

Connect

Spend time with family and friends. Enjoy doing things together and talking to each other.

- Talking about things that we like and appreciate about each other.
- Movement mirroring and other games to help us connect with our friends and family.
- Exploring, discussing and sharing our hopes and wishes for the future.
- Identifying our feelings and sharing them with other people.



Five Ways to Wellbeing Nurture Curriculum The Busy Bee Hive



Keep Learning

Try something new. Try a new hobby, or learn about something just because it interests you.

- Learn to draw characters by following instructions from an illustrator.
- Learn to type using Dance Mat.
- Create outdoor artwork using leaves and shadows.
- Music making using pots and pans or other objects you have at home.
- Make an origami finger game and write a mini quiz to go with it.



Take Notice

Take a break to see how you feel. Relax & look around you, listen to music or take a few deep breaths.

- Create a jar of gratitude to remember things that make us happy or that we are thankful for.
- Colour Breathing and Floating Cloud techniques for relaxation from Trick Box.
- Doodling for mindfulness and relaxation.
- Create a face with natural materials, taking notice of the world around us.
- Listening to and reflecting on a piece of music.



Be Active

Being active keeps you physically healthy, and makes you feel good.

- Creating our own obstacle courses and Sports Day style races.
- Pilates and yoga activities and movements.
- Aerobics and fitness activities.
- Selection of fun, active games to play on our own or with others with different themes - traffic lights, beans, video games, washing machine, pirate ship, jungle!



Give

Do something for a friend or relation/adult. As well as making them feel good, it can make you feel good too!

- Plan out how to be helpful to others.
- Make a self-esteem bookmark and draw or paint a picture for a friend or family member.
- Make a comic strip for someone special to you all about their perfect day.
- Win-Win and Mirror-Mirror tricks from Trick Box - teach them to someone at home.

