

5 steps to Wellbeing

Wellbeing is very important to our children, parents and staff and perhaps never more so than at this time of uncertainty and changing lifestyle

Below are 5 steps to wellbeing, simple things we can do to improve and support our emotional health and wellbeing.

Connect - Be Active - Take Notice - Keep Learning - Give

See below on how young children can join the 5 Steps.

Connect

Spend time together as a family, play a game, read a story, baking. Keep contact with Grandparents and other family via phone calls, skype, Facetime. Send cards or pictures.

Be Active

Go for a walk, dance to your favourite music, yoga, kick football, do exercise. It keeps you physically healthy and makes you feel good.

Take Notice

Encourage children to relax and look around them – especially when out for a walk -look at plants, the scenery in the distance. Try breathing and relaxation exercises.

Keep Learning

Try something new – learn to bake, gardening, try a new board game.

Give

Do something for a family member, help pair the socks in the laundry, empty the dishwasher. Smile or give someone a hug.

For more information and ideas –

www.publichealth.hscni.net/publications/take-5-steps-wellbeing-english-and-11-translations

www.healthyyoungmindsinherts.org.uk/fiveways-wellbeing