

5 Ways to Wellbeing

BiBorough School Health Service

Wellbeing for life





INTRODUCTIONS

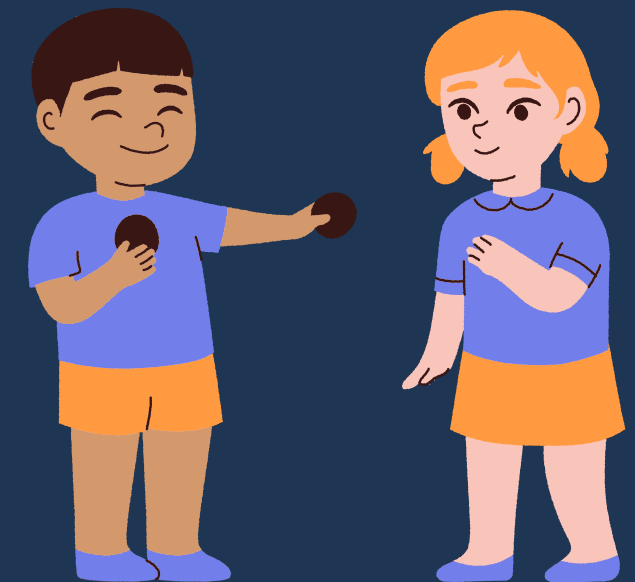
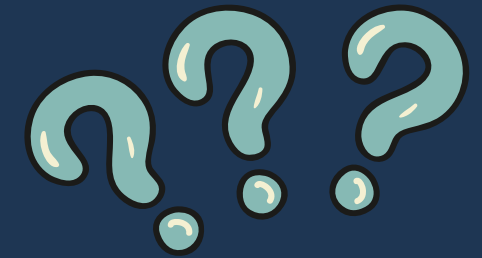
My name is Eve

I work in the BiBorough School Health Service

GROUP AGREEMENT



- Hands up for questions
- All questions welcome
- Listen to others when they are talking
- Be kind and respectful



Objectives

To learn and explore:

- What are the 5 Ways to Wellbeing?
- Why we need to use the 5 Ways to Wellbeing
- How to use the 5 Ways to Wellbeing at home, at school, with your family and friends



WHAT IS WELLBEING?

Wellbeing relates to how you think, feel and function physically (move) and mentally (how we see the world).

Wellbeing can be complicated, sometimes things happen out of our control.



WHAT ARE THE 5 WAYS TO WELLBEING?



CONNECT

BE ACTIVE



GIVE



TAKE
NOTICE



KEEP
LEARNING





KS1 VIDEO



KS2 VIDEO

So what can we do to ...

CONNECT



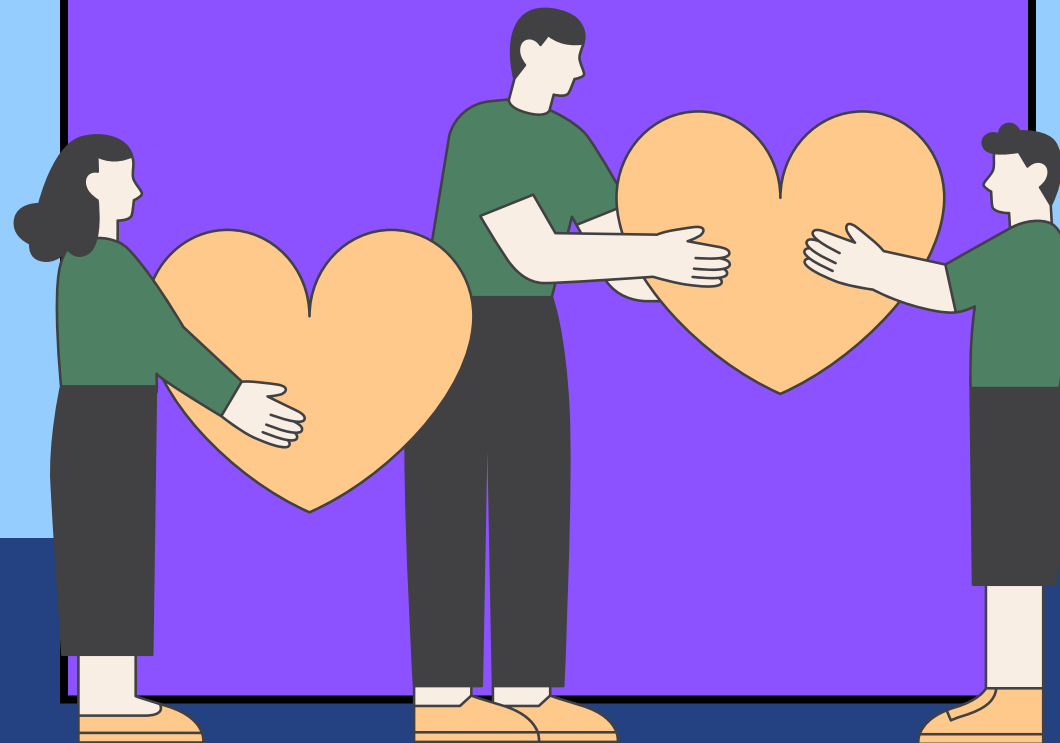
BE ACTIVE



KEEP LEARNING



GIVE



TAKE NOTICE



5 ways to...

wellbeing



ONE

Spend time with people around - you at home, school or in the local community.



TWO

Exercising makes you feel good. Look for an activity you enjoy.



THREE

Learning isn't just for school. Study something new - or try something different.



FOUR

Help other people by being kind, smile or say 'thank you'. Do something for others.



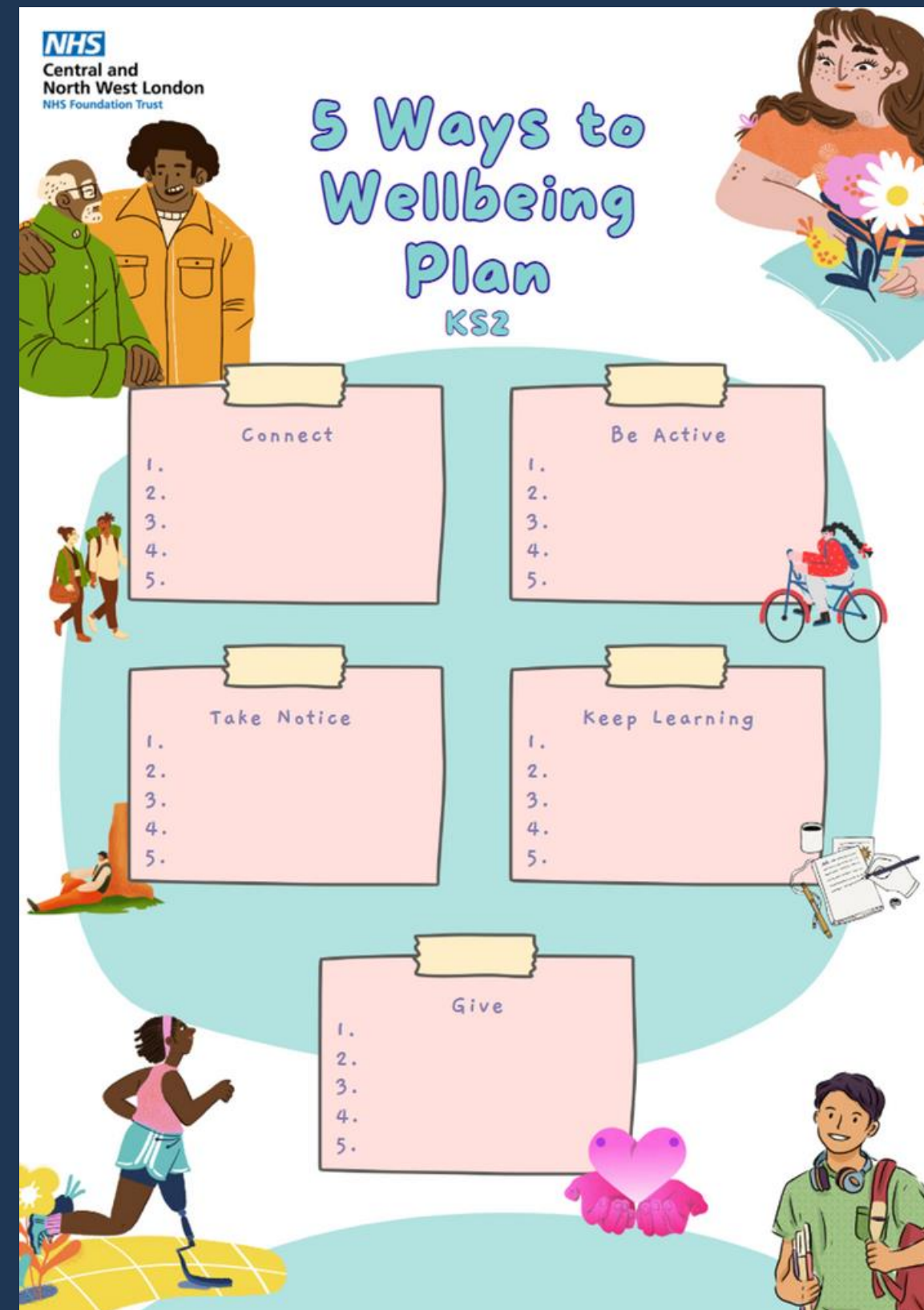
FIVE

Be aware of the world around you and what you are feeling.

KS1



KS2



QUIZ! TIME!

QUESTION 1

WHAT DOES WELLBEING MEAN?

A

How you think, feel
and move

B

Being well or unwell



QUESTION 2

HOW CAN YOU BE ACTIVE?

A



Move less, Lie down,
Sit down for most of
the day

B



Walk, Run, Cycle,
Swim, Move more

QUESTION 3

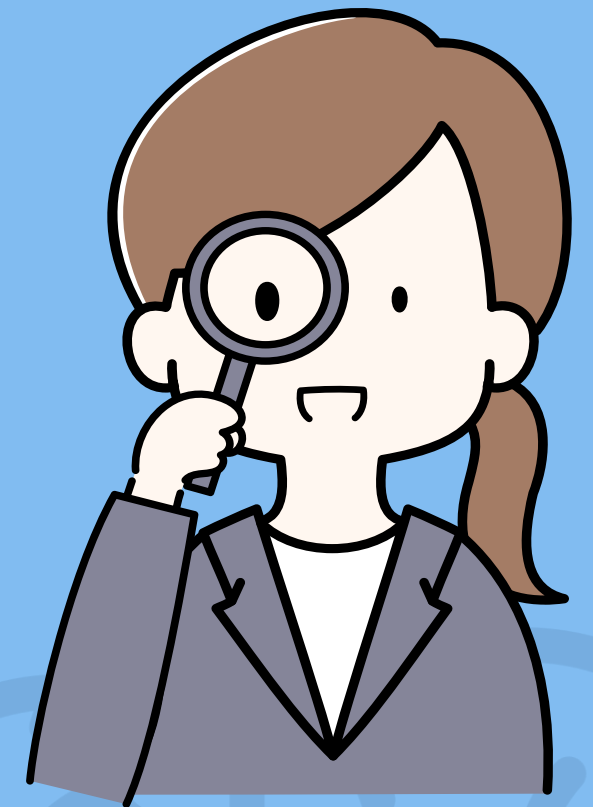
WHAT DOES 'TAKE NOTICE' MEAN?



QUESTION 3

WHAT DOES 'TAKE NOTICE' MEAN?

Pay attention to
the world around
you



QUESTION 4

WHY DO WE NEED TO TRY THE 5 WAYS TO WELLBEING?



QUESTION 4

WHY DO WE NEED TO TRY THE 5 WAYS TO WELLBEING?



To help us feel
good, manage
stress and improve
our wellbeing

QUESTION 5

WHAT ARE THE 5 WAYS TO WELLBEING?

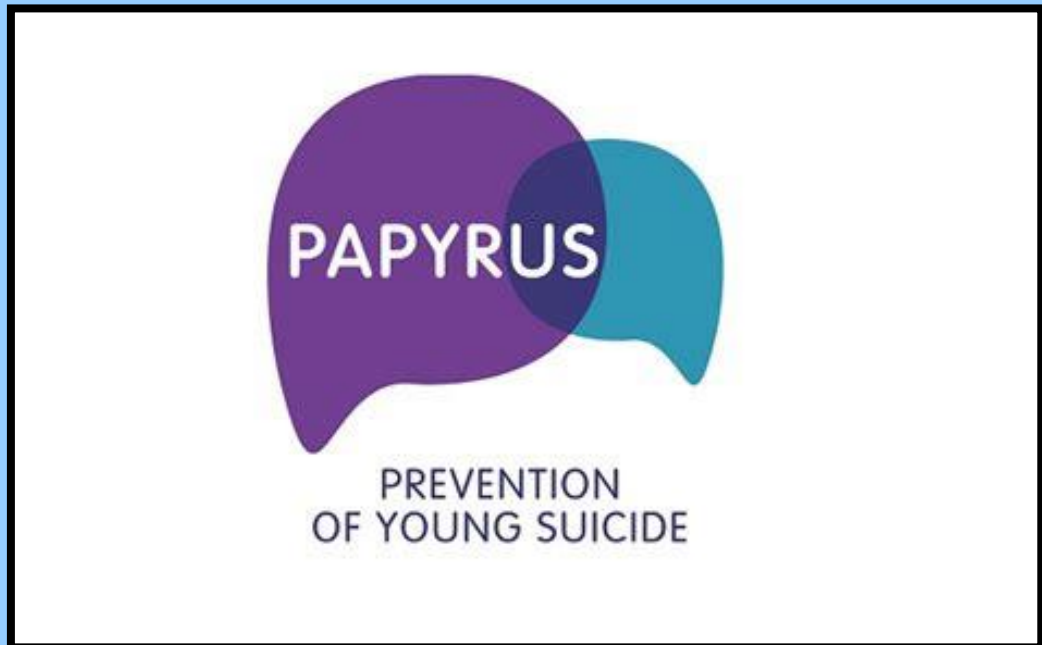
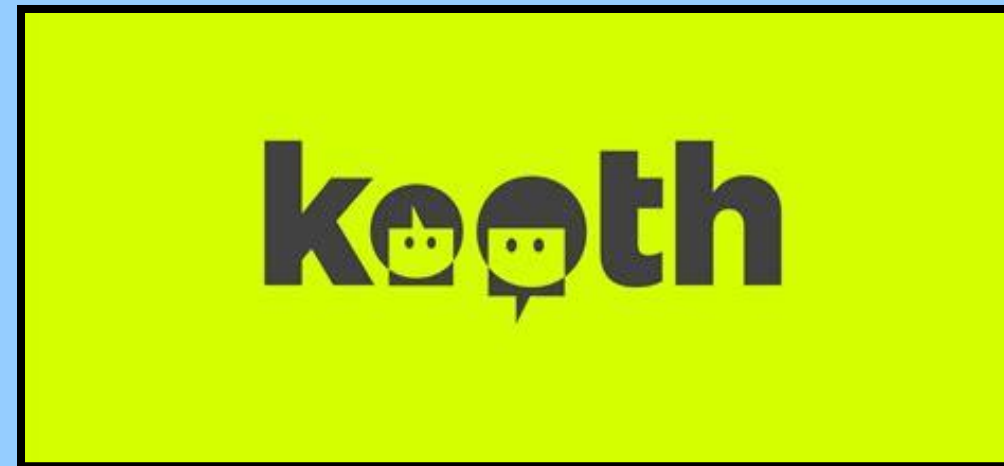
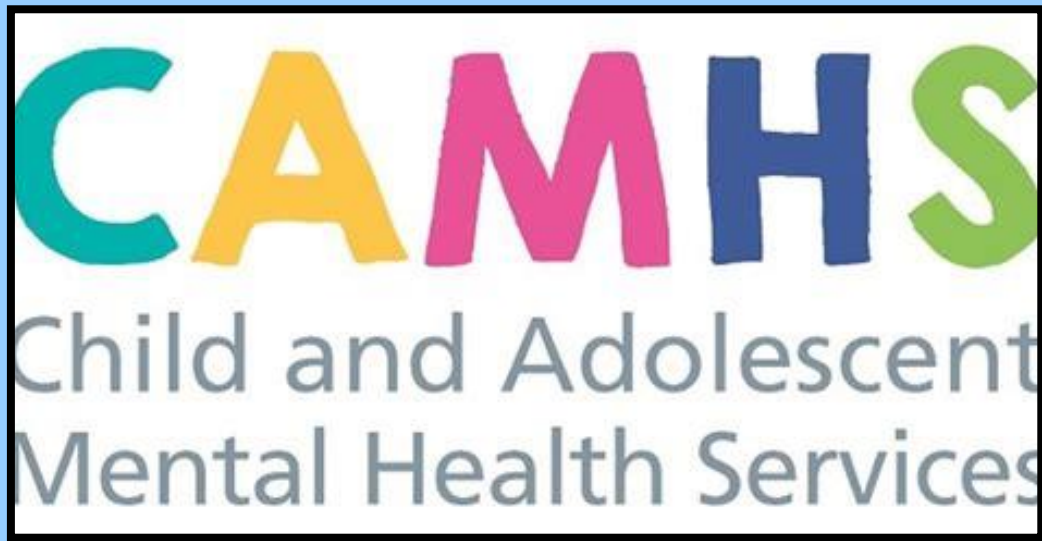


- 1 **C**onnect
- 2 **B**e **A**ctive
- 3 **G**ive
- 4 **K**ee**L**earning
- 5 **T**ake **N**otice

SUPPORT

- Talk to an adult at home or at school
- Talk to a doctor, school nurse, social worker, therapist
- Family member or friend
- Other support networks





Questions



Thank
you



[Mental Health Song \[classroom song\] - YouTube](#)