



During times of uncertainty – like when we all have to stay safe at home because of the coronavirus – it's even more important to look after our wellbeing. This guide is designed to help support you with physical and mental health and wellbeing. You can share this advice with your children to get the ball rolling and perhaps choose some activities from each of the Five Ways together.

The Five Ways to Wellbeing are five really simple actions you can do every day to help you feel healthier, happier and more positive. Why not try a few of them and even create your own list? Encourage other family members to think about how they can make the Five Ways to Wellbeing part of everyone's daily life at home.

Why not take part in our fun [#5ways5daysNHS challenge](#)? We would love to see what you've been doing to improve your wellbeing! [Click here](#) for more information.

Connect

Connecting with people can make you and others feel special

- Draw a [support tree](#) that shows all the people you can reach out to – they could be people in your family or friends or neighbours. Even if you can only get in touch with them by phone or video messaging at the moment, that still counts!
- Ask your parents or carers about what their life was like when they were your age.
- Find out something new about as many people as possible.
- Put extra pictures up of everyone you care about as a reminder of the important people in your life – you could print out some photos or draw your own pictures of them!



1



Be active

Getting active can make you feel good and keep you healthy

- Try out [GoNoodle's website](#) – they have more than 300 movement and mindfulness videos for kids.
- Change4Life and Disney have created some [10-Minute Shake-Up games and activities](#) to help you stay active indoors.
- For a fun way to sing and dance along to Disney classics at home check out the [Disney dance-along videos](#) from This Girl Can.
- Have a family disco in your lounge – take it in turns to pick the music!
- Download this ideas-packed [active movement guide](#) from Slough Public Health to help you move more at home.
- Play a game of physical activity bingo – [download](#) these active bingo cards for lots of activities and challenges that can be done indoors.

2

Take notice

Really take notice of your own feelings and of the things and people around you

- Look at the view from your window and notice how it changes over time.
- Paint or draw a picture of something you've seen today.
- Play "I spy".
- Notice how your friends or family are feeling today.
- Enjoy nature – the Wildlife Trusts have some [activities](#) that are perfect for families to do together.
- Plant some seeds outside or in a pot on a windowsill and watch them grow.
- Make a Coronavirus Time Capsule [like this one](#) to record this moment in history.
- Create a 'calm' poster using magazine cut-outs, drawings and words that make you feel calm and put it on your wall.



3

Always follow [government advice on COVID-19 social distancing](#)

Keep learning

Learning isn't just for school – study something new or try something different

- Learn about how to stay safe when you're on your phone, tablet or computer with the [5 e-safety SMART rules](#) and look at the advice from [Thinkuknow](#).
- Listen to a story – the author David Walliams is releasing an [audio story](#) from his World's Worst Children collection every day for free at 11am.
- Watch a full-length, [smash-hit musical](#) for free. New show every Friday at 7pm.
- Check out the Scouts' [The Great Indoors](#) webpage for lots of learning activities.
- Learn to cook a new healthy [recipe](#) with your family.
- Watch the pandas, penguins, tiger and koalas at [Edinburgh Zoo](#) live!
- Learn a new word every day and see how often you can use it!

4



Give

Giving makes everyone feel special – give someone your time or just say thanks

- Make a homemade card for no reason and give it to someone in your family.
- Sort out your old toys ready to donate to a charity shop later.
- Help around the house – offer to wash the dishes or do some dusting.
- Listen to someone else telling you about how they are feeling.
- Send a note or draw a picture for someone who has helped you as a way of saying thank you.
- Take part in the nationwide [Clap For Our Carers](#) every Thursday at 8pm.

5



Online safety – Visit www.saferinternet.org.uk and www.thinkuknow.co.uk for more information on staying safe online.