

What is Wellbeing?

1. Connection with others
2. Being physically active
3. Learning new skills
4. Giving to others
5. Mindfulness

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Connect with other people

- 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

*Spending time with
others makes you feel
like you belong*

*You can share your worries
with family or friends*



*Enjoy fun times with
others and create
happy memories*

Be physically active

- 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

Goals

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

Feelings

Physical activity releases chemicals in our brains that help us feel good!

Physical

Physical activity helps keep our bodies strong and healthy.

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Learn a new skill

- 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

We connect meaningfully with others through new activities

It can help us feel like we have a purpose



Learning new things builds our confidence

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



*Giving to others helps helps us feel good
and even helps our physical health*

*Giving to others helps us
build strong connections
with those we give to*

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GIVE TO OTHERS

- 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

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MINDFULNESS

- 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

Be Present

Notice how you feel

Focus

Take your time



Summary

Wellbeing is built through small, consistent actions every day. Connecting with others helps us feel supported and less alone, while being physically active improves both physical and mental health by boosting mood, energy, confidence, and resilience. Learning new skills keeps our minds active and builds self-belief, while giving to others creates purpose, strengthens relationships, and supports stronger communities.

Mindfulness helps us slow down, focus on the present moment, and manage stress more positively. Together, these five areas work best when they become part of everyday life. Looking after wellbeing helps us become healthier, happier, and better able to cope with challenges and support others around us.