



Sept
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5 Ways to Wellbeing

Presented by Z-arts

Introduce children to the “5 Ways to Wellbeing” through a creative, interactive project designed by experienced educators to promote positive mental health.

https://youtu.be/RPyE7mYBE_g





Outcomes

Each workshop nurtures wellbeing, creativity, and personal growth—helping children develop essential life skills in a fun and engaging way!


We piloted this programme in four primary schools – in our evaluation the teachers and families noticed a positive improvement with the children's outlook who took part.

Key learning outcomes:

- **Emotional awareness & expression**
- **Building resilience**
- **Social connection**
- **Mindfulness & reflection**
- **Lifelong wellbeing strategies**

The 5 Ways

Full Programme	All art forms	7 weeks	£1000
Be Active	Dance & Games	60 minutes	£180
Take Notice	Storytelling	60 minutes	£180
Keep Learning	Circus	60 minutes	£180
Connect	Drama	60 minutes	£180
Give	Arts & Crafts	60 minutes	£180



To discuss or book
this project -

Contact
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More info and free PDF activity
booklet and lesson plans:

[5 Ways to Wellbeing - Z-arts](#)