

Be Active

Connect

Give

Keep
Learning

Take
Notice

Wellbeing Diary

Stage: All

Duration: 40 minutes

Resources:

- Five Ways Diary sheet or PDF
- Pen, pencil or device

Learning Objectives:



Recognise and demonstrate protective behaviours that will support wellbeing

Prior knowledge:

It is recommended that all students will have completed a prior lesson relating to the Five Ways to Wellbeing.

Warm Up 5 minutes	Explain that a Wellbeing Diary can help students to identify and keep track of how they are using the Five Ways to Wellbeing in their own lives, or gaps where they could use them. Remind students that, as the Five Ways suggest, taking notice allows people to focus and recognise what is happening around them, what is important to them, and recognise what works for their circumstances.
Wellbeing plan 20 minutes	<ol style="list-style-type: none">1.Explain to students that for each day or week they need to reflect:<ul style="list-style-type: none">◦ What did I do to connect?◦ How was I active?◦ What did I take extra notice of?◦ What new things did I learn?◦ What ways did I give to others?2.Ask students to also reflect on how they felt afterwards. <p><i>*This activity could be completed over one or several lessons or as a home activity.</i></p>
Wrap Up 5 minutes	Ask students to reflect on what they learnt during the activity.