

5 Steps to Well-Being

It is important that we all look after our well-being and stay healthy and positive in these uncertain times. Below is a guide of fun, quick and simple ideas which you and your family can follow. It is based upon the NHS guide to well-being.

The Five Steps are:

- **Connect**
- **Be active**
- **Take notice**
- **Keep learning**
- **Give**



Connect: Enjoy doing things together with a member of your household and talking to each other. Ring or email a friend. Draw a picture and stick it in your window so a neighbour can see.

Be active: It keeps you physically healthy, and makes you feel good Here is a list of free resources

Supermovers have numerous videos that will get your children active. The videos link to the curriculum so will keep the children active whilst still learning.

<https://www.bbc.co.uk/teach/supermovers>

Go Noodle have both an 'At home' and 'For families' option where you can access free movement and mindfulness videos <https://www.gonoodle.com/>

Keep learning: Try something new. Try a new hobby, or learn about something just because it interests you. Log on to a virtual museum and take a tour.

<https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>

Learn to cook a new dish or get crafty.

Take notice: Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

Blissful Kids share mindful game ideas <https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/?fbclid=IwAR0QjYsYGUBrOUeA-aMGKycMpBLfOkIpHEO7GumcIGZJIDzYrQ2co3y9eDI>

Cosmic Kids Yoga- <https://www.youtube.com/watch?v=R-BS87NTV5I>

Guided Meditation For Kids https://www.youtube.com/watch?v=Bk_qU7I-fcU

Give: Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too! Offer to do a household chore or why not teach a member of your family something new.