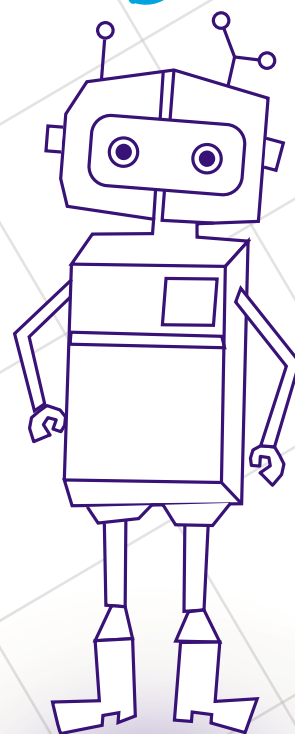


5 Ways to Wellbeing with Z-arts

Activity book



This book belongs to

This activity book will help you on your learning journey about the *5 Ways to Wellbeing*. It has some fun activities for you to try and fill in!

What is wellbeing?

Wellbeing is about the senses we have when we are happy, feeling good and healthy. All of us can help improve these feelings by knowing ourselves and the things that make us feel good and what to do when we're not feeling so great.

These are feelings we generally think of as '**good**', feeling: happy, proud, confident, grateful, interested, inspired, curious, calm, joy, satisfied, amusement, contentment, love, cheerful.

These are feelings we generally think of as '**bad**', feeling: sad, angry, scared, lonely, worried, embarrassed, guilty, frustrated, anxious, jealousy, disgust, insecurity, shame.

What about feelings?

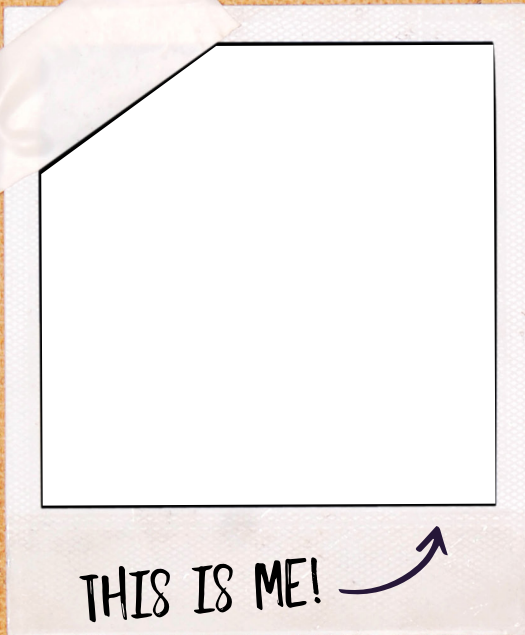
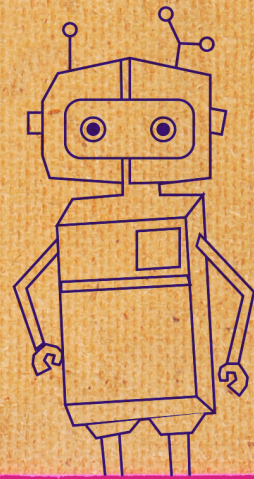
We all have feelings! Everyone has them. Feelings are things we feel in our bodies and think in our minds. We have a wide range of emotions that change depending on what is happening around us. We call these triggers. To deal with our feelings we need to understand what triggers them.

There are some feelings we think of as 'good' and some we think of as 'bad', but they are all allowed.

All feelings are OK, even if they make us feel uncomfortable or embarrassed, it's how we behave when we feel a certain way that matters.

Let's put you in the picture!

Draw a picture of yourself and write down all your favourite things in the stickies around it!



MY FAVOURITE COLOUR IS:

MY FAVOURITE ANIMAL IS: _____

MY FAVOURITE FOOD IS:

MY FAVOURITE
PERSON IS: _____

MY FAVOURITE ACTIVITY IS:

What are your favourite things to do? Sometimes we forget what makes us feel good. Fill in the blanks so you can look back on this booklet and it will remind you!

Doing is fun!

Doing makes me feel like I have achieved something!

Doing keeps me active and moving!

Doing means I take part in things and connect with other children or adults.

1. Be active

You are the boss of your body!

Exercise is important for our bodies to be healthy and strong. You don't need to play sports to exercise (although that can be fun). There are plenty of ways to get your body moving! From dancing to playing a game of hide and seek or going for a walk! Being active is something you can build on gradually, and it doesn't matter how good you are at physical activity, it's just important that you start something.

All movement is good movement!

Being active can help us be a healthy weight and develop strong muscles and bones, as well as having better sleep and waking up feeling good.

SPORTS! Have you tried... WORDSEARCH

B	C	Y	C	L	I	N	G	A	Y	B	G	U	R	V
R	C	E	E	B	S	I	R	F	D	L	F	T	G	O
F	A	K	I	C	K	B	O	X	I	N	G	P	S	L
O	T	C	C	S	U	K	T	R	E	K	F	E	K	L
O	S	O	B	A	S	K	E	T	B	A	L	L	A	E
T	U	H	T	J	Q	I	N	W	O	R	F	G	T	Y
B	O	X	I	N	G	B	N	Q	M	A	N	H	E	B
A	R	S	W	I	M	M	I	N	G	T	G	S	B	A
L	O	T	C	V	D	R	S	N	O	E	H	U	O	L
L	U	E	D	A	E	V	I	X	L	Y	O	G	A	L
C	N	K	N	J	Q	B	D	I	F	W	H	N	R	O
O	D	C	G	Y	M	N	A	S	T	I	C	S	D	L
A	E	I	M	I	Z	I	K	Y	J	X	Z	K	I	P
N	R	R	L	L	A	B	E	G	D	O	D	Y	N	L
P	S	C	H	E	E	R	L	E	A	D	I	N	G	M

basketball
boxing
cheerleading
climbing
cricket
cycling
dance
dodgeball
football
frisbee
golf
gymnastics
hockey
karate
kickboxing
rugby
rounders
skateboarding
swimming
tennis
volleyball
yoga

Games to play inside

- 1. The floor is lava!** Play keepy-uppy with a balloon and keep it off the ground.
- 2.** Create an **obstacle course** with whatever you can find around your home.
- 3. Dance off!** Put your favourite music on and have a good move and shake about!
- 4.** Make up a **fitness routine** to teach your friends or family.

Games to play outside with others

- 1. Hopscotch.** Draw your own hopscotch course with chalk on the pavement or your driveway. Be careful of cars!
- 2. Rainbow challenge.** Go on a scavenger hunt to find something red, orange, yellow, green, blue, indigo and violet (remember not to pick flowers and don't pick up litter with your bare hands).
- 3. Shadow tig.** 1 person is 'it' and they must try and 'catch' another child's shadow on the floor by jumping on their shadow, when they get caught they then take on being 'it'.



Mini Active Challenge!

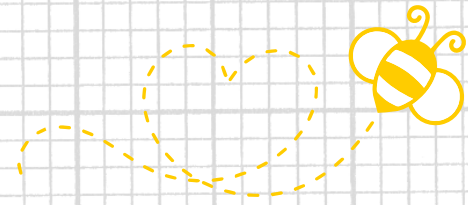
Can you:

- Do 10 star jumps
- Hop on one leg 5 times (then hop on the other leg!)
- Paint a pretend rainbow all around you
- Plank for 5 seconds
- Strike a superhero pose



Why not make up your own sport? Or game? Write it down here:

2. Take Notice



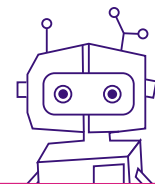
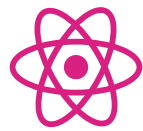
Be curious. Catch sight of the beautiful. Notice the changing seasons. Spot unusual things, patterns, light, drops on the window, little insects, the sound of birds, beats or machines. Whether you are walking to school, eating lunch or talking to friends, being aware of the world around you can help you see things in a different light. This can be something just for you or to share with others. Taking time to think about your experiences will help you find out what matters to you. Paying attention to our thoughts and feelings, the world around us and the present moment (what's happening right now) help boosts our wellbeing.

Mindfulness

Being aware of your body & mind in the present moment. Having your mind on what you're doing, looking at the world around you. Noticing how you are thinking and feeling. Breathing techniques can help us feel calm and focus our minds.

Science Fact

Deep breathing can help us reset our bodies from feeling panicked and upset to feeling calm and steady. Deep breathing calms our **parasympathetic nervous system!** (WOW!)



5 finger breathing

Put 1 hand in the air and spread your fingers. With the other hand, use your index finger to trace around your fingers. Breathe in as you go up breathe out as you go down. Try to go as slowly as possible.

478 breathing

If you can, close your eyes. Breathe in through your nose to the count of four. Hold the breath to the count of seven. Exhale through your mouth to the count of eight.

Feather breathing

find or get hold of a feather place it in your hand and see if you can make it float and keep it up off the ground just using your breath.

Sit quietly. Look around you and notice and write down:

5 things you can see: (eg. your hands, the sky) 1: _____ 2: _____

3: _____ 4: _____ 5: _____ **4** things you can physically feel:

(eg. your feet on the ground, a ball) 1: _____ 2: _____ 3: _____

4: _____ **3** things you can hear: (eg. the wind blowing, laughter) 1: _____

2: _____ 3: _____ **2** things you can smell: (eg. fresh-cut grass, coffee)

1: _____ 2: _____ **1** thing you can taste: (eg. food or drinks) 1: _____

Get out into nature Explore the unique sense of wonder that the outside world can bring! Think about the ground right under your shoes, or maybe your bare feet? What does it feel like?

Draw something that makes you feel happy:

Try this! See if you can notice every colour of the rainbow wherever you are!



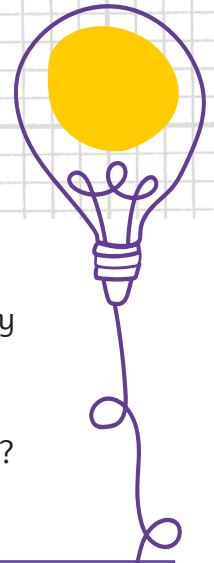
Draw your favourite piece of nature, a plant, flower or animal!

Create a happiness jar!

- Find a jar • Decorate it however you like
- Write good things that happen down on a piece of paper and put them in the jar. For example, someone complimenting you, remembering something you did well or playing a fun game
- Look back, remember all the good things that have happened!



3. Keep Learning



Learning isn't just for school. Try something new. Discover a new interest. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Be curious! What have you never tried but have always wanted to do?
What new thing can you learn about?



Can you find a book about it in the library? Did you know there is a children's library at Z-arts?

What fun facts can you find out?

Write them down here:

DID YOU KNOW...

HAVE YOU HEARD...

"The more you read,
the more things you
will know. The more
that you learn, the
more places you'll
go!" **Dr Seuss**

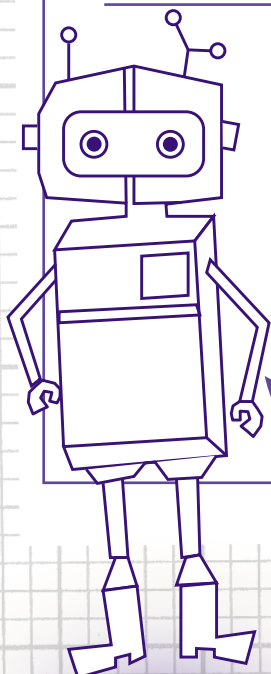
Draw things that you have learned or would like to learn about:

I (your name)..... pledge to learn

about by researching online / going

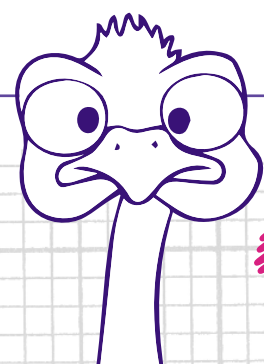
to the library / asking a grown up / going along to a class or session.

Here think about something you've learnt that you can share with a friend or family member. Try to make it as exciting as possible!

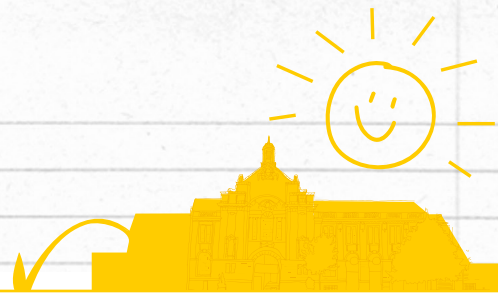


Did you know...

Tigers have striped skin, not just striped fur.
An ostrich's eye is bigger than its brain!



4.Connect



Connecting is about being with other people around you – laughing, chatting and sharing. This may be family, friends and neighbours. At home, school or in your local community. Think of these as the building blocks of your life and spend energy and time developing them. Making friends and having people around you will help you feel good about life and yourself!

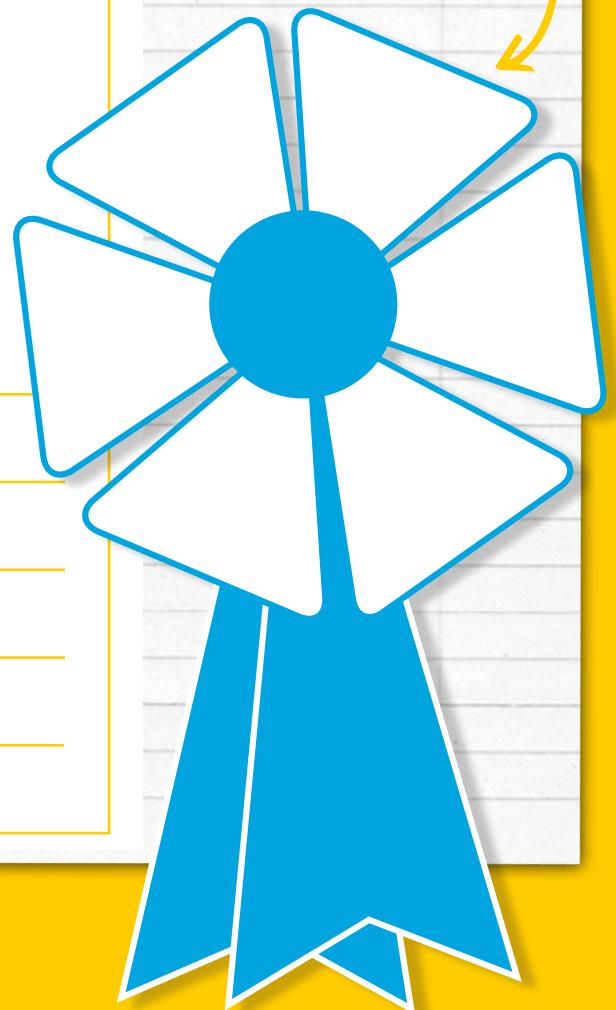
You can connect with people by SMILING!

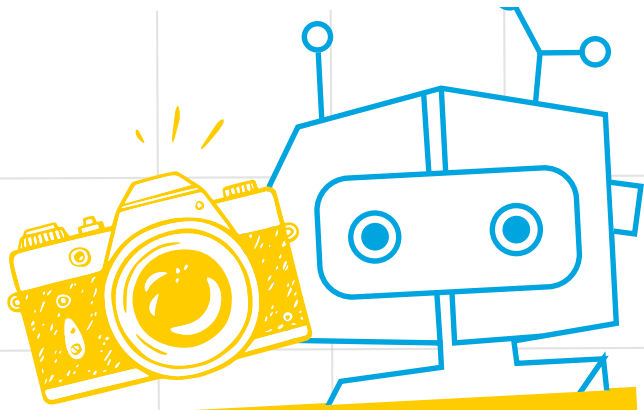
When making new friends it's important to remember we are all unique and different. Questions to ask new people about themselves:

- **What is your favourite colour / food / animal?**
- **Do you have any brothers or sisters?**
- **What's your favourite subject at school?**
- **What's your favourite sport?**
- **What's your favourite toy?**
- **If you could be a superhero with a superpower, what would it be and why?**

What kind of friend would you like to be?
Write down all the words you can!

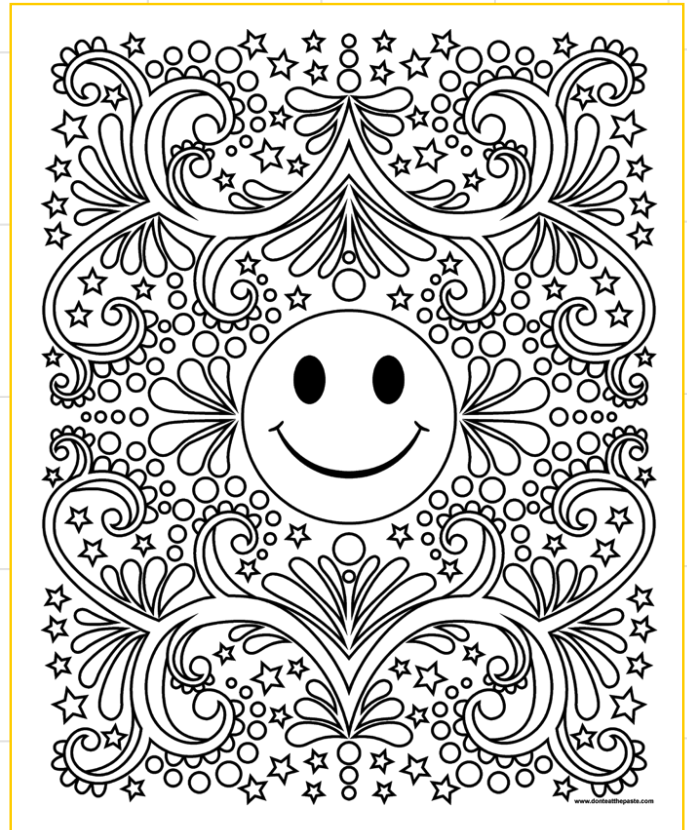
How would you describe the best friend in the world? Write them in this best friend rosette!





SMILE!

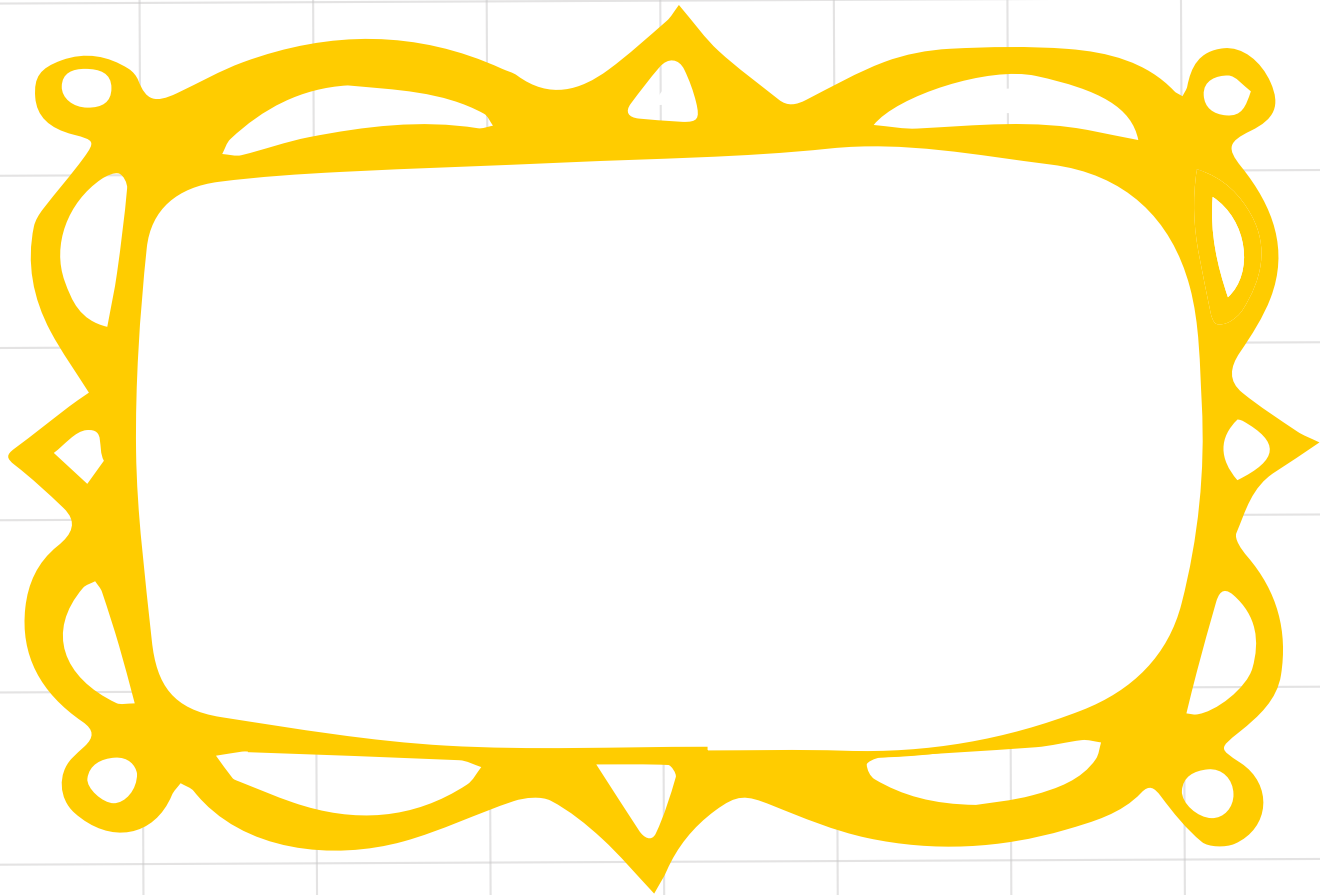
Even if you don't feel happy,
Scientists have found that
smiling can make you feel
more positive!



Colour in this smiley face



Draw a special person in your life, could be a friend, a family member or even a pet!



Who are they?

Why are they special to you?

What kind thing could you do for them?

5. Give



Do something nice for your family, a friend, an older person or someone you know. Thank someone. Smile. Volunteer your time or help raise money for a charity.

Think of other people not just yourself. Pass it on, even small gestures or random acts of kindness. All these things make the world a better place for you and everyone else.

Top random acts of kindness

Here's a list of our favourite random acts of kindness that you can do!

- | | | |
|--|---|---|
| <input type="checkbox"/> 1. Let somebody go first. | <input type="checkbox"/> 8. Pick up litter. | <input type="checkbox"/> 15. Tell a joke. |
| <input type="checkbox"/> 2. Help a friend with their work. | <input type="checkbox"/> 9. Make a new friend. Ask them questions about themselves. | <input type="checkbox"/> 16. Give a listening ear and let somebody tell you about how they are feeling. |
| <input type="checkbox"/> 3. Ask somebody who is by themselves to come and play. | <input type="checkbox"/> 10. Smile at people. | <input type="checkbox"/> 17. Write a thank you card to someone. |
| <input type="checkbox"/> 4. Hang up someone's coat if it's fallen off a peg. | <input type="checkbox"/> 11. Feed the birds in the garden. | <input type="checkbox"/> 18. Feed your pets at home. |
| <input type="checkbox"/> 5. Offer someone a cup of tea (ask a grown-up to help you). | <input type="checkbox"/> 12. Give a compliment to someone. | <input type="checkbox"/> 19. Visit your relatives or friends. |
| <input type="checkbox"/> 6. Hold the door open for somebody. | <input type="checkbox"/> 13. Send a postcard to a friend. | <input type="checkbox"/> 20. Paint rocks with pretty pictures for others to find. |
| <input type="checkbox"/> 7. Give some toys to a charity shop. | <input type="checkbox"/> 14. Help around the house. | <input type="checkbox"/> 21. Bake some cakes for loved ones. |

Name 3 ways you can give:

1.
2.
3.

"The meaning of life is to find your gift. The purpose of life is to give it away"

Pablo Picasso

What charities are important to you? Jot down all your ideas and think about why they are important to you!

e.g



Charitable donations

Can you raise money for charity? What could you do?
Jot all your ideas down in a mind map here:



Diagram for a mind map centered on the brain illustration, with ten empty boxes for notes:

- Top Left
- Top Right
- Left (Top)
- Left (Bottom)
- Right (Top)
- Right (Bottom)
- Bottom Left
- Bottom Right
- Bottom Center Left
- Bottom Center Right

Our classes chosen charity is

We are going to raise money for them by

We will work together

We will ask for help from

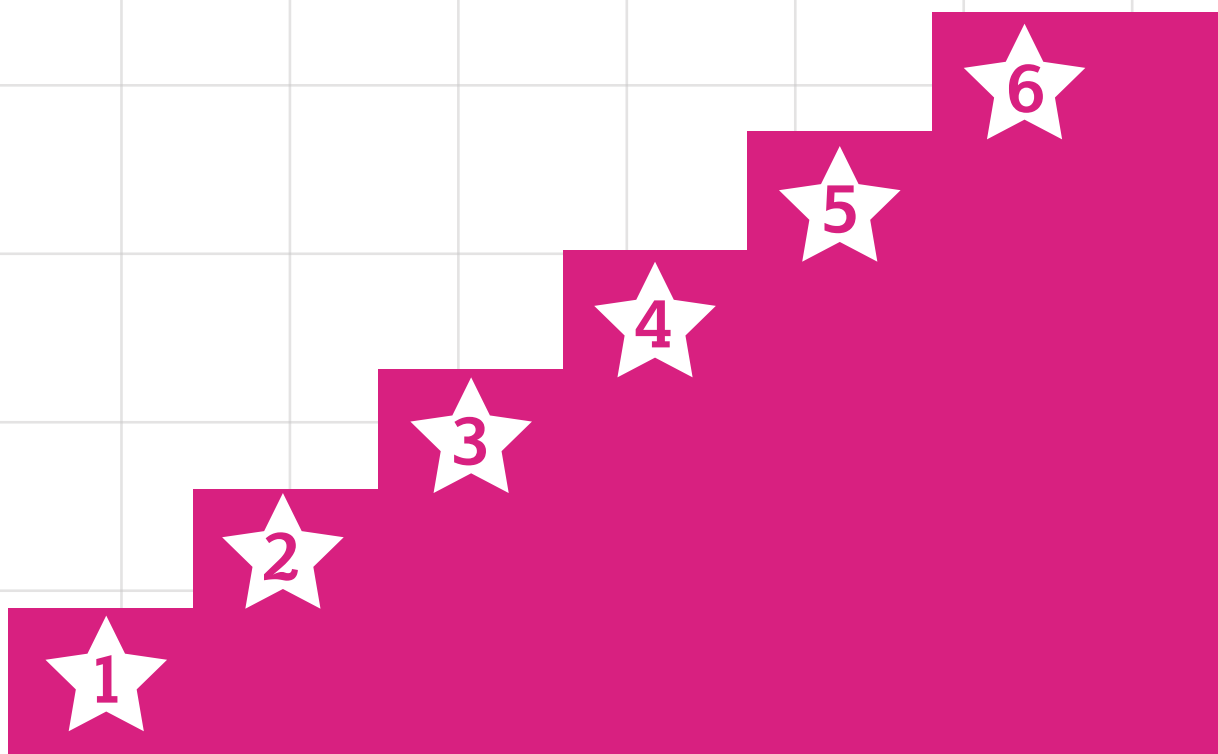
We will raise the money & send it off to them by (put a date)

Reflection time!

Now you have taken part in the project and completed this booklet, how are you doing?

What big goal can you set for yourself?

Small steps to conquering BIG problems. Become a star!



In this project I have found out about

.....

The things I have enjoyed were

.....

And why

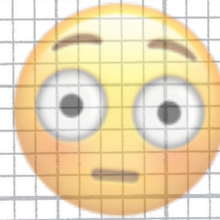
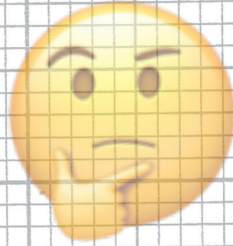
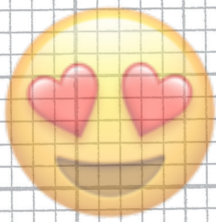
.....

The things I have found tricky were

.....

And why

.....



Here is what I learnt about the 5 Ways to Wellbeing:

Be active = _____

Take Notice = _____

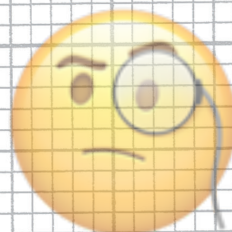
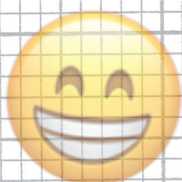
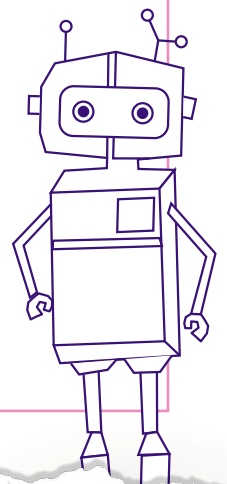
Keep learning = _____

Connect = _____

Give = _____

Here are my final thoughts and reflections on the project:

Write or draw about how you feel after taking part in the project.



Helpful mental health resources and services



www.barnardos.org.uk/what-we-do/helping-families/mental-health



www.childline.org.uk/info-advice



www.childrensmentalhealthweek.org.uk/schools



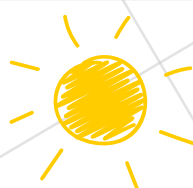
mentallyhealthyschools.org.uk/resources/emotional-check-in



www.nhs.uk/every-mind-matters/mental-wellbeing-tips



www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs



Written by Gilly Balfour on behalf of Z-arts, working in collaboration with Manchester Local Care Organisation & Manchester Healthy Schools Team.



**Manchester Local
Care Organisation**



Healthy Schools
MANCHESTER