

5 STEPS TO WELLBEING





IT'S OK TO FEEL



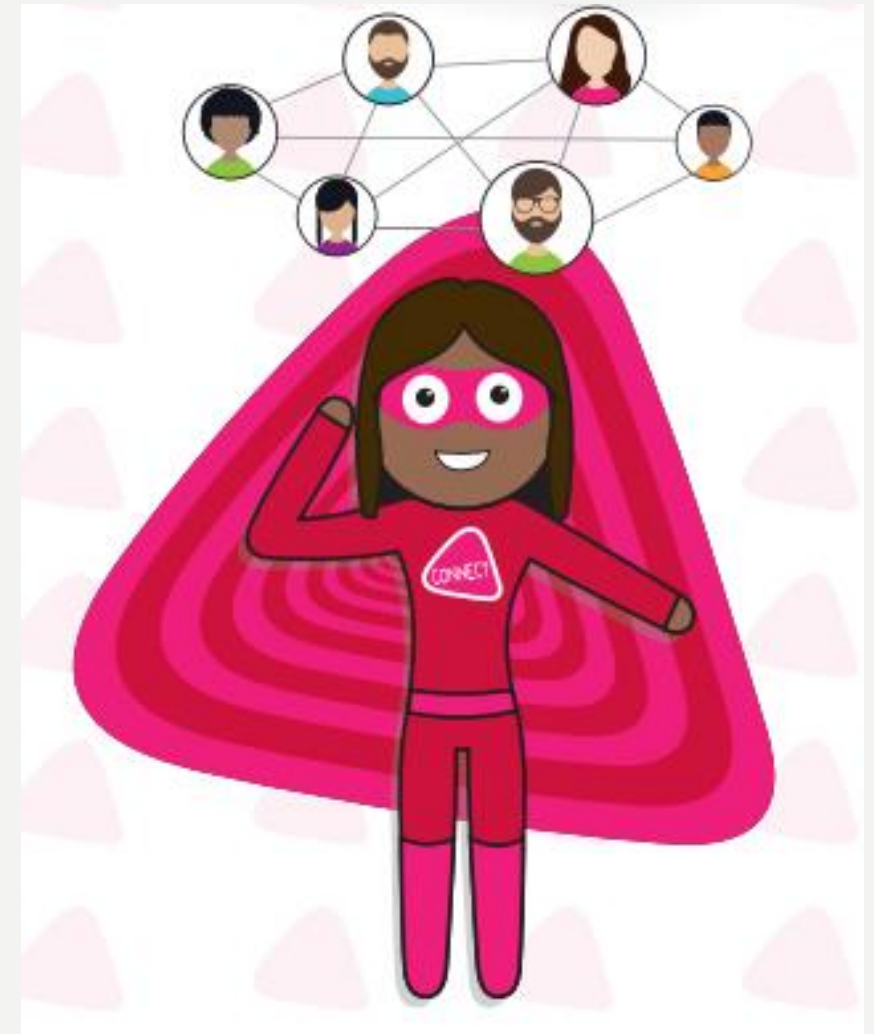
5 Steps to Well-Being





Connect

- Talk to your friends and family
- Help a friend
- Eat a meal with your family
- Make a new friend
- Say hello
- Bake some cakes and share them



Question – What ideas can you think of to do?



Be Active

- Dance to your favourite song
- Pet an animal
- hula hoop
- Join a sports team
- play a game in the playground
- Go out in the garden
- Run a race with friends
- make up your own sport

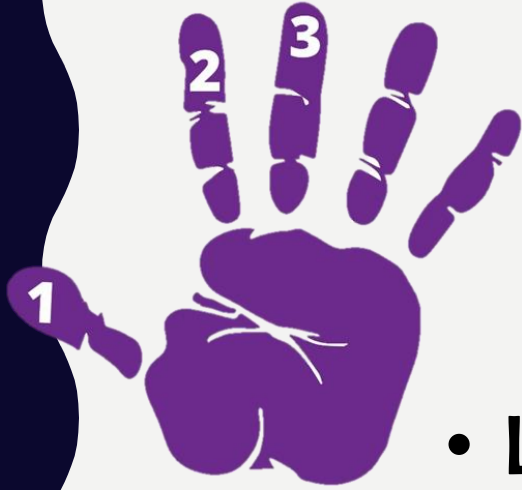


Shall we have a go now?

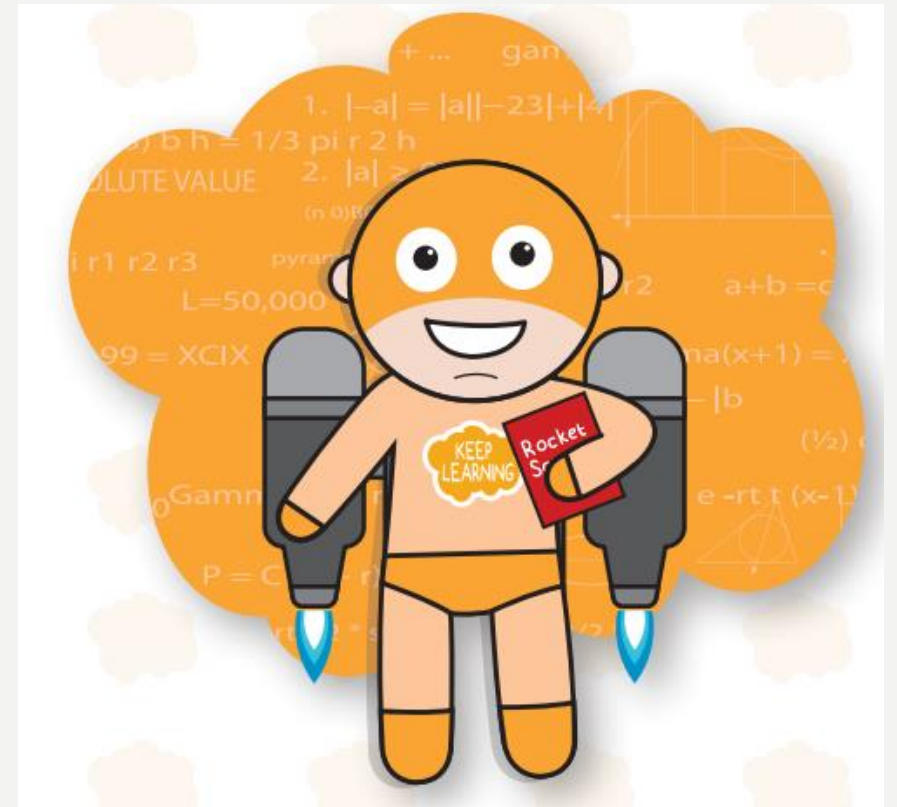
Brain Break - Would You Rather? Summer edition –

YouTube <https://www.youtube.com/watch?v=iHgM-KrbbOA>

Keep Learning

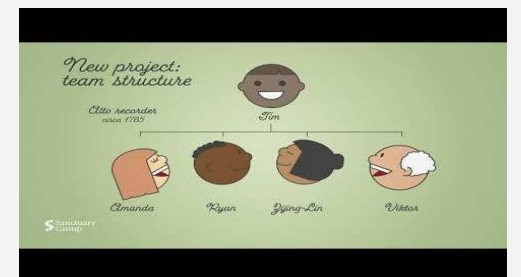


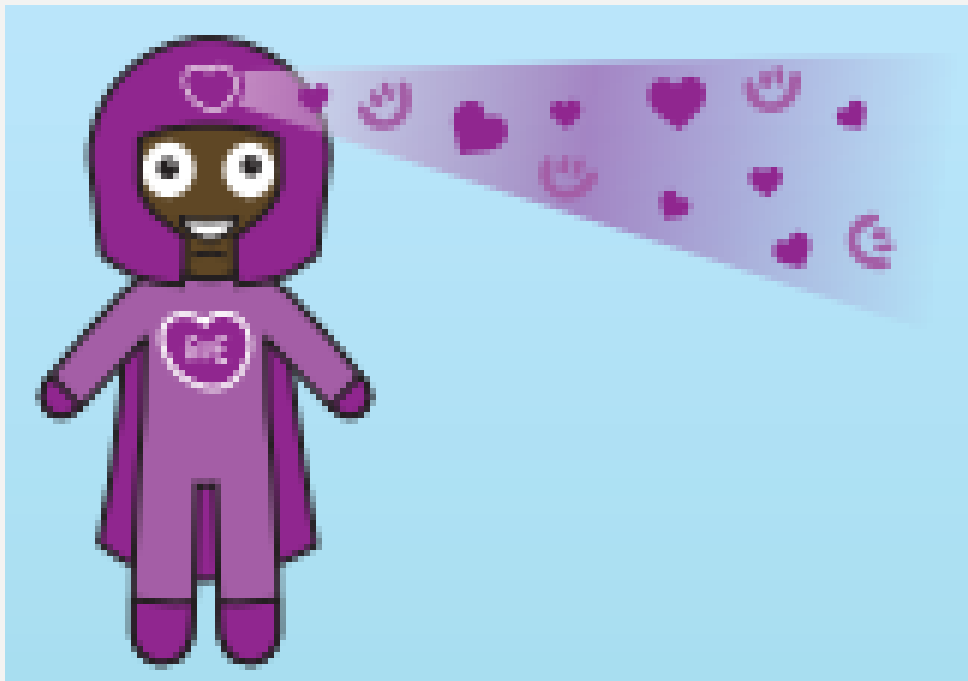
- Learn a new word
- Visit a new place
- Try a new food
- Sing a new a song
- Study an animal or a bug
- Try a musical instrument
- Draw something new



Play video

<https://www.youtube.com/watch?v=vIEjbQFFNso>





Giving



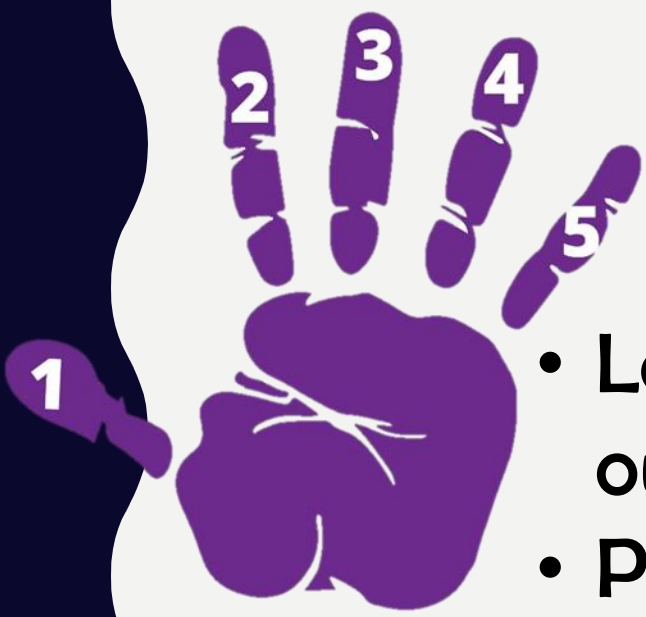
- Smile
- Say thank you
- Hold a door open for someone
- Give someone a hug
- Share with others
- Send old toys to the charity shop



Play video

<https://www.youtube.com/watch?v=vIEJbQFfNso>

Take notice



- Look at what you can see out your window
- Paint or draw a picture of something you have seen today
- Think about how you are feeling today
- Play I spy
- Listen to the sounds around you wind, rain





1. Connecting

2. Being Active

3. Learning

4. Giving

5. Taking Notice

