

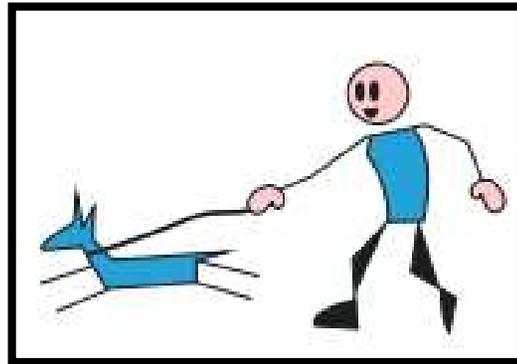
Five Ways to Wellbeing



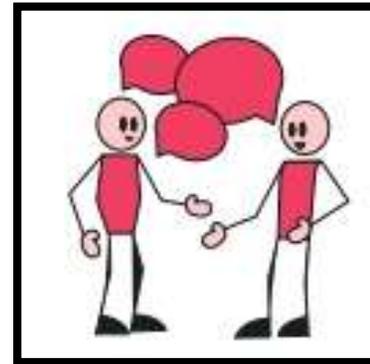
Take
Notice



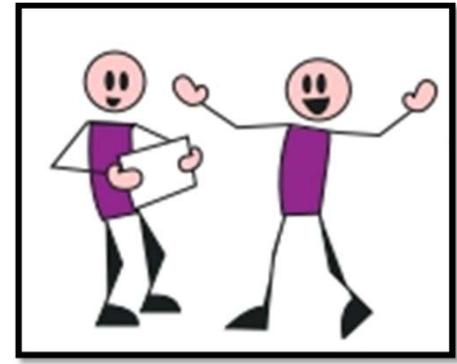
Keep
Learning



Be
Active



Connect



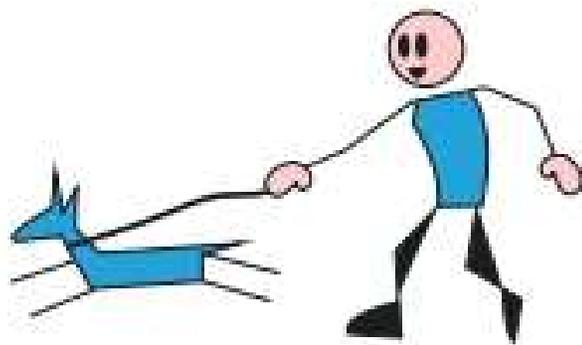
Give



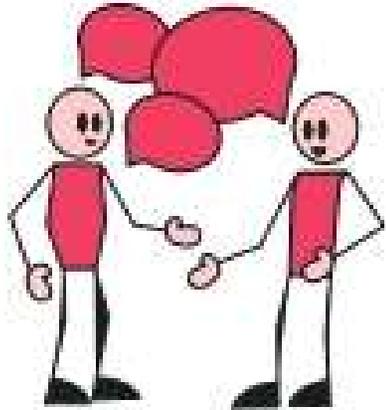
Take Notice: Be aware of
the world around you and what
you are feeling.



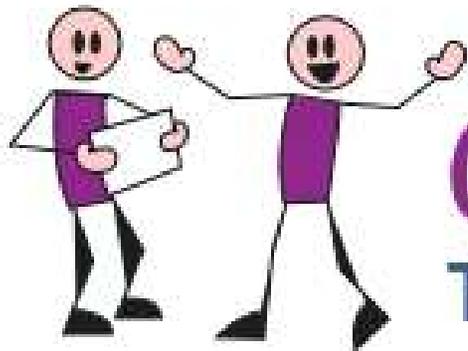
Keep Learning: Learning is not just for school.
Study something new or try something different.
Set yourself a goal.



Be Active: Exercising makes you feel good, look for an activity you enjoy.



Connect: Connect with people around you, family, friends and neighbours.



Give: Do something nice for a friend.
Thank someone. Smile.

Wellbeing Activities

Choose one of the following wellbeing activities to complete everyday.

Draw a picture



Listen to the Sounds

Go outside and sit or lie down. What sounds can you hear?

Get Up and Move

Get up and do 5-10 minutes of exercise.

Read a Book



Look at the Sky

Go outside and look up at the sky. What can you see?

Write a story



Make a jigsaw



What is your Favourite Colour?
Find 10 things around your house that are your favourite colour.

Cuddle your Pet



What is your Favourite Song?
Sing and dance to your favourite song.

Build Lego



Go to the park



Take a mindful walk

Slow down, take a few breaths and focus on what you can see, hear, touch and smell. This will help you to relax and to feel grounded again. It can be done anywhere in nature, sitting or walking.

Try this 5-4-3-2-1 method

- 5 Take 5 deeper breaths - feeling the fresh air in your lungs and body.
- 4 Look for 4 things to see - look up, down and ahead (the sky, the trees, the birds, the flowers). Really look at them, take your time and notice as much detail as possible.
- 3 Listen out for 3 sounds (the wind in trees, birds, people's voices, cars). Really listen - see how far away you can hear things.
- 2 Find 2 things you can touch or feel (the bark of a tree, a stone on the floor, an acorn, the wind or sun on your face) - Notice how they feel.
- 1 Breathe in and focus on 1 smell (mown grass, fragrance from flowers, smoke from chimneys, people's dinner cooking)

Five Ways to Wellbeing in Nature (indoors)

Studies have shown benefits from being in nature, even when we are indoors. Take a look at these ideas for bringing the outdoors inside.



Connect

- Watch a TV programme about nature with your family.
- Contact a friend or relative who enjoys nature and ask them what it is they enjoy, listen and then ask more questions.



Learn

- Plant seeds such as salad leaves or herbs in a window box or plant pot.
- Research some facts about animals and their natural habitats.
- Look out of the window for five minutes; What birds can you see?



Be Active

- Plan a special day to be active in nature.
- Walk or run on the spot whilst watching a nature based YouTube clip.
- Do some yoga while listening to natural sounds. You could use recordings or apps that play birdsong, ocean waves or rainfall.



Notice

- Look out of the window at the sky; what shapes can you see in the clouds.
- On YouTube, search for nature clips eg. water, trees, wildlife.
- BBC Four website have produced a series of short films combining nature and relaxation titled 'Mindful Escapes'



Give

- Draw a nature picture and give it to a friend.
- Research into joining a local garden group or nature campaign.
- Grow and take care of some houseplants, herbs or superfood micro greens.



Five Ways to Wellbeing in Nature (outdoors)

Spending time outside helps to feel good and function well.



Connect

Connecting with others, gives us the opportunity to share good times together.

- Join an outdoors club eg sports, gardening.
- Take a walk with a friend - talk and listen.
- Smile and say 'hello' to someone you meet on your walk.



Learn

Be curious, the natural world is a very big one.

- Take photos or draw pictures of things you like, to research later.
- Watch the stars. Use a stargazing website, app or book to help you recognise different stars
- Look at one of these websites and learn about something new:
www.surreywildlifetrust.org (wildlife and activities)
www.rhs.org.uk (All types of gardening)



Be Active

Exercising outside and in a natural setting is great for wellbeing and gives our brains a boost of 'feel-good' vibes.

- Head to your local park, to enjoy some space.
- Do some gardening, it's great for fitness and muscle strength.
- Try some outdoor yoga for stretching and relaxation.



Notice

Some people call taking notice 'Mindfulness'.

- Take a mindful walk - slow down, take a few breaths and see how it calms your mind, then use all your senses to really notice.
- Set yourself a challenge - spot all the colours of the rainbow or have a scavenger hunt.



Give

When we give to others, it releases a hormone called Oxytocin and gives us a feeling of happiness.

- Give some of your time to help in a garden.
- Share your ideas about wellbeing in nature.
- Compliment a neighbour about their garden.
- Go on a litter picking walk to help the local environment.