

Take 5 steps to wellbeing

There are five simple steps to maintain and improve our wellbeing. Below are some ideas personalised to support our children to follow the 5 steps to wellbeing.

Connect with others

- Connect with the people around you; the people who live in your house or are part of your bubble. You could eat dinner together; play a game together; go outside together.
- Phone or Video call family members/friends that you can't be with at the minute.
- Look at the photos of some of your friends from Nursery School on the school's private Facebook group.

Be physically active

- You can do your daily mile at home, you can run, cycle, play a game or dance.
- There are some links to dances on the home learning sheet and there will be videos added to the school Facebook group that you can do.
- Most importantly, discover a physical activity that you enjoy. Remember children your age should be physically active for 3 hours each day!

Keep learning

- Don't be afraid to try something new. Perhaps it will be one of the activities on the home learning sheet or a home learning activity that an older sibling is doing.
- Playing a game you haven't played before or learning a new song or dance.
- Making something new to eat, this could be by yourself or with an adult (there will be ideas shared by the school).
- Learning new things will make you more confident, as well as being fun to do.

Give to others

- Do something nice for someone in your house. Perhaps saying thank you or helping them.
- Make a card/picture for someone you can't see at the minute.
- Seeing yourself and your happiness linked to other people can be incredibly rewarding.

Take notice of everything around you

- Look all around you, look for something beautiful or unusual.
- Think about what you can hear, smell and feel.
- When you are eating -what can you taste? Be aware of the world around you and what you are feeling.

