

## Five Ways to Wellbeing Activities

### Connect



Snuggle down with someone in your family and read a book together

Paint or draw a picture of your family

Build together... a den, a lego construction or a junk model for example

Watch a film together



### Take Notice

Look out the window and look up at the sky when it gets dark, what can you see?

When you eat your lunch or dinner, try to really taste every ingredient.

Close your eyes and concentrate on the noises around you. Try to really distinguish each and every sound. How many sounds can you hear?



### Keep Learning

Think about how you look after yourself. This is called self-care.

Create a mind map of how you take care of yourself. Think about your sleep, healthy eating and exercise.

### Be Active

Try some yoga!

<https://www.youtube.com/user/CosmicKidsYoga>

<https://yogawithadriene.com/yoga-for-kids/>



### Give

Give a smile ... they are catching! Try smiling at someone in your family and watch. They cannot help themselves, they will smile back



## 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/>