



## Five Ways to Wellbeing

Watch the video '5 ways to wellbeing'.

[https://www.youtube.com/watch?time\\_continue=9&v=yF7Ou43Vj6c&feature=emb\\_title](https://www.youtube.com/watch?time_continue=9&v=yF7Ou43Vj6c&feature=emb_title) The video talks about 5 different things that you could do to improve your mental and physical wellbeing. For each of the 5 ways, think about what you could do and then draw or write about what you did and explain how doing this made you feel.

1

### Take Notice

This means enjoying some stillness by taking time to appreciate the things you have around you. What do you notice?

How did you take notice?

How did this make you feel?

2

### Connect With Others

Connecting with others means spending some quality time together with the people around you, or taking your time to talk to loved ones who aren't with you.

How did you connect with others?

How did this make you feel?

3

### Learn Something New

Try to learn a new skill, or fact.

What did you learn?

How did this make you feel?



**An Act of Generosity**

Think about something that you could do to for someone else. You could make your siblings bed, offer to do some jobs or draw someone a picture.

What was your act of generosity?

How did this make you feel?



**Exercise**

Exercise is so important to keep us mentally and physically healthy. You could go for a walk, play football in the garden, or join in with Joe Wicks.

What exercise did you complete?

How did this make you feel?