



# 5 Ways to Wellbeing



Connect...keep Learning...be Active...take  
Notice...Give.

## Learning Outcomes:

- Children will understand the importance of building connections and how to nurture them within our lives.
- Children will build upon confidence when experiencing new situations, use appropriate skills to build new connections and nurture old ones.
- Children will be able to explain the importance of building connections.

To be used  
alongside the  
5 Ways to  
Wellbeing  
booklet

**Resources:** Paper, pencils/ pens

**Key skills:** Team building, problem solving, speaking and listening

## Warm Up:

Icebreaker games: e.g. Mirror Mirror – Students pair up and face each other. One student is the "leader," and the other is the "mirror." The leader moves slowly, and the mirror tries to copy exactly. After a minute or two, switch roles. This game encourages focus and non-verbal communication.

## Activity:

Connection through Storytelling.

Students sit in a circle. Start a story with a simple sentence. Each student adds one sentence to the story, building on what the previous student said.

Ask children to draw a map of all the connections with people they have in their own lives, family, friends, neighbours, teachers etc.

## Plenary Task:

Share learning and reflection: Why is it important to build connections in our lives and what do they mean to us?

