



## Five Ways to Wellbeing Activities

### Connect



Spending time with your family at this time is important.

Perhaps helping your parent/carer to prepare the dinner.

Listening to some music together, or even singing together.

Watching an old time favourite movie together. It is also very important to keep in touch with your friends.

Have a times table battle with your class friends using TT Rockstars.

Create your Twiducate account to speak to your classmates and teacher

### Take Notice

Plant some seeds from the fruit or vegetables you have eaten and watch them grow, you could keep a photo diary of the plant.

Mindful colouring, colouring inside the lines.

Identify what needs to be done to complete a task, it could school work, or helping around the house.

Recognise other people's feelings and ask 'Are you ok?'

### Keep Learning

Try learning a new skill:

- Sewing on a button
- Making your own lunch
- Baking a cake

<https://www.bbcgoodfood.com/recipes/collection/kids-baking>

A new language

<https://www.duolingo.com/>

### Be Active

Using empty plastic bottles from your recycling bin why not try and create your own bowling alley.

Balance – can you walk in a straight line balancing different objects on your head?

Joe Wicks is holding daily PE lessons over on his YouTube channel at 9:00am

<https://www.youtube.com/user/thebodycoa/ch1>

### Give

Helping parent/carer with cooking

Helping your young sibling with their home learning

Offer to make your grown up a drink  
Take the recycling out

Give your parent/carer a massage  
(if you can remember the one you do in class, even better)

<https://themontessorifamily.com/massage-for-children-a-weather-story-and-other-resources/>

## Parent Guide



The Five ways to wellbeing are simple things that we can all do to improve our emotional health and wellbeing:

- **Connect**
- **Be active**
- **Take notice**
- **Keep learning**
- **Give**

**Connect:** Spend time with family and friends. Enjoy doing things together and talking to each other.

**Be active:** It keeps you physically healthy, and makes you feel good

**Keep learning:** Try something new. Try a new hobby, or learn about something just because it interests you.

**Take notice:** Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

**Give:** Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!

There's the Five ways to wellbeing toolkit to download below and even more about the Five Ways to wellbeing

<https://www.healthyyoungmindsinherts.org.uk/sites/default/files/publications/terms%3Avocabulary%3Avid/five-ways-to-wellbeing-toolkit.pdf>

Have you heard about the **Digital five a day**? It's like Five ways but about finding a healthy and balanced online life

<https://www.childrenscommissioner.gov.uk/our-work/digital/5-a-day/>