

PSHE: Looking after your mental health

Do you remember the 5 ways to Wellbeing? These are 5 simple things you can do every day that will improve your mental health and wellbeing. The great thing is that you can choose how you complete each one and it doesn't have to take very long. Below are some ideas. You could complete the sheet everyday by writing, drawing or photographing how you have done each of the five ways to wellbeing. Don't forget you could upload your sheet, or pictures of you doing the activities onto Evidence for Learning.

'Five ways to Wellbeing'



Stay connected: This could be friends, family or teachers when they call your parents/ carers. Have a chat on the phone or use skype (or similar) to make a video call. Make a card for a family member to give them. Hand massages or foot massages can help us feel connected to others, especially if we enjoy sensory experiences. Play a game with a brother or sister, or parent/ carer or share an activity that you both enjoy. Even watching a film together or having a shared experience can help you feel connected and not isolated.

Give: Giving feels good. You could give your time or you could say some kind words to a family member. You could share an item, toy or game with someone in your household. Offer to do a job for someone else- perhaps the washing up, tidying your room or Hoovering. Getting yourself dressed or making your bed is a job you could do if you can, so that someone else doesn't have to.

Take notice: Be aware of the things you enjoy and make sure you do them. It is important to give yourself some time every day to do things that you like. You could make a list of all the things you like, and choose one each day. You could look around you when you are in the garden, in your room or going for a walk with your family- what do you see that you like? What can you hear or smell? How do you show people that you enjoy what you are doing? Smile? Nice words? Laughter? Reaching out?

Keep Learning: You will find lots of resources on the KS3 Home Learning page of our website. <http://ellentinkham.devon.sch.uk/homelearning/category/ks3/>

You can also do role play, sensory play and life skills work at home. It doesn't need to be sitting at a desk!

Be Active: Keep moving in a way that is appropriate for you. You could complete your physio plan or go for a walk with your family. Or you could complete the exercises on our

home learning page, or follow a video from youtube. Have you tried yoga? Joe Wicks PE sessions? Dancing?

The possibilities are endless. What 5 things will you do today to promote your wellbeing?