

Give

5 Ways to Wellbeing



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

Learning Outcomes:

- Children will learn about the importance of giving and how it can help support our wellbeing.
- Children will begin to evaluate the ways they can give within their own lives.

To be used
alongside the
5 Ways to
Wellbeing
booklet

Resources: Recycled containers (e.g., yogurt pots, tin cans, plastic bottles), Soil or compost, Seeds or small plants, Decorations (e.g., paint, markers, stickers, ribbons), Craft supplies (scissors, glue, paintbrushes), Drainage materials (small stones or gravel)

Safety Note: Assess associated risks such as using scissors or handling small stones, handling plant material and soil.

Key skills: empathy, creativity, curiosity, generosity

Warm Up:

Begin with a brief conversation about what it means to give. Ask questions like: "What does it mean to give something to someone else?" "How does it feel when you give a gift to someone?" "Can giving be more than just giving presents? What about giving time, help, or something you made yourself?"

Activity:

The children are going to create a recycled plant pot to give to someone else. Encourage considered thought before starting as to who they would like to give their plant pot to and why. Create plant pots out of recycled materials. Add soil and seed/ or small seedling. While they decorate, talk about how personalising a gift can make it even more special for the person who receives it. Discuss the care needed for the plant to grow, linking it to how giving and kindness need nurturing.

Plenary Task:

Make a pledge about how you can give in your own life. Take a mindful moment to think about this scenario and how it could make you and others feel. Reinforce the idea that giving doesn't always mean spending money; it can be about time, effort, and care.