



5 Ways To Wellbeing

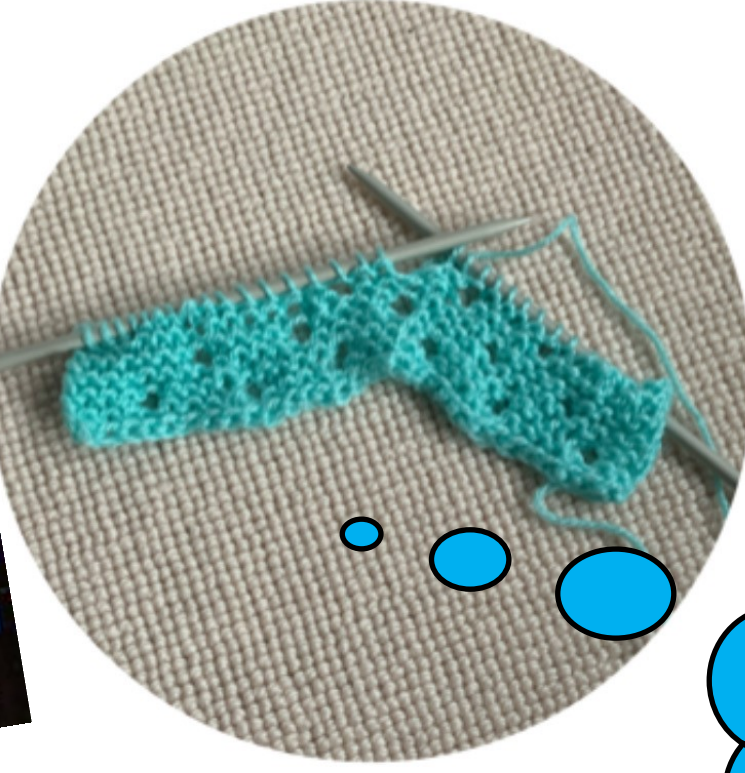
YEAR 8



Nature



I made lasagna with my mum. It is mindful and helps me connect with my mum, and also helps me learn new skills.



I knit because I find it calming. Its very mindful because you have to focus when you do it so you can't worry about other things.



I like to draw and do art in my free time. This helps my mental health and makes me feel calm and relaxed. This is mindful and helps me learn how to draw better.



I go on a walk every Saturday and Sunday and I think it's a great way to connect with my family because it develops our relationship more and it's also a good way to be active.



This is my new dog puppy when she first arrived on Friday my and my family had a lot of fun helping her settle in and I really bonded with them for the first time in a while

I did some art to practice my skills. This helps my mental health by learning a new skill.



i hangout with friends to help my mental health



I like to paint as it's mindful and once they are done I can give them to people.

Painting

Give

Your time, your words, your presence

KEEP LEARNING

EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF

TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

BE ACTIVE

DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD

CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED

Cooking



I love baking because I can give to others, it is mindful and I can learn new things.

Shopping!

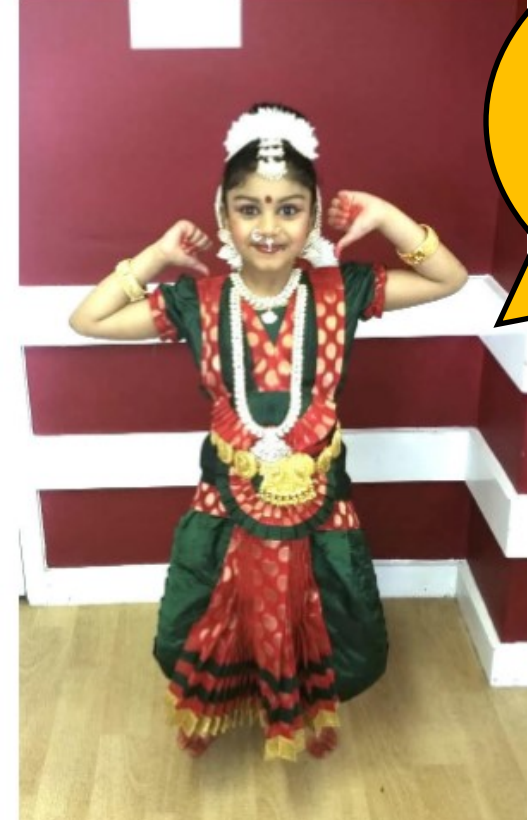


Music keeps me learning and connect with people by helping other people.

Before quarantine I used to bake a lot so I've decided to start again. Its mindful because I can focus on measuring the ingredients and not get distracted. It's also giving back to others because I always make enough so my family can have some.



We took my puppy on his first ever walk on Sunday and it was a great way to stay active and connect with family. Even strangers who walked past wanted to stroke him!



I love to dance with my friends as its sharing, learning, mindful and I can connect with others. Its active and I am always learning new steps!

I enjoy baking as it is mindful and its social as it gives back to others. When I bake all my concentration goes into what I am doing in that moment and not about what is going on in the rest of my life.

I like listening to music as it both calms me and helps me feel energized.

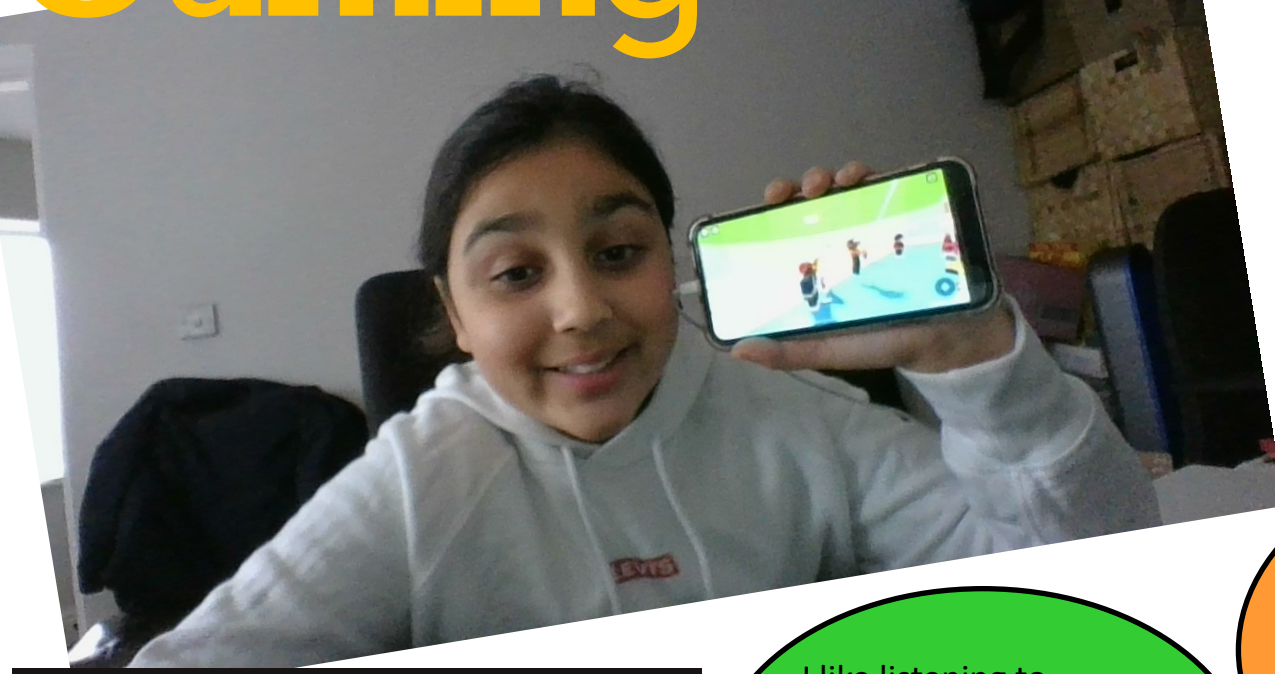


I really enjoyed walking in the park with my cousin because I was able to connect with my cousin, be active and take notice of the environment around me.



Walking

Gaming



This is a show I was in with my theatre group. It was at the Royal Albert Hall and it helps with the 5 ways to wellbeing.
Connected - meeting people
Learning - learning routines
Being Active - It includes dancing
Giving - It makes the audience happy



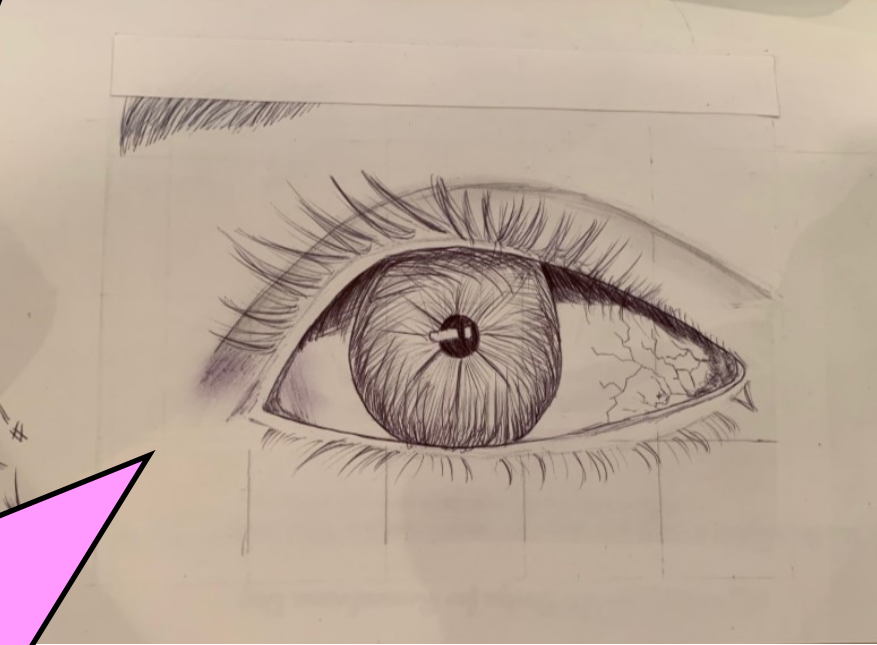
Sport



I love to do art because it is mindful



I met my cousin Woody with my Mum and Sister. We all held him, chatted and had a nice meal in celebration of him being born.



I love to do art because it is calming and care free!

I text my friend Neave from primary school after a long time. This helped my wellbeing because I was able to connect with her and stay in contact.



Doing a digital drawing helps me be mindful and learn how to do art :)



I love to draw, as it is very mindful and by giving your art to others, you are sharing!