

5 WAYS TO WELLNESS

CONNECT WITH OTHER

This exercise will help you connect and appreciate others.

Walk and Talk

- Put the children in your class into pairs, ideally with children they may not usually speak to or are not in their friendship group.
- Ask the children to come up with 10 questions to ask each other, you can help start them off with questions such as what are your hobbies? What do you like to eat? etc. Try and encourage them to be creative with their questions.
- Ask the children to walk around the playground for 5-10 minutes asking each other the questions, the only rule is one child must be silent and listen whilst the other is giving the answers.
- Afterwards ask the children to share what they have learnt about their partner, what they have in common and any differences.
- This exercise will help children listen and communicate, as well as finding similarities and connections with others.

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BE ACTIVE

This exercise will help you stay active and promote physical well-being

1,2,3,4,5

- In the classroom, ask all of the children to stand up behind their desks. This activity encourages simple stretches and movements.
- Shout out a number between one and five to the class:
 - if you shout one the children must stand on one leg,
 - if you shout two they must stand on two legs
 - if you shout three they must stand on two feet and put one hand on the floor
 - if you shout four they must stand on two feet and touch the floor with both hands
 - if you shout five they must sit on their bottom with both feet and hands touching the floor.
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- You can make the game more intense by shouting the numbers quickly so that the children must react, or by adding / changing the conditions.
- Encourage the children to think about how they move between each position, how do their hips move? How do their shoulders move? Try to get them to connect with their bodies and feel the movements.

SCHOOL
GAMES

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TAKE NOTICE

This exercise will help you practice being aware in the present moment throughout the day

Heartbeat Exercise

- Ask the children to jump up and down or do star jumps for 30 seconds.
- After 30 seconds ask them to stand still, close their eyes and place their hands over their heart.
- Ask them to concentrate on how their heartbeat and breathing feels, is it fast, can they slow it down?
- Ask them to try and focus on slowing their breathing.
- This exercise can help the children focus, help them learn to be present in the moment and to relax.
- Afterwards ask them how they feel, are they relaxed? What did they notice about their heartbeat? Where they able to focus on it?

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LEARN A NEW SKILL

This exercise will help you communicate with others and learn a new skill.

- Put the children into pairs, ideally with children they may not usually speak to or are not in their friendship group.
- Ask the children to think of a skills that they can teach to their partner if they have any skills that they have learnt. This could be simple things like being able to whistle, a dance move or more complicated things like speaking a another language or being able to play a musical instrument.
- Give the children time to teach each other one of their skills. This could be a few words in another language, how they move their hands and fingers to play an instrument, how they move their body for a dance move etc.
- Ask them to think about the language they use, how they demonstrate the skill, can they break it down into instructions etc.
- Ask the children to listen and try and repeat the skill.
- This will help the children listen and communicate as well as trying to teach and copy a skill.

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GIVE TO OTHERS

This exercise will help you to express gratitude and appreciation of others.

- Ask the children to write a letter to someone they would like to thank for something. This could be a family member, a teacher, an elderly person, a veteran or a friend.
- Ask them to focus on what they would like to thank them for, how do their actions make them feel? How would they like to say thank you?
- Afterwards discuss how showing gratitude makes the children feel and the people receiving the letter, talk about how important it is to be thankful and to thank those around us.