

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 5



Activity

	✓	Date:
1. Take part in a debate	<input type="checkbox"/>	<input type="text"/>
2. Learn something new about your local area	<input type="checkbox"/>	<input type="text"/>
3. Learn to moon walk	<input type="checkbox"/>	<input type="text"/>
4. Make and launch an air powered rocket	<input type="checkbox"/>	<input type="text"/>
5. Use an OS map	<input type="checkbox"/>	<input type="text"/>
6. Learn a new card game	<input type="checkbox"/>	<input type="text"/>
7. Do a blind folded taste test	<input type="checkbox"/>	<input type="text"/>
8. Write a story for a younger child	<input type="checkbox"/>	<input type="text"/>
9. Make and taste a food from a different culture	<input type="checkbox"/>	<input type="text"/>
10. Visit a museum (virtually)	<input type="checkbox"/>	<input type="text"/>
11. Write a play	<input type="checkbox"/>	<input type="text"/>
12. Make a friendship bracelet	<input type="checkbox"/>	<input type="text"/>
13. Put on a performance	<input type="checkbox"/>	<input type="text"/>
14. Make something from papier mache	<input type="checkbox"/>	<input type="text"/>
15. Climb something that is taller than you	<input type="checkbox"/>	<input type="text"/>
16. Walk to the top of a hill	<input type="checkbox"/>	<input type="text"/>
17. Write in hieroglyphics	<input type="checkbox"/>	<input type="text"/>
18. Paint a self portrait	<input type="checkbox"/>	<input type="text"/>
19. Plan and cook a meal	<input type="checkbox"/>	<input type="text"/>
20. Design and make a moving model	<input type="checkbox"/>	<input type="text"/>