

Be Active

Connect

Give

Keep
Learning

Take
Notice

Wellbeing Passport

Recommended Stage: 1 - 3
Duration: 30 minutes
Resources:

- Five Ways to Wellbeing Passport resource
- Pens or pencils
- Whiteboard for group discussion

Learning Objectives:



Recognise and demonstrate protective behaviours that will support wellbeing



Encourage self-reflection, goal setting and positive habits



Foster creativity and self-agency

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	Discuss wellbeing as a balance of physical, emotional and social health. Recap the Five Ways to Wellbeing Explain how students will use it to track and reflect on their wellbeing activities
Personalise 15 minutes	Personalising the passport: <ul style="list-style-type: none">◦ Students write their names and decorate passport cover◦ Discuss how they can use the passport daily
Try It 15 minutes	Mindful movement <ul style="list-style-type: none">◦ Lead a short stretching or breathing exercise Gratitude challenge <ul style="list-style-type: none">◦ Students write three things they are grateful for in their passport◦ Pair-share with a classmate Kindness Pledge <ul style="list-style-type: none">◦ Each student writes or draws a small act of kindness they will do this week Goal setting Students to set a goal for each category: <ul style="list-style-type: none">◦ Be Active "I will go for a walk after school"◦ Connect "I will talk to someone new today"◦ Give "I will do something kind for a friend or family member"◦ Keep learning "I will try a new skill"◦ Take Notice "I will find try a quite spot to draw"
Wrap Up 5 minutes	Sharing circle <ul style="list-style-type: none">◦ What was your favourite part of creating your wellbeing passport?◦ What activity are you most excited to try? Takeaway challenge <ul style="list-style-type: none">◦ Encourage students to use their passports daily and check in on their wellbeing goals