

With thanks to:

Parentikind

HOW
**ACTION FOR
CHILDREN**
WORKS



National Children's Bureau

Every
Child
Should...



Council for
Learning Outside the Classroom

Proudly supporting
youth social action



Department
for Education



Start date

Name

End date

How do you manage your wellbeing?

Which of the five ways to wellbeing would each activity fit in to?



Connect

Connect with people around you. Spend time with your friends and family. Make new friends. Use different ways to communicate.



Be Active

Go for a walk or a run. Cycle, dance or play a game. Walk to school instead of getting the bus. Go to the park. Try a new activity.



Take Notice

Take time to be still, reflect, and become aware of your surroundings. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite food.



Keep Learning

Set yourself a goal. Learn something new. Research something you're interested in. Learn a new word or a random fact. Visit a museum.



Give

Do something nice for a friend. Thank someone. Smile. Volunteer your time. Raise money for charity. Be a good role model. Take action to improve your neighbourhood.

Year 3



Activity

1. Compose a piece of music
2. Play a board game
3. Eat something you've not tried before
4. Create a mosaic
5. Design and make a board game
6. Climb a tree or climbing frame
7. Dress up as a super hero
8. Make a pinhole camera
9. Make a musical instrument
10. Light a candle
11. Learn a new game
12. Make something out of wood
13. Write a weather report
14. Start a vegetable patch/ herb garden
15. Tell someone about your favourite character from a book
16. Bake a cake
17. Try yoga
18. Eat something you have grown
19. Visit an art gallery (virtually)
20. Get soaking wet in the rain

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