

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.

Taken from the five ways to wellbeing toolkit
www.hertsdirect.org/fiveways

Year 4



Activity

	✓	Date:
1. Make chocolates or sweets	<input type="checkbox"/>	<input type="text"/>
2. Try a new fruit or vegetable	<input type="checkbox"/>	<input type="text"/>
3. Write and perform a poem	<input type="checkbox"/>	<input type="text"/>
4. Look up at the stars on a clear night	<input type="checkbox"/>	<input type="text"/>
5. Watch a play or a dance production	<input type="checkbox"/>	<input type="text"/>
6. Use a camera to document a performance	<input type="checkbox"/>	<input type="text"/>
7. Choreograph a dance	<input type="checkbox"/>	<input type="text"/>
8. Make a sculpture	<input type="checkbox"/>	<input type="text"/>
9. Make playdough or slime	<input type="checkbox"/>	<input type="text"/>
10. Write and post a letter to a friend	<input type="checkbox"/>	<input type="text"/>
11. Walk through a forest/wood	<input type="checkbox"/>	<input type="text"/>
12. Learn about a new religion	<input type="checkbox"/>	<input type="text"/>
13. Make up your own game and teach it to someone	<input type="checkbox"/>	<input type="text"/>
14. Visit a museum (virtually)	<input type="checkbox"/>	<input type="text"/>
15. Make a sandwich	<input type="checkbox"/>	<input type="text"/>
16. Visit a castle (virtually)	<input type="checkbox"/>	<input type="text"/>
17. Learn to plait or weave	<input type="checkbox"/>	<input type="text"/>
18. Learn to sew on a button	<input type="checkbox"/>	<input type="text"/>
19. Go bird watching	<input type="checkbox"/>	<input type="text"/>
20. Take part in a treasure hunt	<input type="checkbox"/>	<input type="text"/>