



Five Ways to Wellbeing Activities

Connect

Make a card for a relative and friend and post it whilst out for your daily exercise.

Talk to someone in your class who you wouldn't normally talk to.

Start a conversation over breakfast, lunch or dinner.

<https://www.allprodad.com/kid-conversation-starters/>

Take Notice

It's important to practice your mindfulness like you do in school. This one is drifting clouds

<https://youtu.be/TS06oKHNF1A>

Look out your window... what do you see? Not just the ordinary things but the little things. Write a list of 10 things you notice.

Keep a journal, like you do in school. Write down your thoughts and your feelings.

Keep Learning

Use Google chrome to create a 3D animal in your house. Find out about that animal. It's habitat, food it eats for example

Make a collage about the animal you chose with all the facts.

Be Active

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

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

Balance a book on your head and walk around your flat or house. How long can you keep it balanced for?

10 press ups in 10 secs. Up for the challenge?

Give

Give yourself time. It is ok to relax and to let your self be.

Give a virtual high five to your friends online.

Give the grown-ups and your brothers and sister a smile.

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/>