

Learn new things



Learning new things boosts wellbeing. When you learn something new it feels great. Imagine how your child feels when they have learnt something new. They are desperate to show you. It might be something as simple as tying shoelaces, singing a new song, reciting a rhyme, doing a little dance or reading a hard word. It doesn't matter what they learn as long as they are learning something new.

Think about setting daily targets with your child. Ask them what new thing are they going to learn to do today. Make the target small but achievable. If they want to set a harder target then that is fine but set a longer time frame for them to achieve this.



If you need any further support contact:

Take notice



Taking notice is about being mindful with your surroundings. What can you notice? Which senses can you use? Being mindful is about being in the present moment right now. Not thinking about the future, not thinking about the past. Just being here right now.

Encourage your child to notice things in their environment.

Go for a walk or just walk to school and notice the following:

- What can you see?
- What can you hear?
- What can you smell?
- What can you feel?

If you are eating dinner, then encourage your child to really taste their food, notice the texture and how it looks too.



5a Day For Wellbeing

A guide for parents



5 a day for wellbeing



What does '5 a day for wellbeing' mean?
It means each day it is good to:

- ☐ Connect
- ☐ Give
- ☐ Be active
- ☐ Learn new things
- ☐ Take notice

Following these simple suggestions can really boost wellbeing for everyone. It will make you and your child feel happier.

What do these
five things
mean?

Keep reading

Connect and Give



Making a connection with other people can feel amazing. Connecting with others can make you smile, laugh, and feel happier. Social relationships are so important for happiness, health and wellbeing.

You can connect with people in lots of different ways. Try and help your child connect with someone EVERY day.

- ☐ Talk to someone by telephone instead of texting or emailing
- ☐ Speak to someone new in school that you haven't spoken to before
- ☐ Spend time talking to sisters and brothers. Play a game with them or read a story and discuss the story.
- ☐ Visit family members and friends
- ☐ Join a club or a group and get to know people who like the same things as you do
- ☐ Talk to neighbours especially elderly people who perhaps are lacking in social interactions

Give

This is about helping others and 'giving'. How can you or your child help others? People who help others actually feel happier in themselves. It does feel good to help others.

It is about being:

- ☐ Kind
- ☐ Caring
- ☐ Helpful
- ☐ Understanding
- ☐ Empathetic

Be active



Being physically active every day boosts wellbeing and happiness. Make sure you and your child are exercising daily. If you choose exercise that is easy for you to do every day like walking to school, it will help you to keep it up.

Activities you can do:

- ☐ Walk to school instead of going in the car
- ☐ Go to the park after school
- ☐ Get the football out and have a kick about
- ☐ Put dance music on and make a dance routine with your child
- ☐ Go for a walk in nature and notice everything around you
- ☐ Put on a YouTube video and do an exercise class
- ☐ If you have a garden get outside and let your child help you to weed and grow things.

What exercise
can I do today?