

5 Ways to Wellbeing



Dear Year 3 Parents,

Your child will soon be taking part in our 5 Ways to Wellbeing session.

During the session, children will learn about the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give. Through fun and practical activities, they will discover simple ways to look after their mental health and wellbeing.

The session will help your child build healthy habits, develop resilience and learn skills they can use both at school and at home. We hope it also encourages positive conversations about wellbeing within your family.



Why should my child take part?

The 5 Ways to Wellbeing session helps children to:

- recognise simple ways to look after their own wellbeing;
- understand that everyone has mental health, just like everyone has physical health;
- develop positive habits that can be used both at school and at home;
- build confidence, resilience and emotional awareness;
- strengthen friendships and communication skills;
- identify activities that help them feel calm, happy and connected.



How can I help support my child using the 5 Ways to Wellbeing?



Parents and carers play a vital role in supporting children's emotional wellbeing every day. Small, consistent actions can make a big difference.

The Five Ways to Wellbeing provide a simple framework for promoting positive mental health at home.

Strategies to try at home

1



CONNECT

Strong, positive relationships help children feel secure, valued and understood.

Try these ideas:

- Set aside 10–15 minutes of one-to-one time each day.
- Eat meals together whenever possible.
- Ask open questions and really listen.
- Encourage children to keep in touch with friends and family.
- Model active listening by giving your full attention.

2



BE ACTIVE

Physical activity boosts mood, reduces stress and builds confidence.

Try these ideas:

- Go for family walks or bike rides.
- Dance together in the living room.
- Visit parks or playgrounds.
- Play active games like football or catch.
- Encourage active play and limit screen time.

Aim for around 60 minutes of physical activity each day.

3



TAKE NOTICE

Noticing the world around us helps children feel calm, grateful and more aware of their feelings.

Try these ideas:

- Go on a nature walk and explore together.
- Practice simple breathing exercises.
- Keep a gratitude jar or journal.
- Watch a sunset or look at the stars.
- Encourage children to notice and name their feelings.

Try asking: "What is something beautiful you noticed today?"
"What are three good things that happened today?"

4



KEEP LEARNING

Learning new skills builds confidence, resilience and a sense of achievement.

Try these ideas:

- Cook or bake together.
- Learn a new game or sport.
- Read books together.
- Complete puzzles or craft activities.
- Encourage your child to try something new.

Praise effort rather than perfection. Try saying,
"I noticed how hard you kept trying – that was brilliant."

5



GIVE

Acts of kindness help children develop empathy, confidence and a sense of belonging.

Try these ideas:

- Encourage your child to help around the house.
- Write thank-you notes.
- Donate unwanted toys or clothes.
- Bake for a neighbour or perform a kind act.
- Compliment someone each day.

Ask: "Who made you smile today?" "Who did you help today?"

EVERYDAY HABITS THAT SUPPORT GOOD MENTAL HEALTH



SLEEP

Children need enough quality sleep to support learning, behaviour and emotional regulation. Establish a calming bedtime routine and avoid screens for at least one hour before bed.



HEALTHY EATING

Regular, balanced meals help maintain energy levels and support brain development. Encourage children to drink plenty of water throughout the day.



TALK ABOUT FEELINGS

Help children understand that all feelings are normal. Encourage them to name emotions and let them know it is okay to ask for help.



LIMIT SCREEN TIME

Balance recreational screen use with opportunities for play, creativity, exercise and family time.



CELEBRATE STRENGTHS

Notice your child's efforts, achievements and positive qualities every day. Praise perseverance, kindness and courage.



REMEMBER...

Supporting wellbeing doesn't require big changes. Small moments of connection, kindness, activity and encouragement every day help children build resilience and develop lifelong healthy habits.

The goal isn't to be a perfect parent – it is to provide a loving, supportive environment where children feel safe, valued and able to talk.



MENTAL HEALTH SUPPORT TEAM

Mental Health Support Team (MHSTs) in education provide crucial low-intensity support, offering early intervention and guided self-help sessions. Scan the QR code to learn more.

