



(Secondary School Aged Children)

five ways to wellbeing

Research from around the world tells us that there are 5 things we should all do more of to boost our wellbeing and improve our mood. Here are some things you can do in and around your home.

Have a think about what you are already doing, what you can consider doing more of and how many of these you can complete each day.



CONNECT:

- ☐ If you can't be with certain members of your family - you could phone, Skype, Face Time, WhatsApp or send them an email or text message to let them know how you are.
- ☐ If you're at home with your family, try to eat lunch or dinner at the same time - this can be much more fun than all eating separately and gives you an opportunity to chat.
- ☐ Stay in touch with your friends - you might not be able to see them right now, but you can still speak on the phone. Hearing someone's voice can be much nicer than just sending a message.
- ☐ Talk about your feelings. It is important you don't bottle your feelings up. Talking Shows Strength.
- ☐ Listen. If a friend or family member wants to talk to you. Make sure you listen and give them your full attention - remember to ask the question "How are you?"



GIVE:

- ☐ Now is a great time to help around the house – you could tidy your room; help do the hoovering or pull out some weeds in the garden if you have one.
- ☐ Draw or paint a picture for someone in your family - everyone loves receiving a handmade picture, you'll be able to put a smile on their face.
- ☐ If you have a pet, spend some time with them - give them a fuss if they like being fussed.
- ☐ Write a poem for someone you love – you could then read it to them over the phone to brighten their day.
- ☐ Say something nice to someone you live with – perhaps they look nice today, or they've done something for you that you could thank them for.



connect > be active > take notice > keep learning > give



TAKE NOTICE:

- ☐ Draw a picture of something in your house or garden, or something you can see through your window.
- ☐ Do an online meditation - you can search for them on You Tube - here are some good ones: <https://www.youtube.com/user/TheHonestGuys>
- ☐ Listen to some music you enjoy – why not sing along too. Have a think about what it is you really like about each song you play.
- ☐ Write a diary or journal - this is an unusual time for everyone, so it can be useful to write about what we are doing and how we are feeling.
- ☐ If you're feeling anxious, try some deep breathing. Breath in to the count of 3, hold for the count of 3, and then breath out to the count of 3. Repeat ten times. It can help to visualise each stage as one side of a triangle.



BE ACTIVE:

- ☐ Dance to some music that you enjoy listening to.
- ☐ If you have a garden, why not do a workout outside, practice your keepy-uppys or if exercise is not your thing, why not start a gardening project.
- ☐ Hoovering, sweeping up and housework is a great way to be active and to help out your family.
- ☐ There are lots of activities online that you can do from home. Check out You Tube or this useful website: <https://sportinherts.org.uk/coronavirus/>



KEEP LEARNING:

- ☐ Why not try a new hobby from home such as arts, crafts, knitting or photography.
- ☐ Carry on with your School or College work and try to create a timetable and stick to a routine.
- ☐ Read a book – every book will teach us something new and will improve wellbeing.
- ☐ If you're learning to play a musical instrument – challenge yourself to try to learn something new to play.
- ☐ Learn something new – it could be computer programming, a new dance move or some new phrases in other languages

