

# UVHS Learning Through Enrichment



## 5 Ways To Wellbeing

## Wellbeing Challenge!

**Question:** Can you do at least 1 thing every- day that links to each of the 5 ways of wellbeing?

- ✓ Research shows there are five simple things you can do as part of your daily life – at school and at home – to build resilience, boost your wellbeing and lower your risk of developing mental health problems.
- ✓ These simple actions are known internationally as the **Five Ways to Wellbeing**

## Five ways to wellbeing



Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.



Do something active with your family or friends like going for a walk or playing a game that gets you moving.



Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.



We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.



Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it's a kindness for you as much as the person on the receiving end!



Recommended by: *Mrs Morris*



Don't forget to share your progress on Teams 😊