

5 Ways to Wellbeing

In addition to our PATHs learning in school we talk to the children about the '5 Ways to Wellbeing.' We talk about how we can include these in our lives, both at school and at home.

Here are some things the children could do and ways you can promote this at home too!

Federation website Mental Health and Wellbeing page -

<https://www.toftwoodfederation.co.uk/mental-health-and-well-being/>

Animation about 5 Ways To Wellbeing -

<https://www.youtube.com/watch?v=yF7Ou4-3Vj6>

CONNECT

Talk to your friends and family.
Help a friend or neighbour.
Eat a meal with your family.
Make a new friend
say hello.
Bake some cakes and share them.



BE ACTIVE

Dance to your favourite song.
Walk a dog.
Hula hoop.
Join a sports team.
Play a game in the playground.
Walk or cycle to school.
Help in the garden.
Run a race with friends.
Make up your own sport.

TAKE NOTICE

Look what you can see out of your window and how it changes.
Paint or draw a picture of what you've seen today
think about how you are feeling today.
Listen to the sounds of nature like the wind and rain.
Play I spy.
Notice how your friends or family are feeling today.

GIVE

Smile and say thank you.
Make a homemade present or card.
Hold a door open for someone.
Share with others.
Help around the house.
Listen to someone else and how they are feeling.

KEEP LEARNING

Learn a new word each day.
Try out a musical instrument.
Do a word search.
Try a new food.
Learn to cook a new recipe.
Study an animal or bug.
Write a story or song.