?

Create a sequence of steps to describe how to do your wellbeing activity.

