

Wellbeing check – for you and for your child...

Physical health

Are you...

Getting regular fresh air; getting some sunlight on skin (whilst staying sun safe)

Doing some form of exercise and physical activity

Eating a varied and nourishing diet (limiting processed foods)

Doing things to facilitate a good sleep

Connection

Are you...

Spending time talking to people you care about; reaching out to others to let them know you care (e.g. via text, email, phone, letter, other gesture)

Trying to find ways to have fun with other people

Trying to plan at least one social activity a week

Spending time with people who care about you

Learning

Are you...

Interested in a topic / activity / skill
Wanting to make progress with or develop something

Setting positive goals for yourself; doing things to help yourself reach your goals

Engaging with others who might be able to help your learning?

Trying new things, sometimes making mistakes and learning from them?

Giving

Are you...

Finding ways to be kind to yourself

Finding ways to be kind to others

Finding a sense of purpose in life

Pausing

Are you...

Taking moments to just 'be' rather than 'do'

Taking time to check-in with yourself and notice what you're saying to yourself in your head

Finding ways to simply 'enjoy the moment' without any other agenda



Set an intention at the start of the week and maybe just pick one or two things to focus on and keep in mind. It doesn't need to be a big gesture. Just one step at a time.

Note that the '5 ways to wellbeing' framework is an evidence-based piece of work undertaken by the New Economics Foundation. It now informs policy and practice in wellbeing and mental health around the country.