

Be Active

Connect

Give

Keep
Learning

Take
Notice

Introducing the Five Ways to Wellbeing

Stage: All

Duration: 40 minutes

Resources:

- Printable Five Ways to Wellbeing icons
- Paper, pencils, scissors, glue, magazines
- [Video resource](#) on the Five Ways to Wellbeing
- Presentation

Learning Objectives:



Identify actions that promote health, safety, wellbeing and physically active spaces .



Recognise and demonstrate protective behaviours

Warm Up 5 minutes	<ol style="list-style-type: none">1.Explain to the students that they will be learning about the Five Ways to Wellbeing.2.Asks the students:<ul style="list-style-type: none">◦ <i>Why is it important?</i>◦ <i>Who is it important for?</i> <p>Answers could be recorded on the board as a mind map or in groups.</p>
Exploration 30 minutes	<ol style="list-style-type: none">1.Explain that a healthy sense of wellbeing is what helps us thrive, manage stress and feel happy.2.Interactive discussion<ul style="list-style-type: none">◦ Be Active: Moving our body boosts mood and health.◦ Connect: Building relationships make us feel supported and valued.◦ Give: Acts of kindness enhance happiness for us and others.◦ Keep Learning: Exploring new skills builds confidence and achievement.◦ Take Notice: Being present and aware of the moment helps us appreciate life and reduce stress.3.Show a Five Ways to Wellbeing video and encourage class discussion using Be You's Mentally Healthy Communities framework.
Wrap Up 10 minutes	<ul style="list-style-type: none">• Recap the Five Ways to Wellbeing