

The 5 Ways to Wellbeing



Spend time with people around you – at home, school or the local community.



Moving makes you feel good. Look for an activity you enjoy and give it a try.



Learning isn't just for school. Learn something new – try something different.



Help other people by being kind, giving a smile or a 'thank you'. Do something for others



Be aware of the world around you and what you are feeling.

Research shows there are five simple things we can do as part of our daily lives to build resilience, boost wellbeing and lower the risk of developing mental health problems. These simple actions are known as the Five Ways to Wellbeing.

At Kates Hill primary school we promote and practice the Five Ways to Wellbeing.

Why the Five Ways work

Connect: Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.

Keep Learning: Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.

Be Active: Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.

Give: Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

Take Notice: Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

Five Ways to Wellbeing in action

Keep 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

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

Keep learning:

- learn a new word each day
- visit a museum or art gallery
- try out a musical instrument
- do a word search
- try a new food
- learn to cook a new recipe
- study an animal or bug
- visit a new place
- write a story or song

Give:

- smile and say thank you
- make a homemade present or card for no reason
- hold a door open for someone
- give someone you love a hug
- send your old toys to a charity shop
- share with others
- help around the house - wash the dishes or do some dusting
- listen to someone else and how they are feeling