SAMH
Scottish Action for Mental Health

Name _____

The Daily Mile™
children fit for life

MAKE YOUR OWN WELLBEING WORDSEARCH

THINK WHAT WORDS COULD DESCRIBE THE 5 WAYS

CONNECT BE ACTIVE TAKE NOTICE LEARN GIVE

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5 WAYS TO WELLBEING

WORDSEARCH

D N I K S S U N C A L O
X N L L W H E E L Y E C
H E T P R Y H J L M A O
R S A C T I V E P Z R N
U U E A P G S E B Q N N
N C H A L L E N G E Z E
S O I P F U N P A I R C
H F Y G R E N E I N D T

ACTIVE AIR LEARN ENERGY FOCUS
CHALLENGE KIND CONNECT WHEEL

CONNECT BE ACTIVE TAKE NOTICE LEARN GIVE

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5 WAYS TO WELLBEING

WORDSEARCH

E V I G L N Y S K U
V K K U P E U S V I
E L I M S I A N M I
E U N U S U S N U R
D S D I Y P B K L N
N U B Y P P A H D I
N N M A L L L A U S
N V N N G F L L E L
V N N I U S D A L P
N U F N A U J O G L

HAPPY
SUN
RUN
JOG
SMILE
GIVE
KIND
FUN

CONNECT BE ACTIVE TAKE NOTICE LEARN GIVE

Tier 3: Wellbeing Wordsearch

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:
Printed wordsearch

Time needed:
5-15 minutes

Participants:
All ages

How to:

1. Pick a printed wordsearch from the toolkit on the Daily Mile website to be completed

2. For an extra challenge, children can choose a blank wordsearch and create their own. They should choose words that relate to wellbeing or The Daily Mile.

3. Children can then swap the wordsearch they created with a partner and complete each others.

Teacher Tips:

Suggested conversation starters and finishers:

Introduce the activity by saying:
"Today, we are going to do wordsearches all about wellbeing. Some words are about things you can do to make you feel good and some are about your emotions. This should be a relaxing and fun activity."

Close the activity by saying;
"Well done everyone! I hope by doing that activity you learned some new words you can use to describe your wellbeing. Try to remember some of these words to help you describe your feelings in the future."

Other ways to use this activity:

a. **1-2-1 setting**: A fun tool to develop language to help children express their feelings and also get and/or think about ideas of what activities might help them feel good.

b - **As a longer group activity**: In groups, children can research words relating to wellbeing and then create a wordsearch with their new words. Wordsearches can be swapped between groups and completed.

c - **Take home activity:** Children can create a wordsearch at home using words related to their wellbeing or what makes them happy. For example, 'family', 'play', 'chocolate', 'sunshine'