

## 5 Ways to Wellbeing

Wellbeing means feeling good and enjoying your days. Research shows that people who practice the 5 Ways to Wellbeing live longer by 7.5 years!

The **5 Ways to Wellbeing** are simple steps that everyone can take to increase their happiness and productivity. You might already be doing these things in your life, we then encourage you to do more of them or to try some new ones. Watch this video for more information -

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>.

1. **Connect** – spend time with family and friends. When we connect with people, we feel valued and close to others. Social relationships help us to function well in the world and maintain good mental health.
2. **Be Active** – physical activity and exercise keep our bodies and minds healthy. Walking, jumping, running, yoga, stretching and even cleaning are some of the ways you can be active at home!
3. **Take Notice** – be present and focus in the moment. Try to not think about the future or the past. Pause and notice what is happening in the here and now.
4. **Keep Learning** – be curious and learn something new! Picking up new skills and knowing new things helps increase our self-esteem and feel more positive.
5. **Give** – share with others and show kindness. Even small things, like making someone laugh or tidying up after yourself can improve the way you feel as well as having a positive impact on others!




## Instructions for parents:

The H&F Mental Health Support Team has prepared a pack of activities to support your child's wellbeing during the COVID-19 pandemic and the school's closure. These can be challenging times for many, and we want to offer some simple and easy activities to support your child's wellbeing.

Please read and explain the information on the "5 Ways to Wellbeing" to your child and watch the suggested video together. The school will upload on their website 1 worksheet per week based around the "5 ways to wellbeing" for your child to complete. These should be available at the beginning of each week. The first week the focus is on Connect. In the last week, your child will be encouraged to practice all of the "5 Ways to Wellbeing" together.

On the next page you will find a tracker to support your child to complete the activities. If you can, please print the page and stick it to your child's workbook. If this is not possible, please add "Wellbeing challenge" on their home routine/timetable. Please support your child to choose one or more of the activities every week. Join in too if you can! It can be beneficial for the whole family to practice the "5 ways to Wellbeing" together. We hope you find the pack useful.

# My 5 Ways to Wellbeing Challenge Tracker

Week	Write/Draw what you did	Did you like it? Yes/No
<p>18/05/2020 CONNECT</p> 		
<p>25/05/2020 BE ACTIVE</p> 		
<p>01/06/2020 TAKE NOTICE</p> 		
<p>08/06/2020 KEEP LEARNING</p> 		
<p>15/06/2020 GIVE</p> 		
<p>22/05/2020 ALL 5</p> 		