

5 ways to wellbeing School Council Challenge



5 Ways To Wellbeing



Trying/Learning different things

Learning new skills can give you a sense of achievement and increase our confidence



Take Notice

Be more aware of the present moment, including your thoughts and feelings, your body and the world around you.



Give something back

Even the smallest act can count, whether it's a smile, a thank you or a kind word



Be Active

Take a walk, jog or cycle or find another activity you enjoy



Connect with friends and family

Talk to someone about how you feel

Keep Learning



Learning new skills can give you a sense of achievement and increase our confidence

- Use the school computers to research something you're interested in
- How many languages can you use to say the numbers 1-10 in?
- Can you learn an interesting fact about the human body?
- Watch a documentary about the world we live in (e.g. Blue Planet)
- Learn to cook a new recipe or try a new food

Take Notice



Be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

- Walk around outside and write down what you can hear.
- Walk around outside and write down how many colours you can see.
- Sit quietly and draw something that represents peace.
- Listen to some music. How does it make you feel?

Give



Even the smallest act can count, whether it's a smile, a thank you or a kind word

- As a class, make a card or poster for your lunchtime supervisors, or the care-taking team. How does it feel to make something for someone else. Ask them to share with you how they feel about your gift.
- Bake some cookies/cakes and share them among your class/bubble.
- Do a litter pick, safely, wearing gloves or using a litter pick tool.

Be Active



Take a walk, jog or cycle or find another activity you enjoy

- As a class, go out and do the Daily Mile challenge... everyone does laps in the playground for 15 minutes.
- Participate in some team games, such as throwing and catching.
- Take part in a Joe Wicks PE lesson.
- Have a mini-disco - play some music and dance!
- How long can you jog on the spot for?

Connect



‘connect’ with people you know: family, friends

- Team up with a classmate you don’t usually work with. Ask them questions... do they have any pets? What is their favourite colour? What food do they like/hate? Do they have any siblings? Spend a good chunk of time interviewing one another... what things surprise you? What have you learnt?
- Write a letter to someone you care about. What do you want to tell them?
- Write letters and send a care package to either a different year group in your school, or maybe your own year group in a different school.

