MY WELLBEING MAP

Draw or write about places that are important to you. How do these places help you Connect, Be Active, Take Notice, Learn or Give?

ME

CONNECT

BE ACTIVE

TAKE NOTICE

LEARN

GIVE

SAMH
Scottish Action for Mental Health

The Daily Mile™
children fit for life

Tier 3: My Wellbeing Map

Outcomes:

Curriculum for Excellence: Health and Wellbeing	The national curriculum in England: PSHE	Area of learning and experience: Health and Wellbeing	Personal Develpoment and Mutual understanding

Equipment:
My Wellbeing map (printed or digital)

Time needed:
5-15 minutes

Participants:
All ages

How to:

1. Hand out copies of the Wellbeing Map and ask the children to write their name or draw them selves in the "Me" area on the map.

2. Each day outline one of the "5 ways to wellbeing" across the bottom of the sheet and ask that they think about somewhere special that links to that topic.

3. Complete your Daily Mile with children thinking about where that place may be.

4. When you return to the classroom, ask the children to draw that place in the linked box on the map.

Teacher Tips:

Suggested conversation starters and finishers:

Introduce the activity by saying:
"Today, we are going to think about the places that make us feel good, places that help us feel calm, happy, or full of energy. It could be somewhere at school, at home, in nature, or even somewhere you visit in your imagination."

Close the activity by saying;
"Thank you for sharing your special places today each one was unique and really thoughtful. It's amazing how different places can help us feel calm, happy, or connected. Looking after our wellbeing can be simple, just like visiting a favourite spot, taking notice of what's around us, or spending time with people we care about."

Other ways to use this activity:

a. **1-2-1 setting**: A fun tool to make a child think about places they care about and reflect.

b - **As a longer group activity**: In groups, children can get more creative with glue, tissue paper and coloured pens to create their places on the map.

c - **Take home activity**: Children can take the map home and encourage their family to complete one of the places, these could then be displayed as a wellbeing wall.