



5 ways to wellbeing challenge

Introducing the Wellbeing Ambassadors

• Year 6 (trained)



• Year 5 (to train through this year)

AKPS Wellbeing Award

- 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

Five Ways to Wellbeing



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





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

Once signed:-

NALK & LISTEN, SE THERE, TEEL CONNECTED

CONNECT

Twice and ongoing pledge signed:-

1. 2.

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 🐵

AKPS Wellbeing Award



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

Five Ways to Wellbeing



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

AKPS Wellbeing Award



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



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



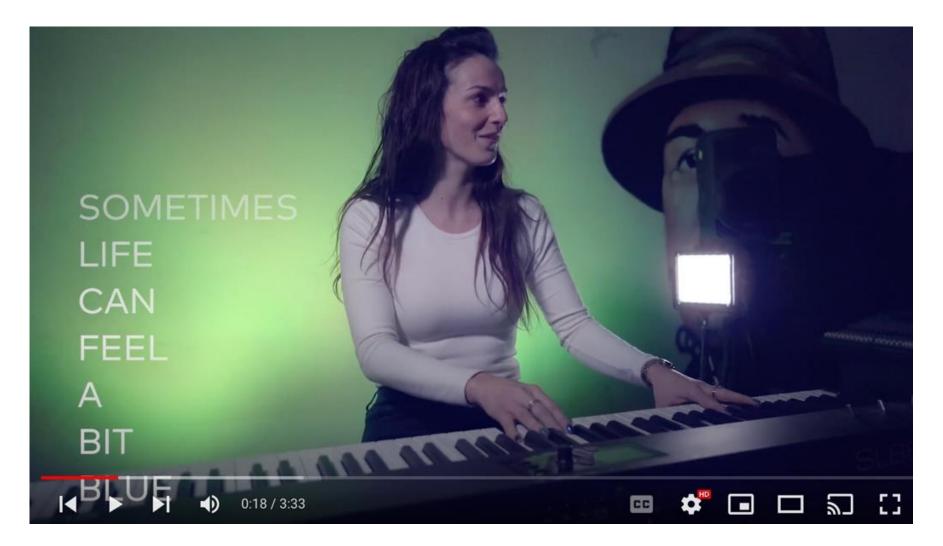
- Lyrics & Chords: Lyrics and Chords
- Videos (whole playlist):

https://www.youtube.com/playlist?list=PLl17cxItW2XeZGSzy8eBSZ5WsdqZYj6ob

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

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

