

Supporting your child's Wellbeing – At school and at home

You have probably heard the phrase wellbeing a lot lately – in school updates, in parenting podcast and maybe even at work. But what does it mean for your child and how can you support it without adding more to your already full plate?

At our school, we have been embracing the FIVE WAYS TO WELLBEING – A simple evidence-based framework that helps children (and even adults!) feel good and function well. Developed by international researchers and supported by South Western Sydney Local Health District, the “five ways” are practical, doable actions that promote lifelong wellbeing.

Here is how we are using the Five Ways at school – and you can try them at home too:



“I move my body every day.”

At school: We include active games, movement breaks, and sports to help children stay energised and focused.

At home: Family walks, bike rides, dance parties while tidying, or stretching before bed are all fun ways to move together



“I feel close to people.”

At school: We create opportunities for students to connect with their peers through group work, buddy systems, and play-based learning.

At home: Try having device-free dinner time, bedtime chats, or ask a simple question like “what was the best part of your day?”



“I do kind things for others.”

At school: We promote kindness through classroom and playground responsibilities, helping others, and sharing positive feedback.

At home: Acts of kindness can be as simple as letting your child help make dinner, write a card for a neighbour, or say something kind about someone else.



“I try new things and ask questions.”

At school: Children are encouraged to be curious, ask questions and explore new ideas through hands-on activities and inquiry-based learning.

At home: Read a new book, bake a new recipe together, or let your child “teach” you something they have learnt.



“I pay attention to what is happening around me.”

At school: Mindfulness activities, nature observations, and gratitude circles help children slow down and notice their environment.

At home: Try pointing out colours in the sky, naming what you are grateful for, or simply pausing to take a few deep breaths together.

We know how busy life can be, and the last thing a parent needs is another thing to “add on”. The beauty of the Five Ways is that they do not require extra time or expensive resources – they are about building moments of connection, joy, learning, and kindness into what you are already doing.

Why not choose just one small thing from each category to try as a family this week?

Because when it comes to wellbeing, small things done often really do make a difference.