



Five Ways to Wellbeing

Activity Sheet

Use the challenges on this sheet to help your child feel better and find ways of managing their own mental wellbeing.

Why not cut them all out and encourage them to choose one or two per day to do. Once they have tried them all they can pick their favourites to do regularly.



Be active



Do a half an hour walk around the local area and write about what you saw when you get back including how it made you feel.



Set up an indoor obstacle course to get your heart rate up



Have a kitchen disco with your household – each pick your favourite songs and do your most energetic dancing together.

Connect



Write a letter to someone that you haven't seen for a long time. Ask how they are and tell them how you have been feeling. Draw pictures or take photos to print and go with it.



Make contact with a friend from school – ask a parent to help you set up a video call so that you can see each other and talk.



Connect with those you live with by spending time playing a board game together.

Take notice



Sit outside and listen to the birds sing, and notice what other sounds you can hear.



Write a list of the three things you look forward to doing the most when we are allowed to do them again.

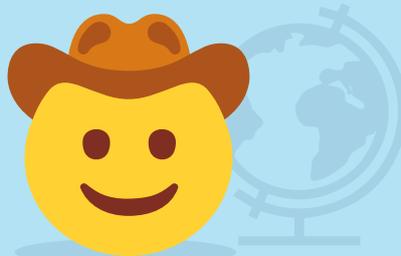


Go for a walk in your local park and look at the trees around you noticing what colour the leaves are. Write about what you see and how it made you feel.

Learn



Choose something you are interested in and spend some time reading about it and learning interesting facts to tell people.



Choose a country you might like to visit one day and learn five words from the language



Learn to cook a meal with the person in the household that usually cooks. Help them with the preparation and the clearing up.

Give



Make a homemade card to send to a friend or family member that you can't see at the moment.



Write a list of the things you appreciate most about the people you live with and let them see it.



Help with some of the chores around the house whether it's doing the hoovering or pairing the socks.