



5 Ways to Wellbeing



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

Learning Outcomes:

- Children will use their 5 senses to explore their surroundings.
- Children will write a creative story that using the 5 senses.
- Children will learn about how mindfulness and being in nature can help improve our wellbeing and mental health.

To be used
alongside the
5 Ways to
Wellbeing
booklet

Resources: paper, pencils/ pens, outdoor space

Key skills: observation, patience, creative thinking, creative writing

Warm up:

Class discussion: What are our senses? How could they help us tell stories? Can we imagine that this familiar space is new to us?

If we were visiting this space for the first time what would we see?



Activity:

In groups, children explore the outdoor space and create a word bank for each sense.

In groups, children create a picture of what could happen in their space. Include something expected and something unexpected.

Either in groups or individually children shape their stories by incorporating the ideas generated in their drawings. Create a storyline either using chalk or paper.



Plenary Task:

Children orally share their stories back to the class.

Children reflect on what happened when they used their senses in nature and how it impacted on their wellbeing.

