

# Ways to wellbeing

All ages

30 mins

An activity to get people thinking about how to support their mental health

## What you need:

- 5 Ways to Wellbeing PowerPoint and associated notes.

## Method:

- Show the video and PowerPoint about ways to wellbeing.
- In small groups or pairs ask students to use these tips to develop their own list of top tips for wellbeing. If they wish they can add something not included in the lists e.g. eating a balanced diet
- Next in these groups plan an activity which includes a number of these tips. Ideally it should be local and involve minimal expenditure

*e.g. Josh has just started riding his bike again. He's really enjoying it and decides to invite some friends to join him for a bike ride and picnic in Bath. He chooses a well-marked route along the two tunnels and then down through Monkton Combe and back along the canal to Bath. He arranges to meet them all and plans to take along a picnic to share with them all when they reach the half way point at Dundas Aqueduct. He's hoping for good weather and a beautiful autumn day.*

- Before embarking on their own plan as a class discuss how this example of an activity brings in all 5 ways to wellbeing.
- In groups make their own plan and share ideas with the class.
- These ideas could be used to put together a class collection of top tips or shared in some other way if you wish.



