

5 WAYS TO WELLNESS

CONNECT WITH OTHERS

This exercise will help you connect with and appreciate others

Shared Qualities

- Think of someone that you admire or look up to, it could be a sports star, music star, family member, doctor, scientist etc.
- Can you name five qualities in that person that they admire.
- Discuss with a family member each quality that person has and see if you can relate to those qualities, do you see some of them in yourself or a family member?
- Can you find some more information on the chosen person on their life, childhood, education, experiences etc, can you relate to any of their experiences and background?
- This exercise will help you express what you admire in a person and also relate to shared experiences.

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BE ACTIVE

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

Move like an Animal

- With a family member, clear a small space at home or in the garden. Ask your family member to think about different animals. When they call out the animal you have to move how that animal would move. For example, snake, monkey, tiger, bird etc.
- Think about how that animal moves, does it just use it's legs or arms? Does it move fast or slow?
- This exercise encourages you to explore how your own body can move, how should your hips and shoulders move? How can they change from one position to the next?

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TAKE NOTICE

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

Awareness Safari

- Go on an awareness safari either in the garden or around your house.
- Look around and notice five things that you can see. Cast your eyes around and bring your attention to five things you might not normally notice. Choose something you wouldn't ordinarily pay attention to, like a shadow or a small crack in the concrete.
- Notice four things that you can feel. Bring your awareness to four things you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.
- Notice three things that you can hear. Try to tune in to the sounds of your surroundings. What can you hear in the background? This might be a bird singing, the low hum of the refrigerator, or the faint sounds of traffic from a nearby road.
- Notice two things that you can smell. Tune your senses into smells you might usually gloss over, whether they're pleasant or unpleasant. Perhaps the breeze is carrying the scent of pine trees if you're outside, or the smell of cafe from the sidewalk.
- Notice one thing that you can taste. Focus on one thing you can taste right now, in this moment. You can take a sip of coffee, savour some chocolate, eat something, notice the current taste in your mouth, or even open it to search the air for a taste.
- This exercise can help you focus, help you learn to be present in the moment and to relax. It can also help you bring awareness to your individual senses.

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LEARN A NEW SKILL

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

- Work with a family member for this task . Both of you think of a skill that you can teach each other. This could be simple things like being able to whistle, a dance move or more complicated things like speaking another language or being able to play a musical instrument.
- Spend time teaching each other your 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.
- Think about the language you use, how you demonstrate the skill, can you break it down into instructions etc.
- Remember to listen and try and repeat the skill. This will help your listening and communication 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

Think about ways that you can give back to others and pick one to do together with a family member.

This could be building a bird feeder to put in the garden to give back to nature, volunteering some time at a food bank centre or animal shelter, helping an elderly relative with their shopping or donating pocket money to a charity.

Speak to your family member about how it makes you feel and how it helps others. Why do you think it is important ?