

PARENTS / CARERS

- Write out the '5 Ways to Mental Wellbeing' titles on separate pieces of paper
- Write out the '5 Ways to Mental Wellbeing' descriptions on separate pieces of paper
- Alternatively print out the task sheet and cut out the titles and definitions (please see page 3)
- Hide the pieces of paper with the descriptions of the '5 Ways to Mental Wellbeing' in different rooms around the house or garden (if you have safe access to one)
- Make up some clues to guide everyone taking part around the house / garden to find each of the pieces of paper

PRE-ACTIVITY

- Introduce each of the '5 Ways to Mental Wellbeing'
- Support the children to consider and discuss what each one means

ACTIVITY

- The treasure hunt should be completed as a team
- Read out a clue to guide everyone to find the piece of paper with the first description on. Once they find this, move onto the next clue
- Once all the pieces of paper have been found, work together to link the descriptions with each of the '5 Ways to Wellbeing' titles

(The New Economics Foundation, 2008)

LESSON CONTINUES ON NEXT PAGE



REFLECTION TASK

- Have a chat about why it's important to look after our mental health as well as our physical health
- Think about the different things we can enjoy for each of the '5 Ways to Mental Wellbeing'. (For example - Connect: Chatting on the phone, facetime with grandparents, playing games online with friends)
- Make a list of different things you can all do to bring the '5 Ways to Mental Wellbeing' into your daily lives.
- Encourage everyone to start creating their weekly planner (see page 4) and get putting these activities in! You don't have to fill the whole week, just aim to do one of the '5 Ways to Mental Wellbeing' every day this coming week.
- It might also be fun to create a family weekly planner so that you can do some of these things together.



5 Ways to Mental Wellbeing	Definition
Connect	<ul style="list-style-type: none"> • Spending time with friends and family • Doing fun activities with friends and family members • Talking to family members about things that are important to us • Chatting to friends on the phone or on Facetime
Be Active	<ul style="list-style-type: none"> • Exercising or playing sport • Going for a walk or a bike ride • Playing team sports
Take Notice	<ul style="list-style-type: none"> • Being aware of our surroundings • Paying attention to how we feel in our bodies (For example, full of energy, relaxed or tense) • Paying attention to our feelings and emotions (For example, happy, sad or angry)
Keep Learning	<ul style="list-style-type: none"> • Learning new things that are fun (For example, music or drama) • Teaching ourselves new things • Doing fun activities outside school (For example, football, climbing, ice-skating or gymnastics) • Being creative and using our imagination
Give	<ul style="list-style-type: none"> • Being kind to others • Doing something nice for someone • Helping other people

(New Economics Foundation, 2008)

	Monday	Tuesday	Wednesday	Thursday	Friday
Connect					
Be Active					
Take Notice					
Keep Learning					
Give					

REFERENCES

New Economics Foundation (2008). Five ways to mental wellbeing. Government Office for Science. Available at: <https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>

The Children's Society (2014). Ways to wellbeing: Research report. Available at: <https://www.childrenssociety.org.uk/sites/default/files/Ways%20to%20well-being%20report%20FINAL.pdf>

World Health Organisation (2018). Mental health: strengthening our response. Available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

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