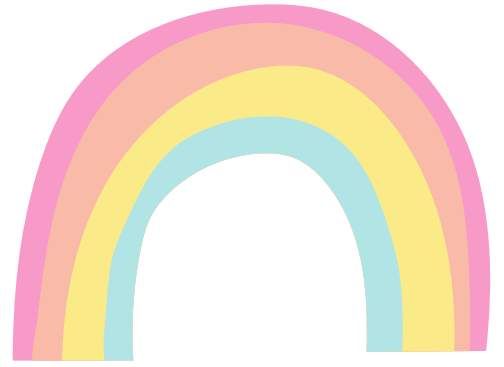


# 5 WAYS TO WELLBEING



## USING THE 5 WAYS TO WELLBEING DURING THE COVID-19 OUTBREAK

The Five Ways to Wellbeing are a set of simple things we can all do in our everyday lives to help with our wellbeing.

- Be Active
- Take Notice
- Learn
- Connect
- Give

There is evidence that four of these five ways - connect, be active, take notice, keep learning - work for children. Evidence for the fifth (give) was more mixed, although children did talk about being kind and doing things to help others.

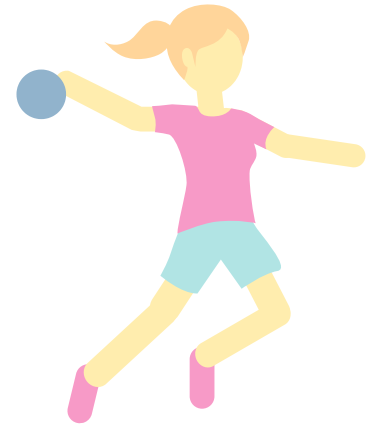
However, there is also evidence for another way to well-being relating to creativity, imagination and play.

We have pulled together some ideas and activities for children and families to do based on the 5 ways to wellbeing. There is also a list of further sources of information.



# BE ACTIVE

Exercising makes you feel good. Evidence shows that physical activity releases happy hormones which can make you feel more positive.



**Key message: Make use of your daily exercise time to be active outside of your home. Be sure to keep to the social distancing guidelines set out by the Government.**

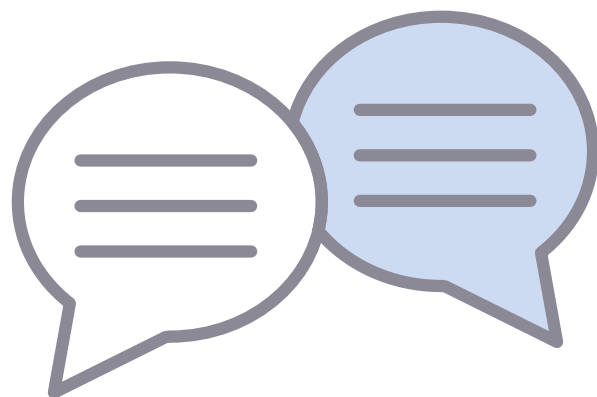
## Ways to be active:

- Play your favourite song and dance to it
- Go for a family walk or bike ride
- Take part in our virtual school games
- Stretch and move your limbs in the morning, midday and evening
- Active Lessons - check out our website for some ideas
- Search for local organisations that are delivering online sessions
- Make up your own game to play at home
- MAKE an obstacle course in the garden
- If you haven't got equipment, get creative and see what is in your house, for example a packet of crisps makes a good beanbag!



# CONNECT

Connecting can help to develop communication skills, interpersonal skills and develop social skills.



**Key message: More than ever, it is important to connect with people. Be creative and think of alternative ways to stay in touch with people, ensuring social distancing.**

## Ways to connect:

- Smile and say hello to someone as you pass them on a walk
- Call a friend and talk about their weekend and pay attention and listen when they tell you
- Write a letter to grandparents, family or friends
- Reconnect with someone you haven't spoken to in a while
- Find an old photo of friends or family and share it with them
- Walk and Talk
- Leave messages in your window supporting the NHS and Key Workers for passers by to see



# TAKE NOTICE

## - MINDFULNESS



Be aware of the world around you and what you are feeling. We can take notice during any given moment, activity or conversation.

**Key message: Life has slowed down, which gives us more time to take time to be still, reflect, and become aware of your surroundings.**

### Ways to take notice:

- Try a new food and notice how different it tastes and feels
- Do a mindfulness activity such as colouring, listening to music, and being creative
- Go on a happiness walk and find 5 things that make you smile
- Stop and really take in your surroundings
- Open your window or go into the garden: watch animals and birds and listen to sounds of nature
- Draw a picture of what you have seen today
- Yoga session - see our website for some ideas
- Spot the rainbows in peoples windows as you walk
- Mindful meditation



# KEEP LEARNING

Trying something new or learning about something we have an interest in can help to keep our brains stimulated.



**Key message:** We may not be in school at the moment but it is really important to keep learning. It could include learning something new, setting a goal, trying something different and fun. Learning can involve any manner of subjects and is not just what you have to do for school.

## Ways to keep learning:

- Discover something new
- Be curious and ask questions
- Learn a new dance routine or the words to a new song
- Use a dictionary for words you don't know
- Read a book
- Share a fun fact with friends and family
- Have a family quiz
- Watch a documentary e.g. Blue Planet
- Do your school work/activities



# GIVE

Giving to those around us can create connections,  
alongside making us and others feel happier.  
Giving something doesn't need to cost a penny!



**Key message: Any acts of kindness, whether small or large can make you and others feel happier. With a little bit more time on our hands, we all have time to give to others. This may be our family members or people we've never even met before!**

## Ways to give:

- Smile and take time to have a chat and listen.
- Say thank you to someone who has helped you.
- Draw a picture, write a poem or a letter to make someone happy
- Offer to help your parents or people you live with round the house
- Offer to help with chores at home
- Sort out unwanted toys, books and clothes that can be donated to a local charity shop (when they open)
- Check up on a friend via phone or online
- Be a good role model to friends and family



# BE CREATIVE AND PLAY

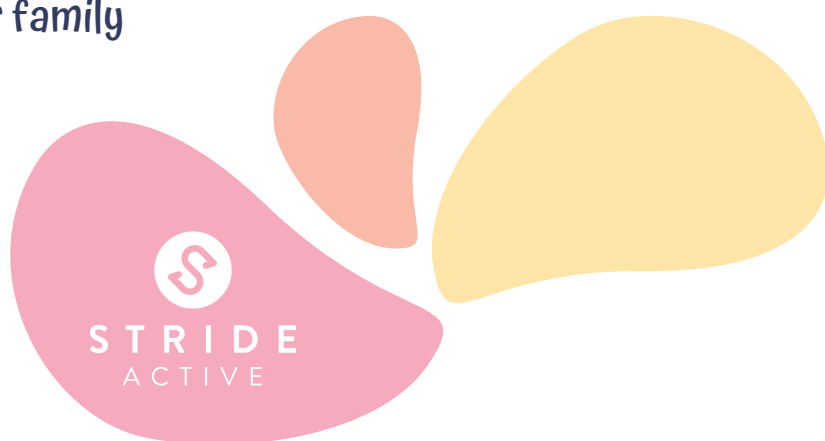


Doing an activity because you enjoy it can make you feel happier, make you feel more relaxed and can help you connect with others and learn a new skill.

**Key message: We've all learnt to become more creative at the moment - whether that's using household objects for exercise equipment or making our own games to beat the boredom! Do something that you enjoy: be creative, use music, be artistic, play outside, make something beautiful.**

## Ways to be creative and play:

- Play or listen to some music
- Make up a game
- Draw, paint or color
- Design a poster celebrating the NHS and Key Workers
- Make a model
- Play a board game
- Make something in the garden e.g. bug hotel
- Build a den in the house or the garden
- Write a story and tell it to your family



# FURTHER SOURCES OF INFORMATION

Stride Active - a bank of physical education & physical activity resources for you to access  
[www.strideactive.org/community/stride-away/](http://www.strideactive.org/community/stride-away/)

Active Herefordshire and Worcestershire - signposting to support for you and you family to get active.  
[www.activehw.co.uk/stay-active-at-home](http://www.activehw.co.uk/stay-active-at-home)

WISH - Herefordshire Directory of wellbeing and local services  
[WISH Herefordshire Covid Activities](#)

Halo Leisure Centres - for online sessions  
<https://haloleisure.org.uk/halo-at-home>

MIND - the national charity has information to support children and young people  
[MIND for children and young people](#)

Every Mind Matters - advice to help you keep on top of your mental wellbeing while at home  
[Tips and Advice](#)

Young Minds - Tips, advice and guidance on getting support for your mental health  
<https://youngminds.org.uk/>

Place2Be - National mental health charity supporting young people and schools  
[Wellbeing activities for families](#)

Mental Health Foundation - advice to support your mental wellbeing while at home  
<https://mentalhealth.org.uk/coronavirus>

Change 4 Life - Easy ways to eat well and move more  
<https://www.nhs.uk/change4life>



**STRIDE**  
ACTIVE

