

Five Ways to Wellbeing Activities

Connect



Write a letter to a loved one or to a friend at school. Share it with them by reading it over the telephone or online. You could post it to them.

Give someone living in your home a surprise hug!

Draw a circle and put everyone in it who mean something to you

Take Notice

Listen to your favourite song, see if you can hear which instruments are playing and what the singer is meaning in the words.

Whilst it is raining, listen to the sounds of the rain on windows and on the ground. If you can open a door and breathe in when it is raining, smell the rain and take a moment.

Listen really carefully to the birdsong you can hear.

Keep Learning

Using a ball, can you learn to do 'keepy-uppies'.

Learn the words to a song you do not know

Be Active

Dance around the room to your favourite song.

How many hops on one leg can you do?

How long can you balance on one leg?

Give

Draw or paint a picture of your hopes and dreams. Then display it in your window to give people joy when they see it.

Sing a song to your family, giving them a smile whilst they listen to you

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/>