

## 5 a day for wellbeing

I thought this rainbow colouring sheet was a good reminder of the things you need to do to help your wellbeing. These things need doing daily. I have included some small rainbows too so children can colour them in as they achieve each one every day.

Colour the big one and put it in your window.

**Connect with others** – Obviously difficult at the moment due to the virus and social distancing but children can still connect over phones, video messaging with friends and other family members. Of course they can connect with their family that they are living with.

**Learn something new** – It is amazing how good it feels to learn something new. It can be the tiniest thing such as how to tie shoe laces or tie a bow. It might be mastering a hand stand or cartwheel. It might be learning how to form letters correctly or counting up to 20. Encourage your child to learn something new every single day.

**Take notice** – this is about being in the present moment (mindfulness) and noticing things around you. Take 5 minutes to really look, listen, smell, feel, or taste something. Forget the future, forget the past and just be in the present moment. Really take notice of the taste of something on your tongue or really listen to the birds singing or the raindrops landing on the windows.

**Be active** – Exercise EVERY day. Try and get at least 30 minutes of exercise a day. We are allowed to go out walking, running, cycling so get your children out doing something. Of course you can encourage more at home too. Lots of YouTube videos with exercise routines online or get the children to make up their own.

**Give or Help others** – How amazing is it when you help someone else? It feels GREAT. It also feels GREAT to give to others too. Encourage your children to help you in the house and really show them how much you appreciate that. Get them to help or give to others by sending a card or making something crafty for a family member who needs cheering up.



# 5 a day For Wellbeing

GIVE or HELP others

Be ACTIVE

Take NOTICE

LEARN something new

CONNECT with others



I took care of my wellbeing today

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Be ACTIVE  
Take NOTICE  
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