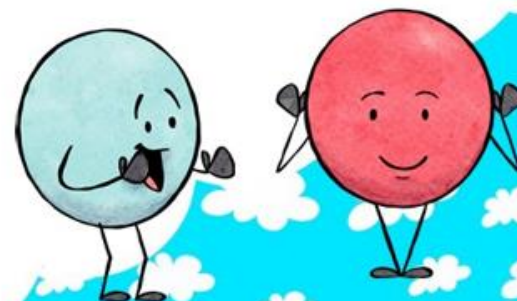


5 ways to wellbeing



www.elsa-support.co.uk



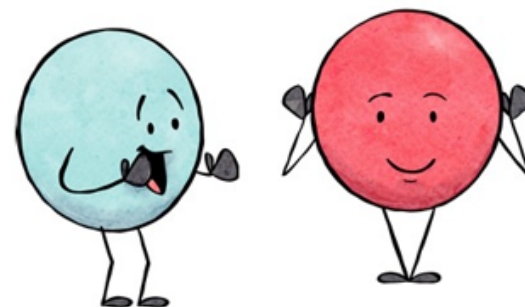


Connect

Making a connection with other people can feel AMAZING! Connecting with others makes you feel like you belong, you are important and you are valued. Belonging helps raise your self esteem.

You can connect with people in lots of different ways. Try and connect with someone **EVERY** day.

- Talk to someone by telephone instead of texting or emailing
- Speak to someone new in school that you haven't spoken to before
- Spend time talking to your sisters and brothers. Play a game with them or read a story and discuss the story.
- Talk to your next door neighbour
- Spend time listening, not just talking. Really listen to what others are saying.
- Join a club or a group and get to know people who like the same things as you do





Be active

When you get physically active it can make you feel GREAT! People who exercise regularly have lower rates of sadness and depression and feel less anxious. It is a great way to reduce any anxiety you are feeling. You don't have to do anything really intense or difficult.

You can fit exercise in your day in many ways. Try and exercise **EVERY** day.

- Take up a sport
- Go for a run or a walk
- Do a silly dance
- Make up a dance routine
- Make up a daily exercise routine
- Try your hand at gardening or growing things
- Try yoga
- Organise running races on the playground





Take notice

Taking notice is about appreciating things around you right now. This means being in the present moment, right now! No worries about the future no thoughts about past regrets, just observing and seeing what is there right now.

You can notice things every day in many ways. Try and take notice EVERY day

- Look around the room and find something you haven't noticed before
- Notice your thoughts and feelings and accept them
- Imagine you are an alien from another planet and see what you can notice about our planet earth
- Go for a nature walk and notice things in nature
- Get a camera and use it to take photos of things that are happening now
- Notice colours, textures, sounds, smells, and shapes
- Use your eyes, nose, ears, mouth and hands to see things around you
- Notice the details in things. Try it with an every day object.



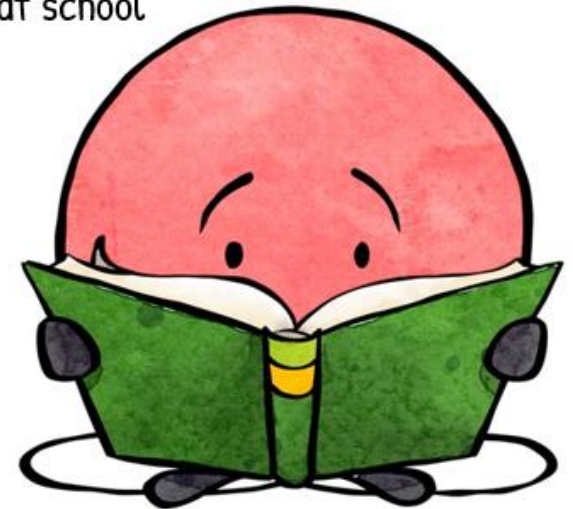


Learn new things

Learning new things feels GREAT! It doesn't have to be much, just a little thing each day that you have learnt to do.

You can learn new things in many ways. Try and learn new things **EVERY** day.

- Read books
- Research on the computer
- Listen to music
- Practice a dance routine
- Ask grandparents about how things used to be in their time at school
- Watch documentaries on the TV
- Find out more about something that interests you
- Learn how to draw or paint



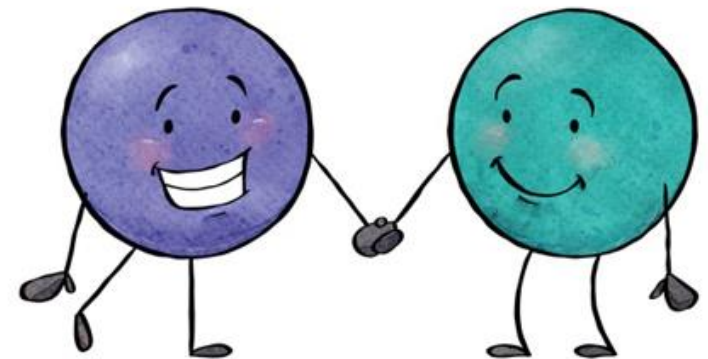


Give

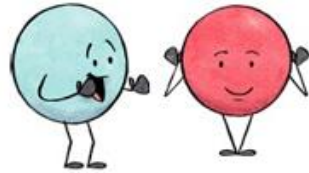
Giving or helping others feels GREAT! Have you noticed how you feel when you help someone?

You can fit giving or helping, in lots of ways. Try and give or help **EVERY** day.

- Open a door for someone
- Ask someone who is lonely to play or hang around with you
- Do chores at home
- Help your classmates or teacher in class
- Do the shopping for an elderly neighbour
- Offer to do some gardening for your grandparents
- Compliment someone and make them feel good
- Be kind to someone who looks sad
- Raise money for a charity event



Remember



Connect



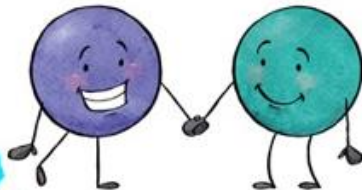
Be active



Take notice



Learn new things



Give