

There has been a huge amount of research into the Five Ways to Wellbeing across many different countries. They were developed in 2008 based on [a Government Office for Science report](#). They are:

- connect with other people
- be physically active
- keep learning
- give to others
- take notice/pay attention to the present moment.

How does it work in practice?

Listed below are some ideas for encouraging pupils to engage with the Five Ways to Wellbeing while learning at home.

Connect with other people. Encourage your children to take time to video or voice call with their friends and relatives, as well as doing learning activities. While we don't normally advise lots of screen time, perhaps you could arrange a FaceTime or WhatsApp call for your child with their friends if you have contact with the parents on social media. Social friendships are key for everyone's development and wellbeing. Maybe they can play with friends 'over the fence' to keep the social distancing but still having some joined up play. You can also build collaboration opportunities into learning activities, of course!

Be physically active. There are lots of activities children can do indoors, without needing much space. For example, [Joe Wicks' 'PE with Joe' daily class at 9am](#) is a live activity (but also available later in the day), and lots of other home workout activities can be found online, from circuits to Pilates. As long as we can, try to get outside for some daily exercise, we are lucky to live in a rural area where we can find open spaces in quite a short walk from home. If you have a garden, how about encouraging your child to help with weeding, digging or planting?

Keep learning. Learning is a key part of wellbeing – as well as any specific learning activities you are doing through following the home learning links with your child's class teacher, you could also encourage your child to choose some learning of their own, or learn something together as a family, such as learning a new language through [Duolingo](#) or other similar applications and websites. Or maybe learning to sew or knit or how to make a meal or bake a cake.

Give to others. We are seeing amazing examples of this in many ways at the moment, but there are simple actions we can encourage children to do too – from helping to make a meal at home, to writing a card or drawing a picture for neighbours who may need to isolate. Or maybe your child could write a letter or a story or draw a picture to send to a care home – this could be sent by email if post is not possible. We regularly link with Greenhill Grange, Critchill Court and the Emma Shepard Centre so they may be good places to start.

Take notice/pay attention to the present moment. While being sensitive to the challenges the children are facing, think about how you can encourage them to focus on the present moment. This could be by asking them to note down three things they are grateful for before bed or at lunchtime, for younger children you could make the list together. This is a great opportunity for us as adults to model positivity too!