

	Connect	Be Active	Take Notice	Keep Learning	Give
What it means	<i>When it comes to our wellbeing, other people matter. Evidence shows that good relationships – with family, friends and our wider communities – are important for our mental wellbeing. Mental wellbeing means feeling good – about ourselves and the world around us – and functioning well. Building stronger, wider social connections can help us feel happier and more secure, and give us a greater sense of purpose.</i>	<i>Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing. The mind and body are not separate: what you do with your body can have a powerful effect on your mental wellbeing. Mental wellbeing means feeling good – both about yourself and about the world around you. It means being able to get on with life in the way you want. Evidence shows that there is a link between being physically active and good mental wellbeing.</i>	<i>It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life.</i>	<i>Learning new skills can be useful, but research shows it can also improve our mental wellbeing. There are lots of different ways to bring learning into your life. Mental wellbeing means feeling good – about yourself and the world around you – and being able to get on with life in the way you want. Learning can boost self-confidence and self-esteem, help build a sense of purpose, and help us connect with others.</i>	<i>Giving to others can improve your mental wellbeing. Small acts of kindness towards other people (or larger ones) can give you a sense of purpose. It can make you feel happier and more satisfied with life. Sometimes, we think of wellbeing in terms of what we have but evidence shows that what we do and the way we think have the biggest impact on mental wellbeing. Helping and supporting other people, and working with others towards a shared goal, is good for our mental wellbeing.</i>
Ideas	Share your day with family and ask about theirs Speak to someone new. Smile and speak to someone in the corridor Find an old photo of a friend or family and share it with them Don't use your phone/tablet for the day (or at least a few hours!) If someone is upset, talk to them and make them feel better Ask your carer or parents about their childhood Talk to someone in person or on the phone instead of messaging Ask a friend about their weekend and listen when they tell you Keep in touch with family/friends Play games together Listen to music that reminds you of special times Talk to your friends and family Help a friend or neighbour Eat a meal with your family Make a new friend Say hello Bake some cakes and share them	Play your favourite song and dance to it If you can, try walking to school with your parent(s) or carer(s) At break time, play a game with friends in the playground Spend some time at your local park with family Join a new sports team or club Stretch and move your limbs as much as you can Go swimming or ride a bike Play a sport like football, golf or bowling with friends Walk, dance, jog, Create football challenges Play hide and seek Complete jobs around the house Circuit training Walk a dog Hula hoop Play a game in the playground Walk or cycle to school Help in the garden Run a race with friends Make up your own sport	Try a new way of getting to school Stop and really take in your surroundings Reflect on the positives and what you can be grateful for Think about your strengths and how you can make the most of them Think about who inspires you and why Notice wild flowers/plants and where they grow Notice your neighbours and people around you Savour your food Pretend you are someone else and wonder what they would think about you Spend time outside every day Observe nature Try yoga/meditation Be creative Look up at the night sky Look what you can see out of your window and how it changes Paint or draw a picture of what you've seen today Think about how you are feeling today Listen to the sounds of nature like the wind and rain Play I spy or I hear Notice how your friends or family are feeling today Take time to reflect Be curious Grow a vegetable, fruit or flower	Talk about what you have learned in school with friends Discover something new and find out more about it Visit your local/school library and pick up a new book Learn a new hobby or a new word from another language Learn a dance routine or the words to a new song Show empathy. Ask how others are feeling and work out why Ask your friends about what they are interested in and learn more about it Learn more about your family history Watch a new film Read a (new) book Learn a new fact Cook or bake Share a skill Try something different Learn a new word each day Visit a museum or art gallery Ask questions Try out a musical instrument Do a word search Try a new food Learn to cook a new recipe Study an animal or bug Visit a new place Write a story or song	Smile and be willing to give your time to a conversation Say thank you to someone who has helped you Give unwanted items to a local charity shop Offer your time to do something for someone else Offer to help your parent(s) or carer(s) round the house Paint a picture and give it to someone Nominate someone for an award Give someone a hug or a fist-pump Time to relax Help someone with a job Call someone to check they are doing ok Smile and say thank you Make a homemade present or card for no reason Hold a door open for someone Give someone you love a hug Share with others Help around the house - wash the dishes or do some dusting Listen to someone else and how they are feeling Do something nice for a friend Volunteer your time Raise money for charity Be a good role model Take action to improve the school environment/local environment