

WEEK 4: Wellbeing 4

Welcome to Wellbeing Session 4

- Welcome to session 4 – this will be our final video which focuses on the story of The Ugly Duckling and follows this structure.
- Let's start with a check in.

Check in

- Guided Visualisation with candle, focusing on head, heart and gut.

Breathing

- Today we are going to explore the different feelings that the duckling may have experienced over his journey and what we also may have experienced over these last few months.
- Let's take another moment to get in to our body in a neutral position by doing a balloon breath like we did in the last video.

Different Feelings

- As the duckling journeys from egg to swan, he has a range of experiences.
- We too have recently been on a journey of different experiences.
- Let's take a moment to consider what both the duckling and us may have experienced. As I go through these different emotions the invitation is to respond by making a shape with your body:
- Angry
- Bored
- Lonely
- Sadness/grief/loss
- Anxious/worried/scared
- Numb
- Relieved
- Happy

Creative Reflection

- Now we have done all of that, you can use the downloadable worksheet to take some time to reflect more on your experiences.

- We will be doing this using the outline of a pond to contain our ideas, exploring how we felt when it all changed, how we feel now and how we feel about the future.
- You can use colours, words or pictures do this. There is no right or wrong.
- This is just an opportunity to notice what has been going on for you.
- If you don't want to explore it for yourself you can explore it as the duckling in the story as everything changes for him.

What Next

- Now you have noticed all of that, you can think about what you might need a bit more of in order to regulate ourselves – which means to notice what is going on for ourselves and take action to help ourselves in order to move forward effectively.
- Some examples of things that might help us to regulate include moving, nature, breathing.... You might have some other examples which you already listed on your care plan.
- So, after do this activity, ask yourself what you need now and respond to that if you can.

Thank you and see you next time

- Thanks for joining, take care and see you next time!