

Five Ways to Wellbeing

Watch this video to find out about the five ways to wellbeing:

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

Click here to see a presentation about what mental wellbeing is:



Five Ways to
Wellbeing Introduct



Be Active

<https://www.youtube.com/watch?v=fRpqbOPrORE&safe=active>

Connect (please note that if you are self-isolating some of these ideas may not be appropriate)

<https://www.youtube.com/watch?v=WlJ5h4ZoYm8&safe=active>

Can you create a recipe for Friendship Soup? Check out this video to help you with ideas:

<https://www.youtube.com/watch?v=nQOGG3SDJfk&safe=active>

Keep Learning

<https://www.youtube.com/watch?v=l-oMTDPiSc0&safe=active>

Can you learn how to do “The Cup Song”?

<https://www.youtube.com/watch?v=09Y5QrB2VwI&safe=active>

Cup Song Tutorial <https://www.youtube.com/watch?v=Y5kYLOb6i5I&safe=active>

Take Notice

<https://www.youtube.com/watch?v=ubdYoQkpjAY&safe=active>

Watch this video and identify 10 things which stay the same and 10 things which change over the years: <https://www.youtube.com/watch?v=ZrWVlOIh8TA&safe=active>

Try to do one of the Five Ways to Wellbeing every day to keep your spirits up and look after your mental health.