



CONNECT with others

LEARN something new



Take NOTICE

Be ACTIVE

CARE for our planet

GIVE or HELP others

WAYS TO WELLBEING

Which way will you
try next?

More than ever we need to focus on our wellbeing. Wellbeing is about how we feel and how we cope with day to day life. These 6 areas are researched and evidenced ways to help improve our wellbeing.

CONNECT with others

This is more challenging at the moment with Social Distancing but you might be:

- having virtual playdates; getting a family friend or relative to read a story or play a game via video conferencing; writing and drawing letters to post; leaving messages and pictures for your neighbours and people passing your home; emailing your teacher; and talking about your feelings with someone close to you.

LEARN something new

We are learning at home at the moment as school is closed. You are doing your home learning but you might also be:

- learning how to ride your bike without stabilisers; learning how to bake; playing new games; practising getting dressed independently; learning a new song, dance or magic trick; and teaching someone else something you can do.

Take NOTICE

Paying attention to what's going on around you can improve your wellbeing and can help you appreciate and enjoy the everyday things. You might be:

- doing jigsaws; noticing seasonal changes; spending time in nature on your daily walk or in the garden; using a gratitude jar; doing yoga or guided meditation with Cosmic Kids; and practising mindful breathing.

Be ACTIVE

This is more challenging at the moment with Social Distancing but you might be:

- going for a daily walk or bike ride; doing PE with Joe Wicks; setting up obstacle courses in the garden; playing indoor games from Change4Life; or dancing to your favourite music.

CARE for our planet

Looking after our planet can help us to feel good. The lockdown is actually having a positive impact on the environment. You might be:

- cutting down on waste especially food waste; using the car less; reusing materials more; noticing more wildlife in your street and less noise and traffic pollution; planting and watering plants; and helping to look after pets.

GIVE or HELP others

Giving to others can stimulate the brain to release happy chemicals which are associated with trust, pleasure and social connections. You might be:

- helping to tidy the house; helping to prepare meals and set the table; giving or swapping old toys, games and books; saying 'please' and 'thank you'; being kind and caring; clapping for Carers and making rainbow artwork.

For more information about supporting your child's mental health and wellbeing during COVID-19:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

For more information about supporting your own mental health and wellbeing during COVID-19:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

General Wellbeing advice:

<https://www.healthysurrey.org.uk/mental-wellbeing/adults/wheel-of-well-being>

<https://www.bbc.co.uk/teach/five-ways-to-help-childrens-wellbeing/zfb2d6f>

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>