

# Five Ways to well-being

20/30 mins

KS 2

This activity is about how to build resilience. The five ways to well-being are a set of evidence based actions to promote people's well-being. They are easy & simple things you can do in your everyday life. (Also useful for teachers)

## What you will need

Five ways to well-being cards  
Matching cards

## Method

- Explain to the children that just like they have 5 a day of fruit and veg, there is 5 a day for looking after their emotional well-being.
- Show or explain what the 5 ways to well-being are:

<b>Connect:</b> With family, friends, classmates, neighbours. At school, home or community.	<b>Be active:</b> Go for a walk or run. Step outside. Play a game, cycle or dance. Exercising makes you feel good.	<b>Take notice:</b> Be curious, ask questions. Notice the unusual, the things around you. How you are breathing.	<b>Keep learning:</b> Try something new. Learn to play an instrument or how to cook. Rediscover an old interest	<b>Give:</b> Do something nice for someone. Thank someone. Smile. Volunteer your time.
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- Put the children in to groups of around 5 or 6, give them a set of matching cards and ask them to sort them into which of the 5 ways each card goes with.
- Once they have sorted all the cards, ask them to feed back where they put them and discuss why it is important to do these things and how they think it could make them feel better.
- Ask them if these are things they could do easily during the day and/or at school.
- Either as a class or in groups ask them to come up with other things that they could do during the school day that could be one of the fives ways to well-being.

Keep learning!







be Active!



connect  
HEART ♥ HEAD ♥ HANDS

