



Dear all,

It's never too early to start learning about good emotional health and wellbeing. It's really important to find, and practice, positive ways of thinking as they can help us through life's ups and downs. There are some simple things that everyone can do that can help boost moods and keep you happy. They're easy to do and don't have to cost a penny.

They're known as the 5 ways to wellbeing:

- keep active
- take notice
- connect
- keep learning
- give

**I would like to create a display in school of our pupils taking part in any of the above activities. If you have any photos of your child(ren) taking part in any of the activities listed below, could you please email them to me at [imagee387@c2kni.net](mailto:imagee387@c2kni.net)**

Examples could include:

#### **Keep active**

- dance to your favourite song
- walk a dog
- hula hoop
- join a sports team
- play a game in the playground
- walk or cycle to school
- help in the garden
- run a race with friends
- make up your own sport

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18 Chapel Lane, Drummaroad, Castlewellan, BT31 9PQ  
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*'Everyone is an achiever; with God all things are possible.'*

### Take notice

- look what you can see out of your window and how it changes
- paint or draw a picture of what you've seen today
- think about how you are feeling today
- listen to the sounds of nature like the wind and rain
- play I spy
- notice how your friends or family are feeling today

### Connect

- talk to your friends and family
- help a friend or neighbour
- eat a meal with your family
- make a new friend
- say hello
- bake some cakes and share them

### Keep learning

- learn a new word each day
- visit a museum or art gallery
- try out a musical instrument
- do a word search
- try a new food
- learn to cook a new recipe
- study an animal or bug
- visit a new place
- write a story or song

### Give

- smile and say thank you
- make a homemade present or card for no reason
- hold a door open for someone
- give someone you love a hug
- send your old toys to a charity shop
- share with others
- help around the house - wash the dishes or do some dusting
- listen to someone else and how they are feeling

Many thanks  
John-Paul

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