

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 6



Activity

	✓	Date:
1. Keep a diary for a week	<input type="checkbox"/>	<input type="text"/>
2. Change a habit i.e. don't sit in your 'usual' seat	<input type="checkbox"/>	<input type="text"/>
3. Send an email to someone you haven't spoken to in a while	<input type="checkbox"/>	<input type="text"/>
4. Learn to knit/crochet	<input type="checkbox"/>	<input type="text"/>
5. Write a speech	<input type="checkbox"/>	<input type="text"/>
6. Discuss a current matter	<input type="checkbox"/>	<input type="text"/>
7. Plan a tour around your local area	<input type="checkbox"/>	<input type="text"/>
8. Interview someone	<input type="checkbox"/>	<input type="text"/>
9. Find out how you can support a local charity	<input type="checkbox"/>	<input type="text"/>
10. Learn how to access the news	<input type="checkbox"/>	<input type="text"/>
11. Design a product or business idea and pitch it to 'investors'	<input type="checkbox"/>	<input type="text"/>
12. Choose objects to put in a time capsule	<input type="checkbox"/>	<input type="text"/>
13. Write and record/broadcast a radio play	<input type="checkbox"/>	<input type="text"/>
14. Sleep under canvas	<input type="checkbox"/>	<input type="text"/>
15. Make a dessert	<input type="checkbox"/>	<input type="text"/>
16. Organise tea for parents and carers	<input type="checkbox"/>	<input type="text"/>
17. See the sun set	<input type="checkbox"/>	<input type="text"/>
18. See the sun rise	<input type="checkbox"/>	<input type="text"/>
19. Have a picnic	<input type="checkbox"/>	<input type="text"/>
20. Make and taste a food from a different culture	<input type="checkbox"/>	<input type="text"/>