

five ways

to wellbeing



The ideas offered here provide some practical ways in which you can encourage young people to value their wellbeing and understand that they can feel good and function well by taking regular actions. They can all easily be adapted to fit your own style and the needs of the young people you work with.

Connect

Connect with people around you. Spend time with family. Use different ways to communicate.

Be Active

Go for a walk or a run. Cycle, dance or play a game. Go to the park. Try a new activity.

Take Notice

Take time to be still, reflect, and become aware of your surroundings. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite food.

Keep Learning

Set yourself a goal. Learn something new. Research something you're interested in. Learn a new word or a random fact. Visit an online museum.

Give

Do something nice for a member of your household. Thank someone. Smile. Volunteer your time. Raise money for charity. Be a good role model.

Further ideas listed below

Connect

Connect with the people around you. With family, bubble and friends online.. Think of these as important parts of your life and invest time in developing them.

Building these connections will support and enrich you every day.

Key message:

Connect, build, broaden and strengthen relationships and social networks. Spend time with others, friends and family and make time for conversation or having that chat (this may be online).

Ways to connect:

- With family – share your day and ask about theirs
- Ask a friend (online) about their weekend and pay attention and listen when they tell you
- Talk to someone on the phone instead of messaging or social media
- Stay in touch with people in your class or outside your bubble
- Don't use your phone for a day (or at least for a few hours!)
- Take your headphones when you are in a room with your family
- Ask your parents or carer about their childhood
- Write a letter or send a postcard to someone
- Smile at a member of your family and say good morning

Be active

Take advantage for daily exercise: Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Do yoga. Exercising makes you feel good.

Evidence suggests that physical exercise changes your brain chemistry and releases happy hormones which in turn can make you feel more positive. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Key message:

Being active is for people of all ages and does not need to be intense physical activity.

Ways to be active:

- Play your favourite song and dance to it
- Go for a walk at lunchtime
- Go to your local park
- Stretch and move your limbs in the morning, midday and evening
- Walk the dog

- Do some gardening
- Make bread – it's hard work!
- Climb a tree
- Try out an online exercise class like Miss Cave's Yoga or Joe Wickes' PE
- Learn how to ride a bike

Take notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking the dog, eating lunch or talking to family. Be aware of the world around you and what you are feeling; reflecting on your thoughts and feelings may help you to identify why you may be feeling a certain way.

Key message:

Take time to be still, reflect, become aware of your surroundings. Reflecting on your experiences will help you appreciate what matters to you.

Ways to take notice:

- Take a different, more beautiful route on your walk
- Stop and really take in your surroundings
- Reflect on the positives, what can you be grateful for – there is always something
- Take notice of what you are thinking. Not to judge or be hard on yourself, but just to be more aware of what you are thinking
- Really savour every mouthful of your lunch, noticing the texture, flavour, how the food feels, tastes
- Consider your strengths and how you make the most of them.
- Think about who inspires you and why
- Notice your family and people around you
- Notice wild flowers and where they grow
- Watch animals and birds outside
- Think about what your parents or carers do for you
- Pretend you are someone else and reflect on what they would think about you
- Plan for the future and where you'd like to be in 5 years time
- Try a new food and then notice how different it tastes and feels

Keep learning

Try something new. Try a new hobby or activity on line. Take on a responsibility at home, such as doing the washing up, taking a bin out or making your bed. Learn to how to cook your favourite food.

Key message:

Set a goal. Learn something new. Try something fun. Achieve a goal.

Learning can involve any manner of subjects, not just what you have to do in school. Learning can be social, you may find new friendships when we return to school based on your new hobbies and interests as well as new skills.

Ways to keep learning:

- Research something you've always wondered about
- Discover something new, find out more about something you're interested in
- Read the news or a book
- Use a conversation as a way to learn new things, be curious
- Learn a new word
- Learn something new about yourself
- Do an a quiz with your family
- Learn an inspirational quote
- Visit a museum online
- Learn a new hobby
- Learn a new dance routine or the words to a new song
- Find out more about something your friends or family are interested in
- Learn more about your family history
- If you hear something you don't understand, ask someone what it means
- Use a dictionary for words you don't know
- Think about how others are feeling and work out why

Give

Do something nice for a member of your household, thank someone, smile, volunteer your time to help at home.

Key message:

Any acts of kindness, whether small or large can make you feel happier and more satisfied about life. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Ways to give:

- Smile and be willing to give your time to a conversation
- Check up on a friend
- Say thank you to someone who has helped you. Send a text, or message or write them a letter to show how much it meant to you.
- Donate your time to do something for a family member; do the washing up; wash the car; or put the shopping away.
- Bake a cake and share it
- Give some food to a food bank
- Give someone in your household a hug
- Raise money for charity
- Help an elderly neighbour – perhaps do their gardening, take their bins to the front on bin day.
- Be a good role model
- Give yourself some time to relax

Logging your Five Ways to Wellbeing

In each box write down what activity you did e.g. do some exercise. And then circle the smiley face to show how it made you feel.

	Monday	Tuesday	Wednesday	Thursday	Friday
Be active					
Notice					
Learn					
Give					
Connect					
How do you feel overall today					