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**5** Ways to Wellbeing

1. Connected
2. Be Active
3. Be Curious
4. Keep Learning
5. Give

Secondary: **Notes for Teachers**

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| **1** Connected | |
| Activity 1: My Community | Instructions on PPT slide 5. |
| Activity 2: Charades | Instructions on PPT slide 6. |
| Activity 3: Reconnect at home | Activity to be completed at home. Instructions on PPT slide 7. |
| **2** Be Active | |
| Activity 1: “It’s ok not to be ok” | As a class, watch the embedded video PPT slide 10 [YouTube What top athletes have to say about mental health in sport](https://www.youtube.com/watch?v=-N5RT5vXEus)  Start a class discussion - Why do you think it is important that these athletes talk about their mental health? |
| Activity 2: Small things | Instructions on PPT slides 11 & 12. |
| Activity 3: Classroom Yoga | As a class, watch the video of Sophie teaching yoga on PPT slide 13. |
| Activity 4: Be active at home | Activity to be completed at home. Instructions on PPT slide 14. |
| **3** Be Curious | |
| Activity 1: Be curious about yourself | Square Breathing and Body Scan  Play video on PPT slide 17. This simple exercise helps people to be more aware of their bodies and helps them find a way to be present in the moment. Please be aware that for some people, paying attention to their bodies may be difficult or uncomfortable. Allow young people the option to stop engaging in the exercise if they prefer. |
| Activity 2: Be curious about your surroundings | The goal of this exercise is to practice being aware and curious in the present moment throughout the day.  Animations on PPT slide 18 can help you to lead the exercise. |
| Activity 3: Be curious about others | Colouring pencils/pens and a sheet of paper are required for this activity.  Instructions on PPT slide 19. |
| Activity 4: Be curious at home | Activity to be completed at home. Instructions on PPT slide 20. |
| **4** Keep Learning | |
| Activity 1: Truth or Lie | Instructions on PPT slide 23. |
| Activity 2: Learning Tree | Learning Tree template activity sheet (available on p.3 of this document) or pupils can draw their own tree. Instructions on PPT slides 24-25. |
| Activity 3: Keep learning at home | Activity to be completed at home. Instructions on PPT slide 26. |
| **5** Give | |
| Activity 1: Thankful Tree | Equipment: A large cardboard cut-out of a tree trunk with branches (template [available here](https://creativelybeth.com/wp-content/uploads/2021/10/THANKFUL-TREE-by-CREATIVELY-BETH.pdf)), coloured paper/card, scissors, pens/pencils. Instructions on PPT slide 29. |
| Activity 2: Kindness Bingo | Bingo activity sheets required for all pupils (activity sheet on p.4 of this document). Instructions on PPT slide 30. |
| Activity 3: Give at home | Activity to be completed at home. Instructions on PPT slide 31. |

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1. What do I need to get ready?
2. What message will support me along the way?
3. What will the benefits be?

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