

WHITEFIELD PRIMARY SCHOOL

LOOKING AFTER OUR MENTAL HEALTH AND WELL BEING



What Is Wellbeing ?



Wellbeing involves both your **mind** and your **body**.



Wellbeing is about **living** in a **healthy** way that is positive for you and for others around you.

In other words:



Healthy Heart



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Healthy Body



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Healthy Mind



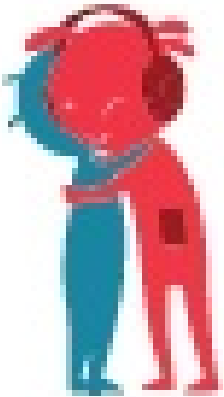
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Happy Life



Five ways to wellbeing



Connect



Be Active



Give



Take Notice



Keep Learning

CONNECT

You can connect with people in lots of different ways.
Try and connect with someone every day.



- Talk
- Listen
- Be a friend
- Spend time with family
- Help out

- Making a connection with other people can feel AMAZING!
- Connecting with others makes you feel like you belong, you are important and you are valued.
- Belonging and helping others helps to raise your self-esteem.

When you get physical active it can make you feel GREAT!

It helps you to forget about feeling anxious, sad or worried.

BE ACTIVE

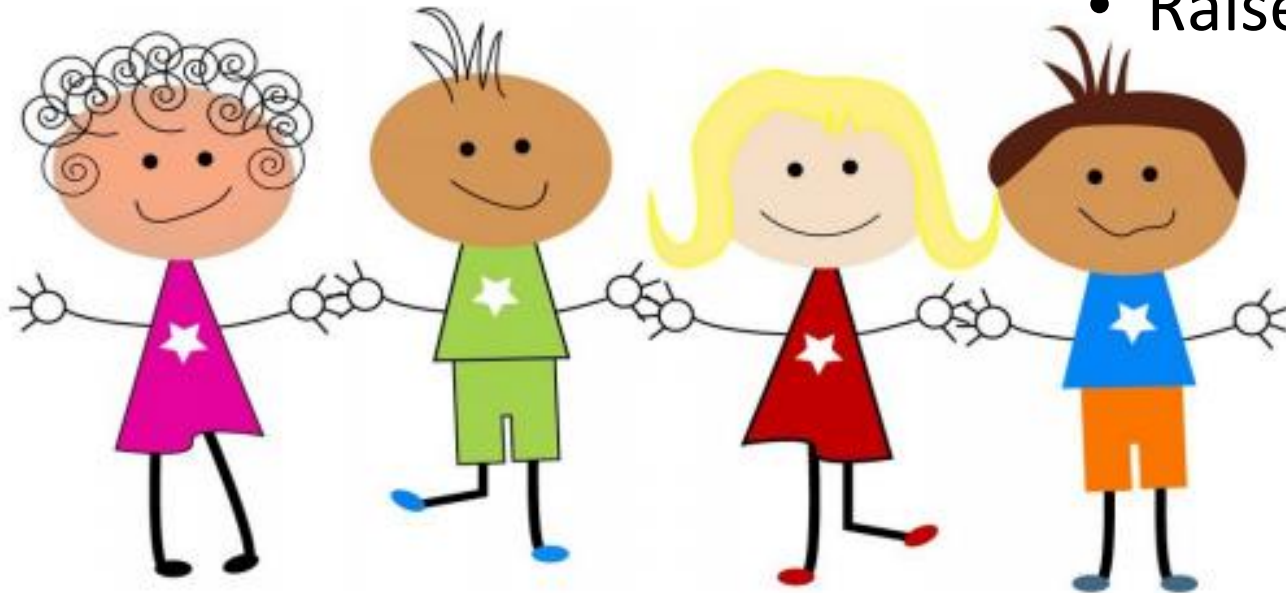


Give

Giving or helping others feels GOOD! It helps both your and others to feel better

You can give or help in lots of different ways.

- Give a smile
- Give a helping hand
- Give your time
- Give a complement/ kind words
- Be kind to someone who looks sad
- Help out
- Raise money for a good cause



TAKE NOTICE

Be curious

Taking notice is about noticing and appreciating the things around you. Thinking about the present and not worrying about the past or things in the future

You can notice things every day in many ways:

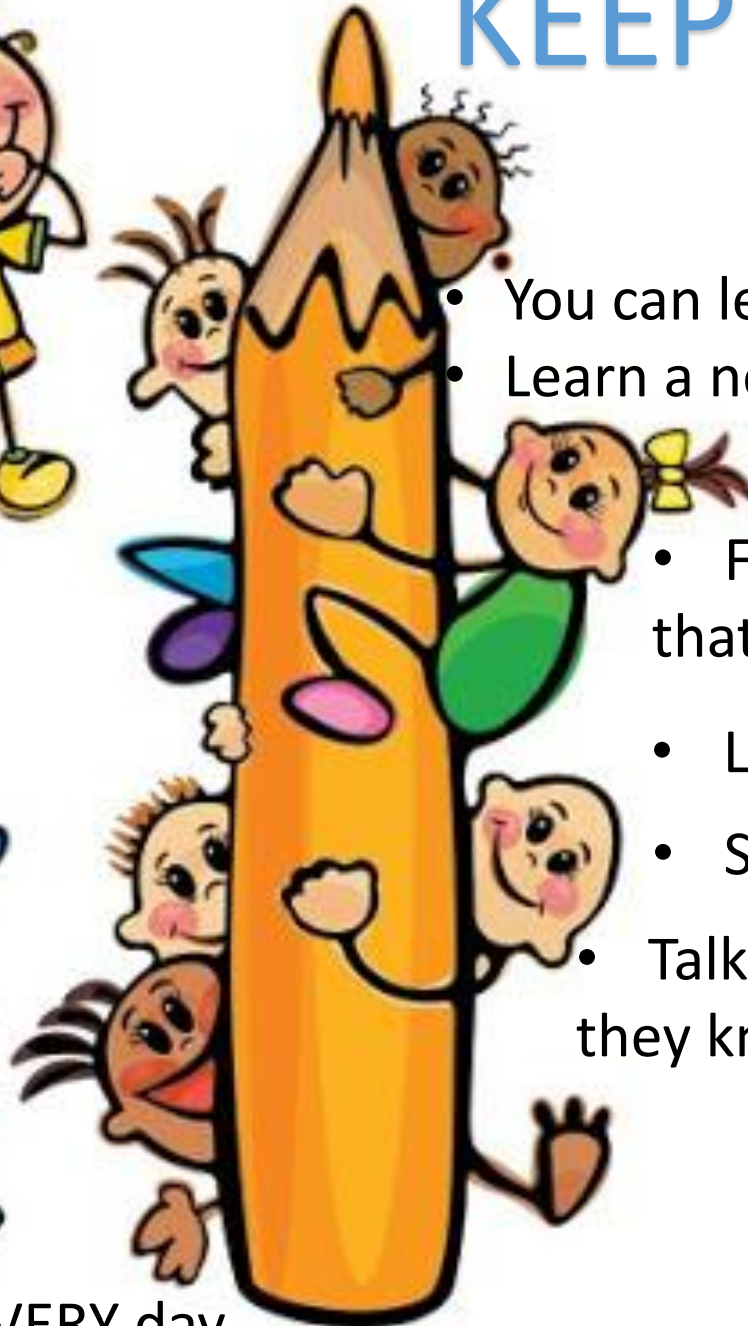
- Look round the room and find something you haven't noticed before
- Go for a walk and notice things in nature
- Notice colours, textures, sounds, smells and shapes.
- Use your eyes, nose, ears, mouth and hands to see things around you.
- Notice the details in things. Try it with an everyday object.



KEEP LEARNING



Learning new things feels GREAT!



- You can learn things in many ways
- Learn a new skill
- Find out about something that interests you.
- Learn a new word.
- Set yourself goals.
- Talk to people about things they know.

Try and learn new things EVERY day

So

Do you want to....

- Have fun outdoors?
- ★ Try something new?
- Feel happier?
- ▲ Do something nice for other people?
- ◆ Work on your relationships with others?



<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

Healthy me,
inside and out!



Connect
Be Active
Give
Take Notice
Keep Learning