

# The 5 Ways to Wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



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



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

Tenacity Empathy Aspiration Motivation



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

Moving makes you feel good!

Science tells us that physical exercise changes the chemicals in your brain and releases happy hormones!

Even better if you can get moving outdoors!

The important thing is doing exercise and activity you ENJOY!



Evidence also shows it can also improve your mental wellbeing by:

- Raising your self esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

Tenacity Empathy Aspiration Motivation





Put your hand up if you have been going for a walk every day

Put your hand up if you have been going for a walk most days

Put your hand up if you have been going for a walk some days

Would your answers be different during the school holidays?

Share some ideas on how you/others could improve 'being active'

Tenacity Empathy Aspiration Motivation





- Play your favourite song and dance to it
- Go for a walk at lunchtime
- Go to your local park in a Covid safe way
- Stretch and move your limbs in the morning, midday and evening
- Walk the dog
- Do some gardening
- Make bread – it's hard work!
- Climb a tree

Tenacity Empathy Aspiration Motivation





Make a pledge to increase your physical activity each day.  
Share your pledge with your tutor group.  
You can all support each other to keep to them.

I am going to walk to school at least twice a week

I am going to walk the dog at the weekend

I am going to learn TikTok dances

I am going to do 20 star jumps in the morning and 20 star jumps in the evening

I am going to do an exercise video from youtube each week

**T**enacity **E**mpathy **A**spiration **M**otivation

