



5 Ways to Wellbeing



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

Learning Outcomes:

- Children will begin to think about what it means to be resilient.
- Children will begin to identify how practicing our hobbies improves our wellbeing and is something to take with us throughout life.



Resources: paper, pencils/ pens

Key skills: self-reflection, resilience building, researching, presenting information.

Warm Up:

Begin with a brief talk about what resilience means. Ask the children if they can think of a time when they tried something difficult and didn't give up



Activity:

Discussion about hobbies and skills in and importance of these in their life – what do they spiritually, emotionally, mentally and how they can help us feel good.

How many of us do these hobbies– create a class graph or list of what people do.

Children create a 'How to guide' - on a hobby / interest they have.

Encourage including a tricky aspect of the hobby or interest and tips for others to overcome these challenges. **These hobbies/ interests could be aspirational.



Plenary Task:

Children share their posters with others in small groups. Encourage the use of the words resilience and perseverance and discuss the similarities and differences of how each person overcame these challenges.

Consider creating a class pledge of resilience - agree the wording together. For example: "I will try my best, even when it's hard. I will keep going, and I won't give up."

