

## Five Ways to Wellbeing Activities 14.05.20

### Connect



Make a hand made card and post through a neighbour's letterbox (with your parent's permission)

Connect online with your school friends, share a joke or a song



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### Keep Learning

Watch a creative tutorial on You Tube and have a go.

Have you ever written a poem? Try a 4 line limerick or a tongue twister

### Be Active

Try

<https://www.bbc.co.uk/teach/school-radio/eyfs-wiggle-waggle-index/zdw9382>

**Make** Cut paper plates into rings of different sizes and then stick your kitchen roll tube to the floor. Throw your paper rings onto the tube like you're at the funfair! Make it a challenge by moving further back or racing to see how many you can get in 30 seconds.

### Take Notice

Try your five finger breathing. Listen to your breathing. Take your time.

NSW Department of Education



## 5 Finger breathing

- 1 Spread your fingers wide
- 2 With your other hand, put one finger against the bottom of your thumb
- 3 Trace your thumb - breathe in as your finger rises, breathe out while it falls
- 4 Keep tracing your fingers until you get to the pinky - remember to breathe in and out!
- 5 How are you feeling? If you need to, start again

### Give

Give your time to help around the house. Wash up, tidy up the house or help with breakfast, lunch and dinner.



# 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/term%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/>