



SHINE BRIGHT ★ REACH FOR THE STARS



5 ways to wellbeing challenge

# Introducing the Wellbeing Ambassadors

- Year 6 (trained)



- Year 5 (to train through this year)

# AKPS Wellbeing Award

## Five Ways to Wellbeing



- To achieve a wellbeing award pupils must complete 10 activities from across each of 5 x ways to wellbeing
- Pupils can evidence their activities on their book marks

Show each way once= stretchy person

Show each way twice and commit to ongoing= orange wellbeing star

### 1. Connect

- talk to your friends and family
- help a friend or neighbour
- eat a meal with your family
- make a new friend and supporting them
- say hello and checking in
- bake some cakes and share them



## 5 Ways to Wellbeing Challenge

Name: \_\_\_\_\_



Your time,  
your words,  
your presence

1.  
2.



EMBRACE NEW  
EXPERIENCES,  
TAKE UP NEW  
CHALLENGES,  
SURPRISE YOURSELF

1.  
2.



REMEMBER  
THE SIMPLE  
THINGS  
GIVE YOU JOY

1.  
2.



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR BODY

1.  
2.



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

1.  
2.

Note what you did above (make them different each time)

Once signed:-

\_\_\_\_\_

Twice and ongoing pledge signed:-

\_\_\_\_\_

Do each once and earn your stretchy person

Do twice, know the 5 ways and make an ongoing pledge to commit to them and earn your orange wellbeing star.

Good luck!

The Wellbeing Champions and Mrs

Saville 😊



## 2. Be active

- dance to your favourite song
- walk a dog or hula hoop
- join a sports team or sport club
- Play a game in the playground and involve others
- walk or cycle to school
- help in the garden
- run a race with friends
- make up your own sport



## 3. Take notice

- look what you can see out of your window and how it changes
- paint or draw a picture of what you've seen today
- think about how you are feeling today
- listen to the sounds of nature like the wind and rain
- play I spy
- notice how your friends or family are feeling today
- Practice your relaxation breathing



## 4. Keep learning

- learn a new word each day
- visit a museum or art gallery
- try out a musical instrument
- do a word search
- try a new food
- learn to cook a new recipe
- study an animal or bug
- visit a new place
- write a story or song
- Try to read some different books



## Five Ways to Wellbeing



## Give

- smile and say thank you- use your manners
- make a homemade present or card for no reason
- hold a door open for someone
- give someone you love a hug
- send your old toys to a charity shop
- share with others
- help around the house - wash the dishes or do some dusting or small jobs
- listen to someone else and how they are feeling

# 5 Ways to Wellbeing – song to learn



Gloucestershire  
Healthy  
Living and Learning

- Lyrics & Chords: [Lyrics and Chords](#)
- Videos (whole playlist):

<https://www.youtube.com/playlist?list=PLI17cxltW2XeZGSzy8eBSZ5WsdqZYj6ob>

- The Music Video: <https://youtu.be/fvI2Or7w3HM>
- Introduction from The Music Works: <https://youtu.be/F83dVKfPKbs>
- Signing Video: <https://youtu.be/PWMqgcX2J9>
- Lyrics and Instrumental only: <https://youtu.be/s0BvVTsYZuw>



# 5 Ways to Wellbeing – song to learn





# Hand Signal Check in

- Thumbs up – Feeling good and happy
- Shaking thumbs in the middle – not great
- Thumbs down – not happy
- Stop sign – I don't want to talk

