

What is wellbeing?

1. Connection with other people
2. Being physically active
3. Learning new skills
4. Giving to others
5. Paying attention and be in the moment – Mindfulness.



Connect with other people

Spending time with others makes you feel like you belong

You can share your worries with friends and family

Enjoy fun times with others and create happy memories

How?

- Visit a friend or family member
- Sit down to dinner with your family
- Ask your parent to arrange a play date with a friend you have not seen in a while



Be physically active

Setting goals and challenges to improve or do more makes us feel good

Physical activity releases chemicals in our brains that make us feel happy!

Getting moving helps us feel better about ourselves

How?

- Make sure you always take part in PE
- Play out in the garden or with friends at the park
- Join lunchtime or after-school clubs



Learn new skills

Learning new things helps us to build confidence

It can help us feel like we have a purpose and what we do is important

We connect meaningfully with other people through new activities

How?

- Join a new club at school like art or music
- Ask a family member to do something with you that you've never tried before
- Volunteer at school doing something new like helping with the school garden or being playground leader



Give to others

Helps us feel useful and that we are doing good for others

Giving to others builds strong connections with those we give to

Giving to others creates feelings of happiness and is even good for our physical health

How?

- Saying thank you to someone for something they have done for you
- Spending time with loved ones or people who are lonely that need support
- Volunteering at home, school or in your community



Mindfulness

Paying attention to present moment can make us feel better about things

Mindfulness can help us to learn about ourselves and know ourselves more deeply

Mindfulness can help us feel more positive about each day and our lives as a whole

How?

- Paying attention to what you are doing, even simple tasks such as colouring in
- Listening carefully to what is going on and to those around you
- Noticing your surroundings, admiring nature and appreciating simple things

