

## THE POWER OF SELF CARE

**KIMBERLEY WILSON**  
Masterclass at a glance

Featuring Kimberley Wilson, Psychologist and Brain Health Expert, this masterclass unpicks self care and emphasises the importance of understanding our minds and bodies. Designed for use in KS3 form times and beyond, you can pick and mix from the 5 STEM and PSHE challenges below (or do them all!).



Use this masterclass's PowerPoint to explore the activities and play the corresponding videos. They're packed with information and insights to support discussions around meaningful wellbeing.



### BRAIN FOOD

Can you eat your way to a better brain? Find out how and discuss where we can find brain activating foods. Encourage students to make changes to self care – can they cut down on sugar, eat more leafy greens or increase their omega-3 consumption?



### SLEEP

- Equipment needed = rulers

Hear Kimberley provide practical tips on how to achieve better sleep and learn what this can do to our brain function levels. Get students to put these tips into action using a ruler drop test to compare reaction times before and after a better night's sleep.



### WHOLE BODY MENTAL HEALTH

Introducing students to the gut-mind connection, Kimberley shines a spotlight on how what we eat can impact our physical and mental health. Help students explore a selection of foods to unearth their superpowers and consider what they help us accomplish.



### EMOTIONS IN THE BODY

Emotions aren't just in the mind – they can often be felt in the body too. Give students the opportunity to reflect on different emotions they might experience as you connect these to physical sensations in the body.



### EMOTIONAL GRANULARITY

Kimberley encourages students to talk about, and expand their emotional vocabulary. Doing this can help us cope with intense emotional experiences and lead to better recoveries. Support students to think of an emotional experience and articulate how they might navigate through it.