



Five Ways to **Wellbeing**

Ysgol Babanod

 Mochdre 



Suggested Activities Book





## Five Ways to Wellbeing

# Ysgol Babanod Mochdre

### How Does 5 Ways to Wellbeing Look at Ysgol Babanod Mochdre?

Every Friday afternoon from 2pm—3pm, we have a 'Feel Good Friday' where we explore the **5 Ways to Wellbeing**. The aspects that we will explore are—

- Connect
- Be active
- Take notice
- Keep learning
- Give

On the next page, please start to plan your **5 Ways to Wellbeing** by looking at **Pupil Voice** and asking the children the question **What makes you happy and feel good?** Following this, there is a suggested activities list for each aspect of the 5 Ways to Wellbeing which you can add to or tailor to your class needs / Pupil Voice.





# Five Ways to Wellbeing



## Pupil Voice



"I like sharing when we are playing with toys."

-Alice

What makes you

"Reading stories to my friends."

- Tahlia

happy and 'feel good'?

"Making nice things for people makes me happy."

- Wren

"I like blowing bubbles... it makes me feel calm."

- Nelly

"Making things like cards and friendship bracelets and giving it to my friends."

-Angel

"I like planting things outside and making pictures with leaves." - Linus

"I like learning about animals so a minibeast hunt would make me happy" - Leo

"I like getting under blankets with my teddies and watching a movie." - Thomas

"I like going on the bikes." - Dogukaan

"We could write a letter to someone."

- Nelly

"I like chalking nice pictures outside to make people happy." - Reece

"Make a stick house for the bugs." - Liam





**Connect...** with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

### Suggested Activities

- \* Compliment someone in your class. Make a compliment mat (child's name in the middle and others to write their compliment on). Each child to have their compliment mat laminated and taken home.
- \* Talk to someone over the telephone or email them.
- \* Spend time talking to your friends. Ask them how they are feeling and really listen.
- \* Play a game with a friend.
- \* Look at / or read a book with a friend and talk about what happens.
- \* Draw pictures of things that make you happy. Connect all the pictures in the class into a heart. Find out what you have in common with somebody.
- \* Individually / in a group, write your worries on a balloon—bat the balloon into the air and let them go. Can your friends help you with your worries?
- \* Create a sock puppet and put on a show with a friend.
- \* Speak to someone new that you have never spoken to before.
- \* Build a calming area with your friends and add cushions, favourite books and teddies in there.
- \* Make a list of your best days ever. Share them with your friends and family.
- \* Make a treasure map of the yard and hide objects for others to find.
- \* Make a proud cloud. Write all the things you are proud of on it.
- \* Take a selfie and write things that you like about yourself around it e.g. on PicCollage.



**Be active...** Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

### Suggested Activities

- \* Go on the bikes.
- \* Go on the pirate ship.
- \* Make your own obstacle course outside with the PE equipment / outdoor apparatus / toilet paper / ribbon.
- \* Have a disco / play musical statues.
- \* Make up a dance routine.
- \* Make up a workout and teach it to your friends.
- \* Find a song that makes you feel happy. Sing and do a crazy dance.
- \* Try yoga.
- \* Go for a run or a walk.
- \* Organise races on the playground.
- \* Go on a treasure hunt.
- \* Go on a forest walk.



**Take notice...** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

### Suggested Activities

- \* Cloud watching.
- \* Plant something, look after it and watch it grow.
- \* Notice colours, sounds, textures, smells and shapes in the environment. Do a nature colour match, make natural perfumes, paints, do leaf rubbings etc.
- \* Shut your eyes and listen for 2 minutes. Make a list of all the things you heard in those two minutes.
- \* Do a sensory bag - use your 5 senses to describe and guess what is in the sensory bag.
- \* Do some mindful colouring.
- \* Do some meditation.
- \* Draw a view from a window.
- \* Have a teddy bears picnic outside and take notice of the environment around you.



**Keep learning...** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

### Suggested Activities

- \* Learn to knit, sew or crochet e.g. sock puppet.
- \* Learn how to make a new recipe. Learn how to wash and dry up.
- \* Read books / research something you want to know on the computer.
- \* Ask grandparents about how things used to be during their time in school.
- \* Watch a documentary.
- \* Learn how to draw or paint.
- \* Have a music afternoon. Listen to different genres of music.
- \* Learn about a new language / culture.



**Give...** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

### Suggested Activities

- \* Send a card to someone thanking them for being a great friend.
- \* Write a letter to a neighbour who might be lonely.
- \* Write a letter of thanks to someone you appreciate e.g. cook, Mum / Dad, headteacher etc.
- \* Raise money for a charity event.
- \* Do a school / community clean up.
- \* Promote a local recycling project the community is doing e.g. Dragon clothes.
- \* Draw some stars on a piece of paper, decorate them and give them to someone and say 'I'm giving you this star because...'